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Caregiving in the US 2025: Caring Across States



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Introduction

Caregiving in the US 2025: Caring Across States is based on comprehensive, state-representative data collected for the first time in the *Caregiving in the US 2025* survey. This state compendium builds on the national report published in July 2025 and adds even more clarity to the picture of family caregiving portrayed in the national report. In 2025, 63 million American adults—one in every four adults—provided ongoing care to adults and children with disabilities or complex medical conditions. Whereas the national report focused on the 59 million family caregivers of adults, this state-level resource includes data on an additional 4 million family caregivers: those who care for children under age 18 with disabilities or complex medical conditions.

Family caregivers play a crucial role in supporting family, friends, and neighbors. They provide a range of essential services that help their care recipients conduct their daily lives and, often, to remain at home in their communities. Most of these caregivers are unpaid for their care, and many experience significant negative financial impacts. Yet more than half (51 percent) feel a sense of purpose in their caregiving role. Their efforts help fill the gaps in our nation's long-term services and supports (LTSS) system, and they are essential to the sustainability of health care in America.

Key findings

This report highlights the similarities and differences in the roles of family caregivers across the United States and shows how place can affect and shape the lived experience of the 63 million family caregivers.

Family caregiver prevalence—the share of all adults 18+ who are family caregivers of adults and children with complex medical conditions or disabilities—ranges from 20 percent in Washington, DC, to 34 percent in Mississippi. Nationally, the prevalence is 24 percent.

The number of family caregivers across states ranges from 107,000 in Wyoming to 7 million in California. The average age of these family caregivers is 50, with a range across states from 46 in Maryland to 55 in Arizona.

Table 1. Family Caregiving to Adults and Children with Disabilities or Complex Medical Conditions, by State, 2025

State	State Population (Adults 18+)	Prevalence of Family Caregiving	Number of Family Caregivers
Alabama	3,977,628	28%	1,100,000
Alaska*	557,899	22%	125,000
Arizona	5,848,310	22%	1,283,000
Arkansas	2,362,124	28%	654,000
California	30,519,524	23%	7,045,000
Colorado	4,662,926	22%	1,032,000
Connecticut	2,894,190	27%	773,000
Delaware*	819,952	24%	197,000
Florida	18,229,883	24%	4,451,000
Georgia	8,490,546	30%	2,564,000

State	State Population (Adults 18+)	Prevalence of Family Caregiving	Number of Family Caregivers
Hawai'i*	1,141,525	23%	260,000
Idaho	1,497,384	28%	418,000
Illinois	9,844,167	23%	2,224,000
Indiana	5,274,945	24%	1,258,000
Iowa	2,476,882	27%	657,000
Kansas	2,246,209	29%	647,000
Kentucky	3,509,259	28%	987,000
Louisiana	3,506,600	28%	973,000
Maine	1,146,670	28%	324,000
Maryland	4,818,337	24%	1,164,000
Massachusetts	5,659,598	26%	1,445,000
Michigan	7,925,350	20%	1,597,000
Minnesota	4,436,981	21%	931,000
Mississippi	2,259,864	34%	761,000
Missouri	4,821,686	25%	1,224,000
Montana*	897,161	24%	214,000
Nebraska	1,497,381	21%	312,000
Nevada	2,508,220	24%	603,000
New Hampshire	1,150,004	24%	281,000
New Jersey	7,280,551	25%	1,856,000
New Mexico	1,663,024	26%	426,000
New York	15,611,308	26%	4,039,000
North Carolina	8,498,868	27%	2,283,000
North Dakota*	599,192	23%	140,000
Ohio	9,207,681	24%	2,195,000
Oklahoma	3,087,217	27%	835,000
Oregon	3,401,528	23%	790,000
Pennsylvania	10,332,678	23%	2,388,000
Rhode Island*	892,124	23%	206,000
South Carolina	4,229,354	26%	1,093,000
South Dakota*	697,420	24%	169,000
Tennessee	5,555,761	28%	1,559,000
Texas	22,942,176	23%	5,345,000
Utah	2,484,582	28%	697,000
Vermont*	532,828	25%	135,000
Virginia	6,834,154	23%	1,559,000
Washington	6,164,810	22%	1,330,000
Washington DC*	552,380	20%	109,000
West Virginia	1,417,859	26%	375,000
Wisconsin	4,661,826	23%	1,085,000
Wyoming*	454,508	23%	107,000
Total US	262,083,034	24%	63,000,000

