

California

A survey of family caregivers 18 years and older who care for children and adults with complex medical conditions or disabilities

More than 7 million (7,045,000) adults in California provide care to a family member or friend with complex medical conditions or disabilities — nearly one in five (23%) adults across the state.

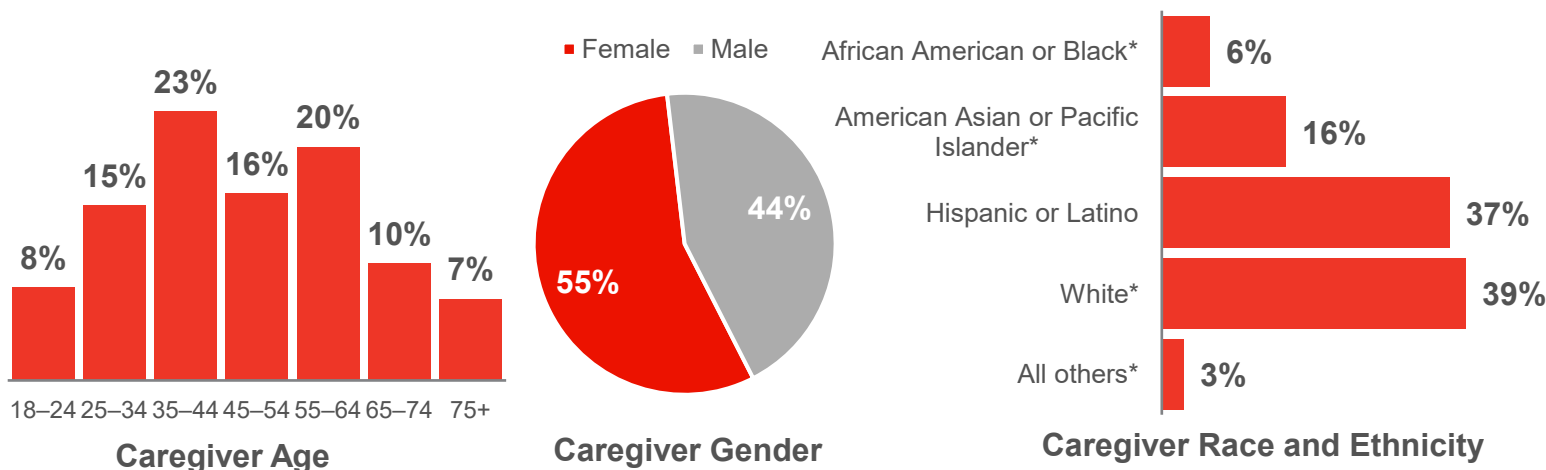
Most family caregivers in California care for an adult (92%) — most often a parent (43%). Twenty-four percent care only for a child with complex medical needs. Most caregivers are married or living with a partner (62%). A quarter of caregivers live in a household with income under \$50,000 (26%). One third of caregivers (35%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Sixteen percent of caregivers live with a disability.

On average, family caregivers are **48 years old** and care for someone **66 years old** in California.

Most family caregivers in California provide care to someone due to a long-term physical condition (63%).

Most family caregivers live with their care recipient (52%), and over half of caregivers (57%) who live separately from their care recipient are 20 minutes away or less.

Demographics of Family Caregivers in California



*Non-Hispanic

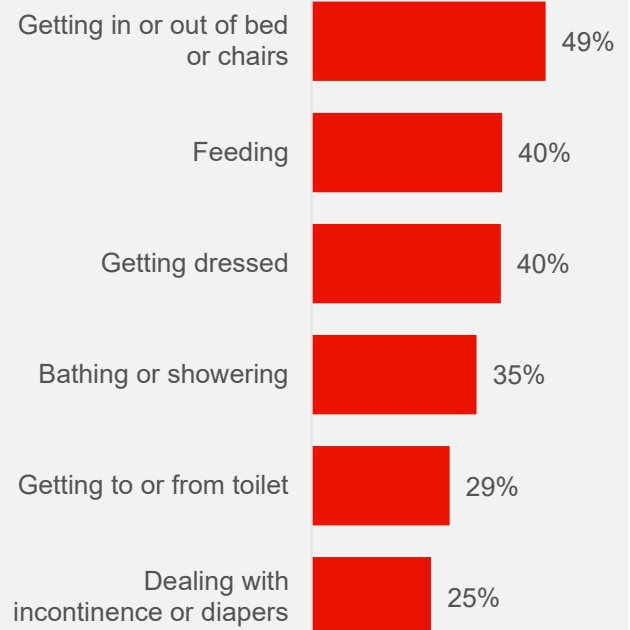
What Family Caregivers Do

Three in four family caregivers in California (75%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