*HLM Modeled Estimates

Reading this report

This report draws from nationally representative data from an online survey completed by 6,858 family caregivers ages 18 and older between August and October 2024; it includes state-representative data, which allows the estimation of family caregiver prevalence rates and the total number of caregivers in all 50 states and the District of Columbia. This study defines family caregivers as adults providing ongoing care over the past year to adults or children with complex medical conditions or disabilities. In addition, family caregivers have a preexisting relationship with the care recipient they support, such as a family member (e.g., spouse, parent, sibling), friend, or neighbor.

There was sufficient sample size ($n > 100$) for some states to provide more detailed data on the caregiving experience. Where possible, we report on the detailed survey areas explored at the national level in *Caregiving in the US 2025*. All analysis of the state data in this report examines caregivers of children and adults with disabilities or complex medical conditions.

States with detailed data

The state compendium includes detailed data on family caregivers for 32 American states. This information includes prevalence and number of family caregivers, as well as data on:

- Who the family caregivers are—age, gender, race, income, and background—and their relationship to their care recipients
- Tasks and services the caregivers perform
- Caregivers' financial situation and employment status
- Measures of caregivers' well-being

Table 2. Availability of CGUS Survey Items on Family Caregivers of Adults and Children with Disabilities or Complex Medical Conditions, by State, 2025

State	Prevalence of Caregiving	Number of Caregivers	Who are Caregivers and Care Recipients?	What Family Caregivers do?	Financial Situation of Family Caregivers	Well-Being of Family Caregivers	Working while Caregiving	Demographic Characteristics of Family Caregivers
Alabama	X	X	X	X	X	X	NA	X
Alaska*	X	X	NA	NA	NA	NA	NA	NA
Arizona	X	X	X	X	X	X	NA	X
Arkansas	X	X	NA	NA	NA	NA	NA	NA
California	X	X	X	X	X	X	X	X
Colorado	X	X	X	X	X	X	X	X
Connecticut	X	X	X	X	X	X	NA	X
Delaware*	X	X	NA	NA	NA	NA	NA	NA
Florida	X	X	X	X	X	X	NA	X
Georgia	X	X	X	X	X	X	NA	X
Hawai'i*	X	X	NA	NA	NA	NA	NA	NA
Idaho	X	X	NA	NA	NA	NA	NA	NA
Illinois	X	X	X	X	X	X	NA	X

State	Prevalence of Caregiving	Number of Caregivers	Who are Caregivers and Care Recipients?	What Family Caregivers do?	Financial Situation of Family Caregivers	Well-Being of Family Caregivers	Working while Caregiving	Demographic Characteristics of Family Caregivers
Indiana	X	X	X	X	X	X	NA	X
Iowa	X	X	X	X	X	X	NA	X
Kansas	X	X	X	X	X	X	NA	X
Kentucky	X	X	X	X	X	X	NA	X
Louisiana	X	X	X	X	X	X	NA	X
Maine	X	X	NA	NA	NA	NA	NA	NA
Maryland	X	X	X	X	X	X	NA	X
Massachusetts	X	X	X	X	X	X	NA	X
Michigan	X	X	X	X	X	X	NA	X
Minnesota	X	X	X	X	X	X	X	X
Mississippi	X	X	NA	NA	NA	NA	NA	NA
Missouri	X	X	X	X	X	X	NA	X
Montana*	X	X	NA	NA	NA	NA	NA	NA
Nebraska	X	X	NA	NA	NA	NA	NA	NA
Nevada	X	X	NA	NA	NA	NA	NA	NA
New Hampshire	X	X	NA	NA	NA	NA	NA	NA
New Jersey	X	X	X	X	X	X	X	X
New Mexico	X	X	NA	NA	NA	NA	NA	NA
New York	X	X	X	X	X	X	NA	X
North Carolina	X	X	X	X	X	X	NA	X
North Dakota*	X	X	NA	NA	NA	NA	NA	NA
Ohio	X	X	X	X	X	X	NA	X
Oklahoma	X	X	X	X	X	X	NA	X
Oregon	X	X	X	X	X	X	NA	X
Pennsylvania	X	X	X	X	X	X	NA	X
Rhode Island*	X	X	NA	NA	NA	NA	NA	NA
South Carolina	X	X	X	X	X	X	NA	X
South Dakota*	X	X	NA	NA	NA	NA	NA	NA
Tennessee	X	X	X	X	X	X	NA	X
Texas	X	X	X	X	X	X	X	X
Utah	X	X	X	X	X	X	NA	X
Vermont*	X	X	NA	NA	NA	NA	NA	NA
Virginia	X	X	X	X	X	X	NA	X
Washington	X	X	X	X	X	X	NA	X
Washington DC*	X	X	NA	NA	NA	NA	NA	NA
West Virginia	X	X	NA	NA	NA	NA	NA	NA
Wisconsin	X	X	X	X	X	X	NA	X
Wyoming*	X	X	NA	NA	NA	NA	NA	NA