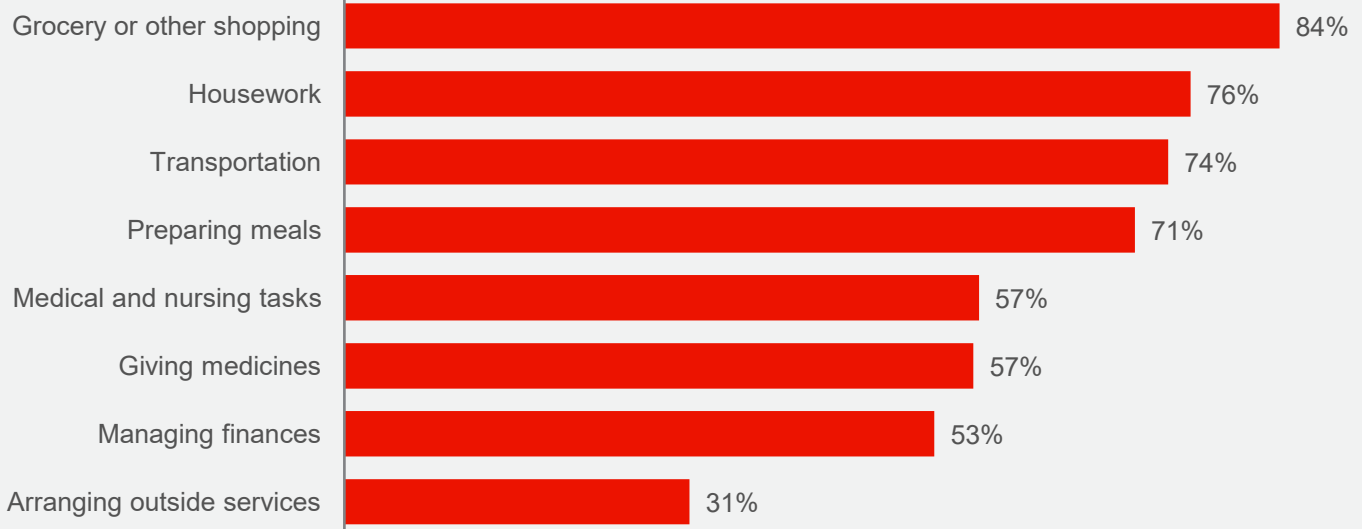
Nearly all family caregivers (99%) help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

One quarter of family caregivers (24%) find these ADL tasks difficult. 13% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

California Family Caregivers Help with Many Activities of Daily Living



California Family Caregivers Help with Many Instrumental Activities of Daily Living



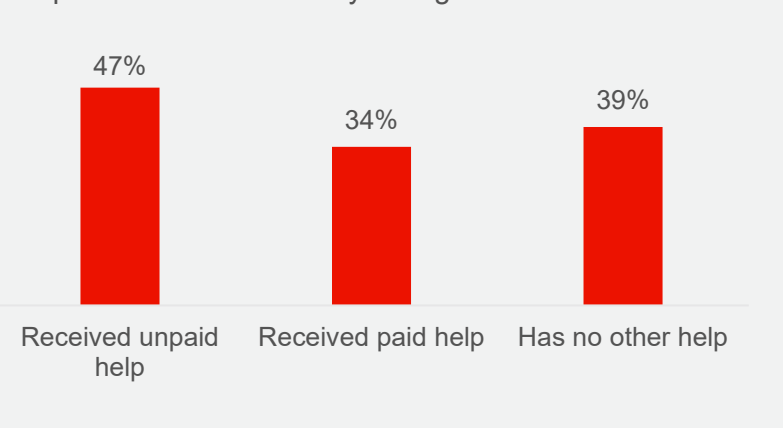
Over half of family caregivers (54%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

34% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

Family caregivers in California rely on unpaid or paid (aides, housekeepers) assistance in their network of support.

Help That California Family Caregivers Receive



44% of caregivers have been providing care for three years or longer.

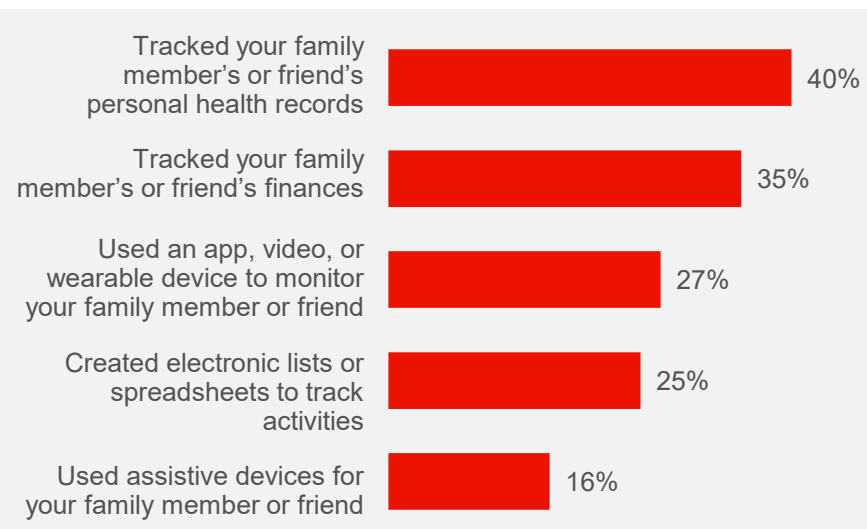
Nearly three in five (57%) family caregivers help w nursing tasks, and **22% of caregivers** receive training for such tasks.

Family caregivers in California are key in managing health care:

- 67% monitor the severity of their care recipient's condition.
- 65% communicate with health care professionals about their family member's or friend's care.
- 56% advocate for them with health care providers, community services, or government agencies.

Over four in ten (43%) family caregivers would find respite care helpful, yet over **eight in ten (84%)** have never used such services.

Nearly two in three (63%) family caregivers use at least one of the technology solutions asked about in our survey.



One in four family caregivers (25%) have been asked by health care providers about care needed for their care recipient, and **14% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half (48%) of family caregivers in California have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, using up savings, and taking on more debt.