*HLM Modeled Estimates

NA = data not available

Individual reports on these 32 states are included in this compendium. Each state report features key data points for that state, such as prevalence and key demographic characteristics, as well as statistics of potential interest. For example:

- Forty-nine percent of caregivers in Arizona have been providing care for three years or longer.
- Forty-six percent of caregivers in Pennsylvania have made a modification to their home to make things easier for their care recipient.
- Thirty-five percent of caregivers in Kentucky and Iowa have used an app, video, wearable device, or other remote monitoring technology to check on their care recipient, whereas only 15 percent of caregivers in Minnesota have done so.
- Fourteen percent of caregivers in Oregon provide care to someone who lives more than two hours away.

Data limitations for remaining states

Due to limited data collection, only statistics on family caregiver prevalence and the number of family caregivers in the state can be accurately reported for the 19 remaining states. Individual reports for these states aggregate family caregivers in the national sample to the relevant Census Bureau divisions to report accurate details on who caregivers are, what they do, and their well-being at a regional level.

Interpreting the data

Caution should be used in interpreting differences in state caregiving prevalence as reflecting preferences or state policies alone. Many elements factor into family caregiver prevalence for a state, including the age composition of state residents, cultural and regional preferences for care at home or family caregiving, availability of professional direct care workers, and the state's long-term services and supports policies.

Detailed findings across the states

Paid family caregiving

For the first time, this survey includes data on whether family caregivers of adults were paid to provide care. National data show that 18 percent of family caregivers of adults and children (11 million) were paid for some of their care and that the share of family caregivers who were paid for any of their care ranges from 10 percent in Iowa to 28 percent in New Jersey. Payment usually comes through Medicaid Home and Community-Based Services self-direction waivers, Veterans Affairs, or other state programs. Most family caregivers receive no training or pay for the critical care they provide.

States' Medicaid LTSS programs offer fewer options for family caregivers of children with disabilities or complex medical conditions to get paid for the care they provide,¹ so state-level data on this broader group of caregivers are not available.

1 Susan Reinhard, Rodney Harrell, Carrie Blakeway Amero, Brendan Flinn, Ari Houser, Paul Lingamfelter, Rita Choula, Selena Caldera, Edem Hado, and Julie Alexis. *Innovation and Opportunity: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers*, 2023 Edition. Washington, DC: AARP Public Policy Institute, September, 28, 2023. <https://doi.org/10.26419/ppi.00203.001>.