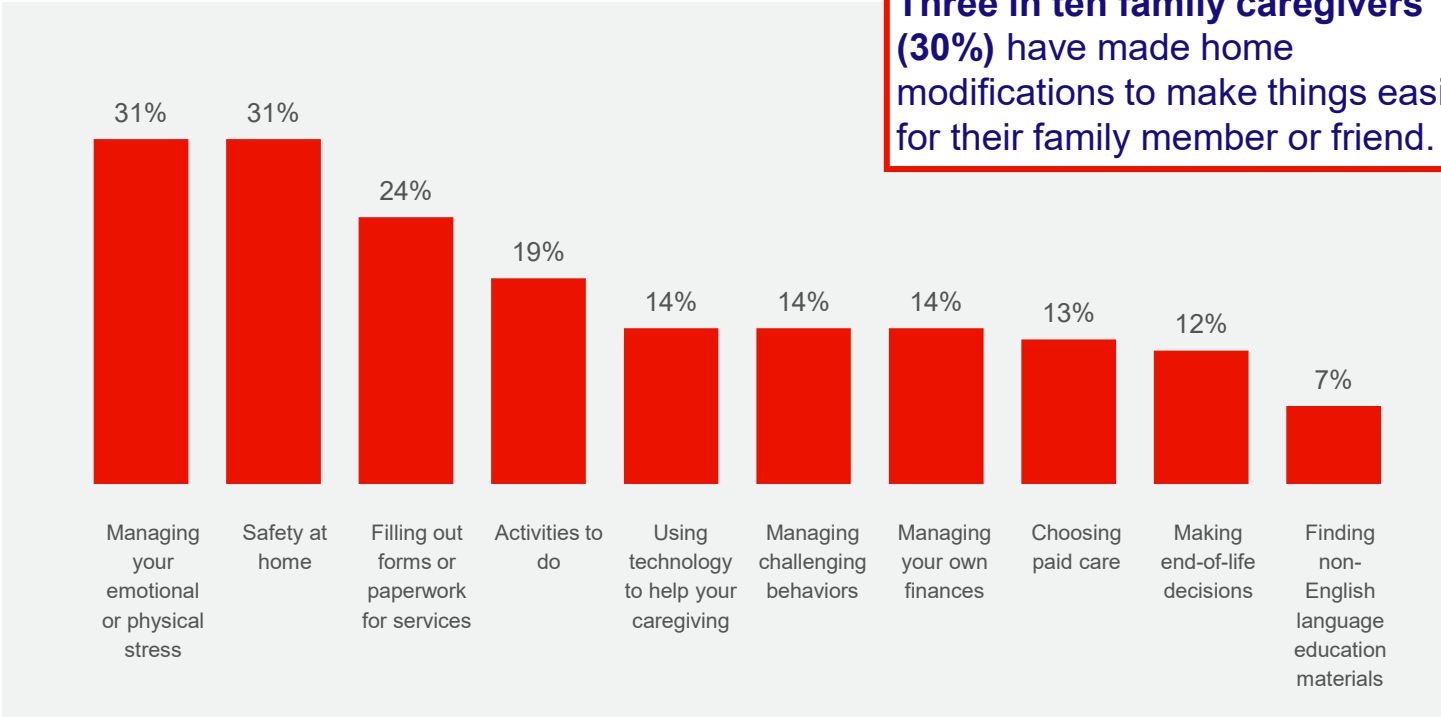
Nearly four in ten family caregivers (37%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by California Family Caregivers

Stopped saving	32%	Used long-term savings	13%
Used up personal short-term savings	27%	Moved to less expensive home	9%
Took on more debt	23%	Missed/late paying student loan	9%
Left bills unpaid or paid late	19%	Put off retirement	8%
Borrowed money from family/friends	16%	Filed for bankruptcy	4%
Could not afford basic expenses	16%	Was evicted or home foreclosed	4%
Had to start working or work more	14%		

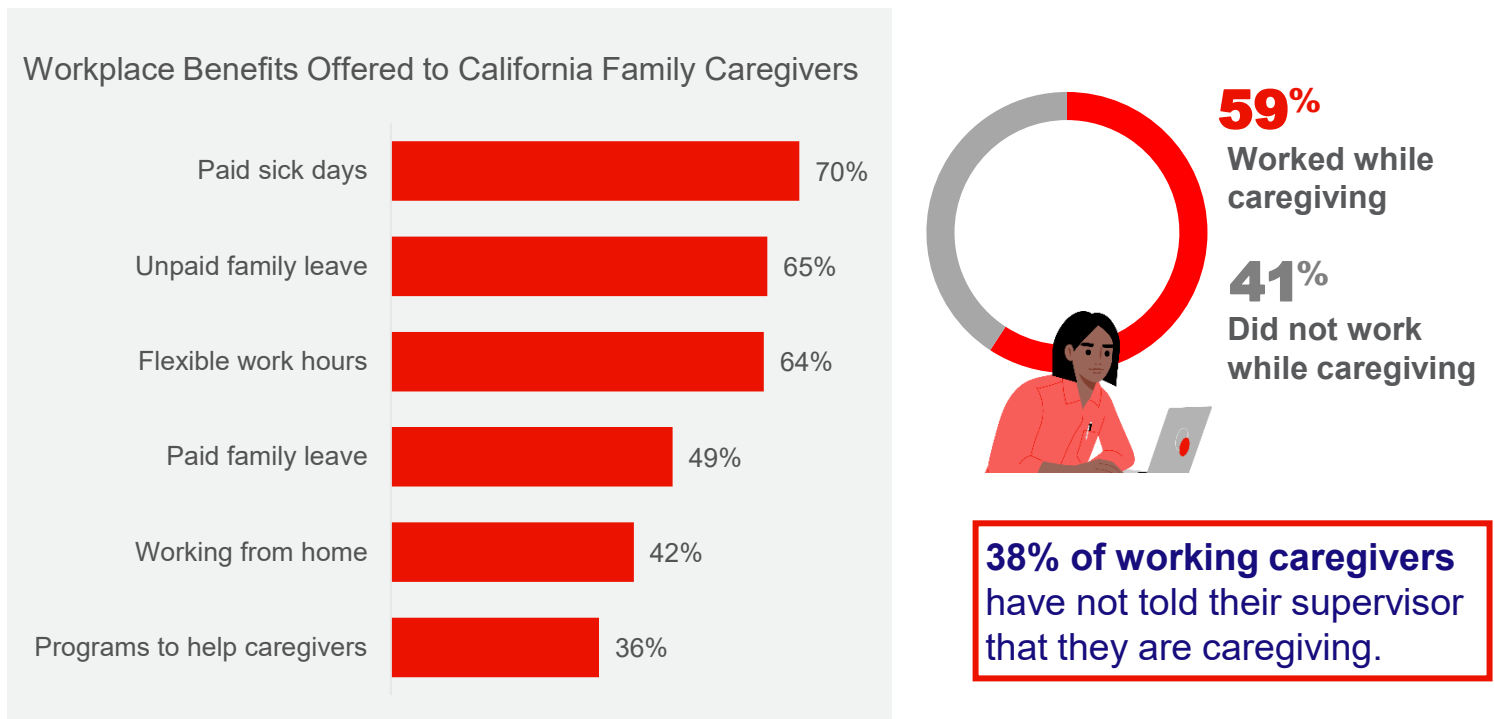
Information Needs of Family Caregivers

Three in ten family caregivers (30%) have made home modifications to make things easier for their family member or friend.