Table 3. Family Caregivers of Adults, by Paid and Unpaid Status, 2025*

State	Percent of Unpaid Family Caregivers	Percent of Paid Family Caregivers**
Alabama	85%	15%
Arizona	84%	16%
California	74%	26%
Colorado	90%	10%
Connecticut	85%	16%
Florida	83%	17%
Georgia	82%	18%
Illinois	78%	22%
Indiana	88%	12%
Iowa	90%	10%
Kansas	82%	18%
Kentucky	86%	14%
Louisiana	76%	24%
Maryland	88%	12%
Massachusetts	84%	16%
Michigan	88%	12%
Minnesota	83%	17%
Missouri	88%	12%
New Jersey	72%	28%
New York	77%	23%
North Carolina	85%	15%
Ohio	85%	15%
Oklahoma	82%	18%
Oregon	85%	15%
Pennsylvania	81%	19%
South Carolina	79%	21%
Tennessee	90%	10%
Texas	79%	21%
Utah	82%	19%
Virginia	84%	17%
Washington	86%	14%
Wisconsin	89%	11%
Total US	82%	18%

* Percentages may not sum to zero. Not shown here are caregivers who refused to respond to the question and those who indicated that someone else in their household provided paid care.

** Caregivers were asked if they had been paid to care for a relative or friend 18 years or older to help them take care of themselves. They may also have provided unpaid care to that same person or to another care recipient.

Medicaid LTSS programs that pay family caregivers: State variation

Medicaid plays a critical role in supporting family caregivers through long-term services and supports (LTSS) programs that allow them to be paid for the care they provide. As of 2024, 47 states and Washington, DC² allow payment to family caregivers for personal care services under various Medicaid-funded LTSS programs,³ though program scope and structure vary widely.

These services typically include assistance with activities of daily living (ADLs), such as bathing, dressing, and eating, and some instrumental activities of daily living (IADLs), like meal preparation and medication management. Payments to family caregivers are most often authorized through self-directed care models, which are implemented via Medicaid authorities including 1915(c) and 1115 waivers, and state plan options such as 1915(i), 1915(j), and 1915(k).

State variation in self-direction options

Self-direction allows care recipients to select, train, and manage their workers—including friends and family members in many cases—offering both autonomy and flexibility in care delivery. However, eligibility rules, caregiver qualifications, and payment structures differ across states. For example, some states allow legally responsible relatives (such as spouses or parents of minor children) to be paid caregivers, while others restrict this based on the type of Medicaid authority used or the care setting.

These programs may offer either employer and budget authority or one of these authorities only. Employer authority allows self-direction participants to recruit, hire, schedule, manage, and terminate workers of their choice, including family caregivers. Budget authority affords participants even more control, letting them set wages and, in some programs, purchase goods and services needed for independent living.⁴

Self-direction is widely available for adults with intellectual or developmental disabilities (IDD), older adults, and individuals with physical disabilities.⁵ Access, however, is more limited for other populations. As of 2023, nearly all states offer self-direction for adults over age 65 and those with physical disabilities, and 92% offer it for adults with IDD. In contrast, fewer than half provide self-direction options for individuals with serious mental illness or children with complex needs, such as those with serious emotional disturbances or traumatic brain injuries.⁴

The COVID-19 pandemic significantly accelerated the use of self-directed services.⁶ In response to workforce shortages and safety concerns, the Centers for Medicare & Medicaid Services (CMS) allowed states to expand self-direction flexibilities through Appendix K and other emergency amendments. Many states temporarily permitted legally responsible relatives to be paid caregivers and streamlined enrollment processes. While some of these flexibilities have expired, others have been made permanent or are under consideration for long-term adoption.² State examples of this variation in self-direction include:

- Connecticut's 1915(k) Community First Choice program allows participants to hire family members (excluding spouses and legally responsible individuals) and manage their own budgets, including setting caregiver wages within state-approved limits.
- Florida's Participant-Directed Option (PDO) under its managed long-term care program permits legally responsible individuals, including spouses, to be paid caregivers if they meet qualifications and pass background checks.
- Virginia's CCC Plus waiver allows relatives (excluding spouses and parents of minors) to be paid caregivers, with temporary pandemic-era flexibilities expanding eligibility to include legally responsible individuals.

In addition to hourly wage models, 13 states⁷ have adopted structured family caregiving programs that provide a daily stipend, typically \$40 to \$50, instead of hourly pay.⁸ These programs often require caregivers to live with care recipients and include oversight by provider agencies offering training and support.