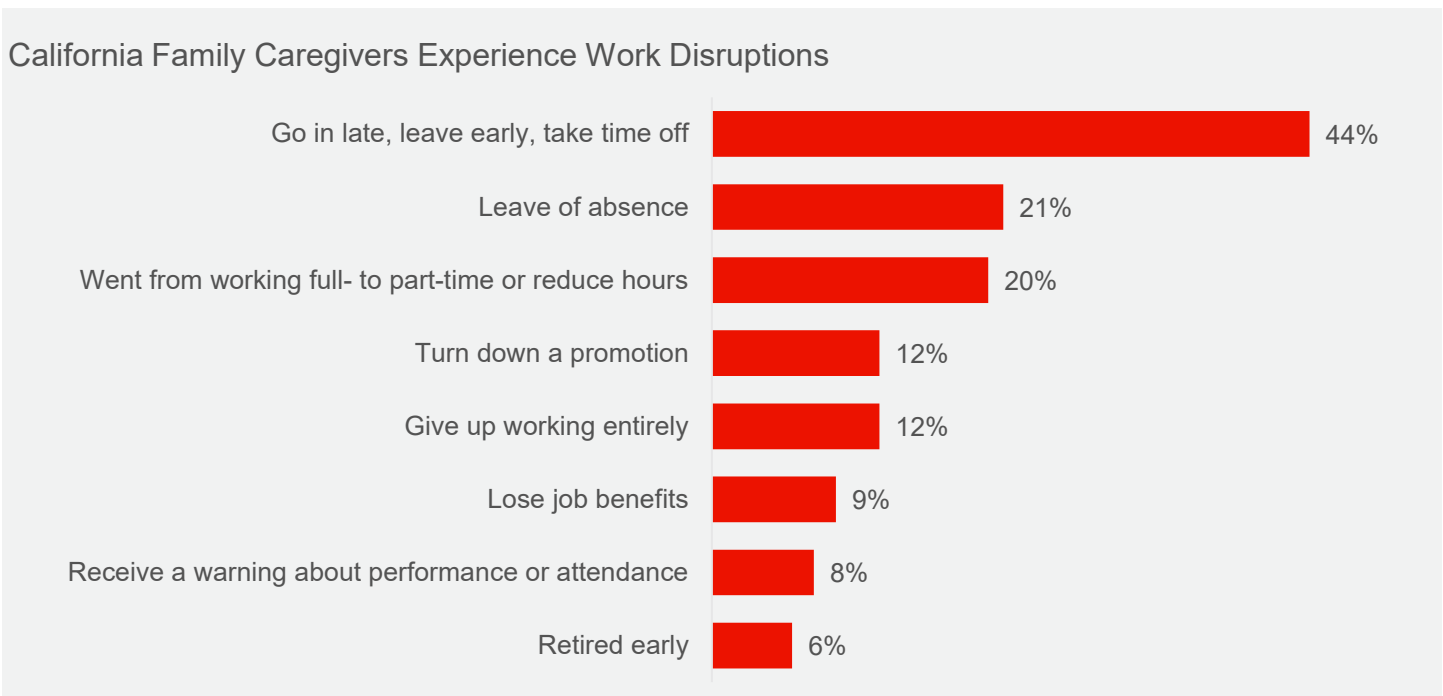


Working While Caregiving

Six in ten family caregivers work while caregiving, and six in ten are full-time employees (working more than 30 hours a week). Half of working caregivers (50%) in California are hourly-wage employees.

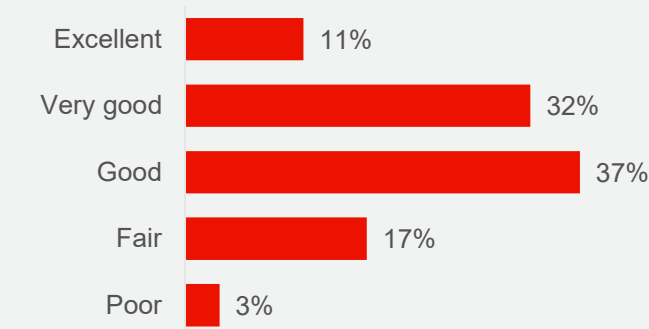


Support for working family caregivers has increased in recent years, but many workers still face challenges balancing care and paid employment.