Despite the growth and flexibility of self-directed programs, challenges remain. States vary in how they define "family" and in the legal and administrative requirements for participation. Some states impose limits on the number of hours a family caregiver can be paid or require additional oversight to prevent conflicts of interest and ensure quality care. Expansion of self-direction options has created more choice for participants while adding complexity to program administration and data tracking.

2 Florida, Indiana, and Utah did not respond to the KFF Medicaid HCBS Program Survey 2024, which assessed which states pay family caregivers under any Medicaid HCBS programs.

3 Burns, Alice, Abby Wolk, Molly O'Malley Watts, and Maiss Mohamed. "How Do Medicaid Home Care Programs Support Family Caregivers?" Kaiser Family Foundation, January 13, 2025. <https://www.kff.org/medicaid/issue-brief/how-do-medicaid-home-care-programs-support-family-caregivers/>.

4 Kate Murray, Molly Morris, Merle Edwards-Orr, Mark Sciegaj, and Brendan Flinn. *National Inventory of Self-Directed Long-Term Services and Supports Programs For the 2023 AARP LTSS State Scorecard*. Washington, DC: AARP Public Policy Institute, February 6, 2024. <https://doi.org/10.26419/ppi.00217.001>.

5 National Alliance for Caregiving. "Policy Brief: The Role of Medicaid in Supporting Family Caregivers." National Alliance for Caregiving, 2025. https://www.caregiving.org/wp-content/uploads/2025/04/NAC_Policy-Brief-Medicaid_040825.pdf.

6 Funding changes may threaten self-direction. The One Big Beautiful Bill Act, enacted in July 2025, may significantly reduce federal Medicaid funding, prompting states to cut services, eligibility, and/or payment rates. As the largest optional benefit, home and community-based services, including those paying family caregivers, may be especially vulnerable.

7 California, Georgia, Iowa, Louisiana, Maryland, Missouri, New Mexico, North Carolina, North Dakota, and South Dakota have adopted structured family caregiving programs. Connecticut, Massachusetts, and Rhode Island also have structured family caregiving programs; however, these states use different names for these programs.

8 American Council on Aging. 2025. "Medicaid Structured Family Caregiving Program: Paying Loved Ones as Caregivers." Accessed May 14, 2025. <https://www.medicaidplanningassistance.org/structured-family-caregiving/#>.

Intensity of care

Family caregivers perform a range of tasks that vary in complexity, physical demands, and time commitment. Understanding the scope and intensity of family caregiving is key to understanding the lives of caregivers. The Level of Care Index, first developed in the 1997 *Family Caregiving in the US* study,⁹ conveys a simple measure of the intensity of the caregiving situation using objective information. The index is based on the number of hours of care given and the number of activities of daily living (ADLs) and instrumental activities of daily living (IADLs) with which the caregiver assists.

The number of hours of care is a key factor in the Level of Care Index. Nationally, 28 percent of family caregivers of children and adults provide 40 or more hours of care per week or constant care.¹⁰ Across the states, the share of family caregivers providing 40 or more hours of care or constant care ranges from 14 percent in Iowa to 37 percent in Tennessee.

Almost two-thirds (66 percent) of family caregivers assist their care recipient with at least one ADL: routine tasks that are essential for maintaining personal independence. These include bathing, dressing, feeding oneself, toileting, and getting in and out of beds and chairs. Nearly one in four family caregivers nationally (23 percent) say it is difficult to assist their recipient with these tasks. The percentage of caregivers who help with any ADLs ranges from 54 percent in Indiana to 76 percent in Georgia.

IADLs are complex tasks necessary for independent living, such as financial management, meal preparation, housework, transportation, and shopping. Nationally, nearly all family caregivers report helping with at least one IADL (99 percent). In all states, almost all family caregivers are helping with at least one IADL.

Nationally, 44 percent of family caregivers are engaged in high-intensity care, which is defined as a score of 4 or 5 on the Level of Care Index. Across the states, the share of family caregivers engaged in high-intensity care ranges from 32 percent (Wisconsin) to 55 percent (Tennessee).