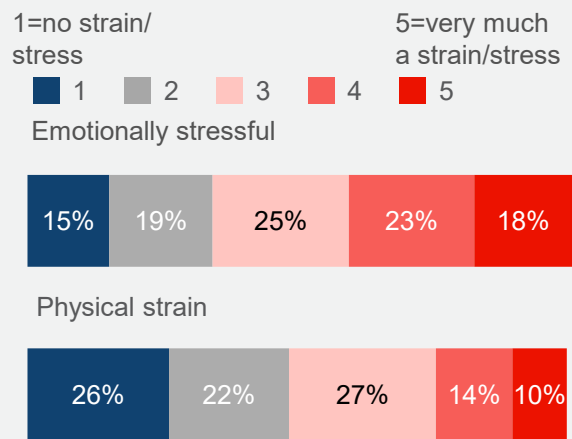


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

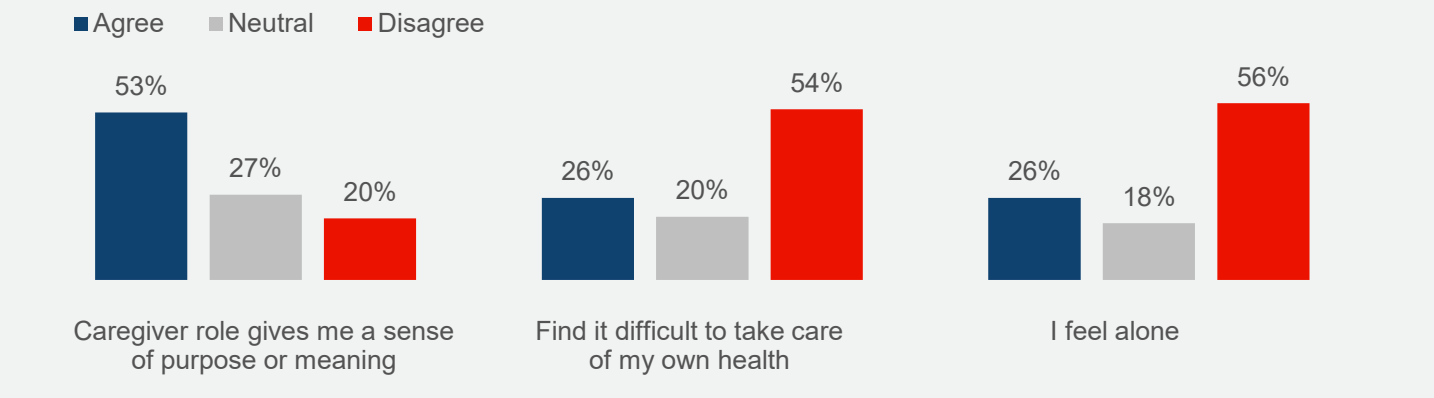
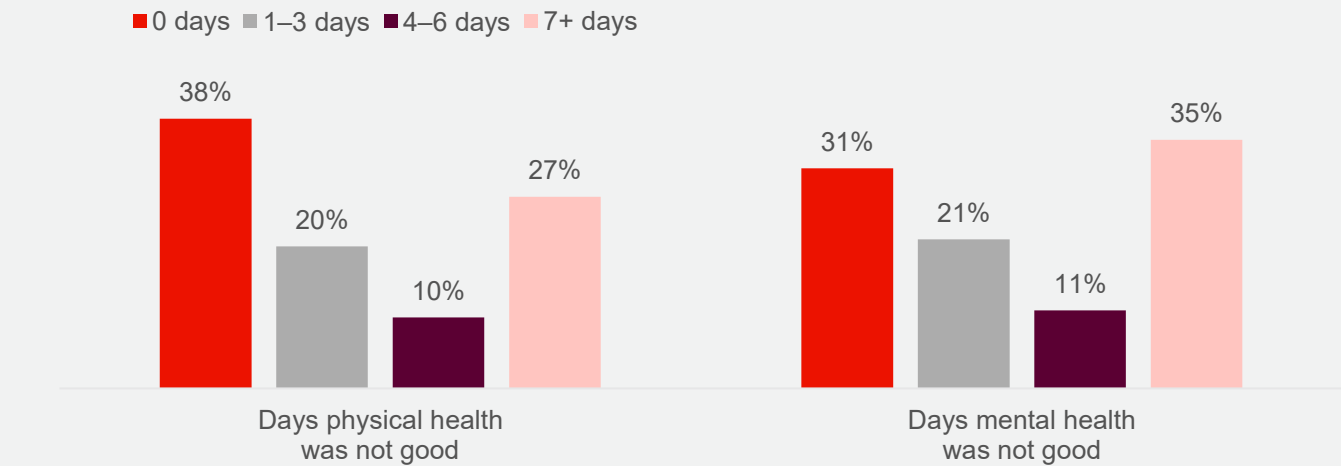


Stress and Strain Felt by California Caregivers



One in four caregivers experience seven or more days a month of poor physical health. Four in ten (41%) caregivers experience high emotional stress while caregiving. A quarter (26%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One in four (26%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in California

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	35%	Served in US Armed Forces	4%
Education		Cares for someone who served in the US Armed Forces	8%
Did not graduate from high school	16%	Has health insurance coverage	88%
Graduated from high school	21%	Has been a student while caregiving	12%
Some college or associate's degree	29%	Has a disability or handicap that limits them	16%
Bachelor's degree or higher	33%	Has internet access in home	91%
Marital status		Place of residence	
Married/living with partner	62%	Rural	4%
Single/never married	22%	Urban	48%
Widowed	5%	Suburban	48%
Separated/divorced	8%	Living situation	
Household income		Lives alone	5%
<\$25,000	12%	Lives with others	95%
\$25,000-\$49,999	14%		
\$50,000-\$99,999	30%		
\$100,000+	44%		

Methodology

For full methodology, see Methodology Appendix of <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025-caring-across-states>. The data in this report reflects 314 caregivers in California, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±6.3%.