Interactions with health care providers

Family caregivers play a critical role in health care management and delivery across the country. Nationally, 64 percent of family caregivers communicate with care recipients' providers proactively. Lower numbers of family caregivers report being asked by health care providers about care needed for their care recipient: 27 percent nationally report being asked, with percentages ranging from 15 percent in Indiana to 38 percent in New Jersey.

In the states, most family caregivers advocate for their care recipients with health care providers, from 46 percent in Utah to 71 percent in South Carolina. An even greater number monitors the severity of their care recipient's condition so providers can adjust care accordingly, from 60 percent in Wisconsin to 81 percent in Indiana and Maryland.

9 American Association of Retired Persons and National Alliance for Caregiving. *Family Caregiving in the U.S.: Findings from a National Survey*. National Alliance for Caregiving, 1997.

10 Respondents who stated that they provided constant care but were not prompted to provide an hours-per-week response in the survey were included as providing 40 or more hours of care in the state estimates. In the survey, constant care is defined as time-intensive care ranging from on and off around-the-clock care, continuous care with only small sleep breaks, or 24/7 continuous care in the survey.

Financial hardships of family caregiving

As reported in *Caregiving in the US 2025*, family caregiving can result in substantial financial consequences. These can include stopping or using up savings, taking on more debt, and paying bills late or not at all. Almost half of family caregivers nationally (48 percent) experience at least one negative financial impact because of caregiving. Across the states, the share of family caregivers experiencing at least one of the 13 negative financial impacts measured ranged from 34 percent in Minnesota to 59 percent in Georgia.

Difficulty finding affordable services for their care recipient, such as delivered meals, transportation, and in-home health services, can affect family caregivers' financial situations, too. Nationally, 28 percent of family caregivers have difficulty finding affordable local services for their care recipient. In one example of how place can shape the caregiving experience, family caregivers in rural areas more often say it is very difficult to get affordable services in their local area or community (34 percent).

Across the states, the share of family caregivers having difficulty finding affordable local services for their care recipient ranged from 17 percent in Arizona and Ohio to 39 percent in Maryland.

Working while caregiving

Caregiving often comes at a cost for working family caregivers, who navigate the dual responsibilities of paid employment and caregiving. Sixty percent of caregivers were in paid employment outside the home. Balancing paid work and care can be a challenge; working caregivers more often report feeling alone and facing financial difficulty than nonworking caregivers. Across the states, the prevalence of working family caregivers ranged from 42 percent in Arizona to 76 percent in Connecticut.

Health and well-being of family caregivers

Self-care is essential for family caregivers who face the challenge of maintaining their own health while prioritizing their care recipient's well-being. Yet one in five (21 percent) caregivers report fair or poor health, and nearly a quarter (24 percent) say they have difficulty caring for themselves. Given that 45 percent of caregivers nationally are engaged in high-intensity care, this gap can contribute to caregiver illness and burnout.

Across states, the share of family caregivers who have difficulty taking care of their own health while focusing on their care recipient's needs ranges from 12 percent (New York) to 31 percent (Florida).

As discussed earlier, family caregivers often interact with their recipients' health care providers, which allows providers to check in on those caring for their patients. Only 15 percent of caregivers nationally were asked by health care providers about care needed for themselves. Across the states, the percentage of caregivers who were asked by health care providers about care needed for themselves ranged from 7 percent in Kansas to 26 percent in Maryland.

Access to care can be driven by health insurance coverage. Nationally, 89 percent of caregivers report having health insurance coverage, but there is variation in that coverage across states. The share of family caregivers with health insurance coverage ranges from 77 percent in Texas to 95 percent in Illinois.

Table 4. Family Caregivers and Own Health Insurance Coverage, by State, 2025

State	Covered by Any Health Insurance while Caregiving	Medicaid as Main Source of Health Insurance
Alabama	90%	6%
Arizona	92%	16%
California	88%	15%
Colorado	84%	16%
Connecticut	90%	15%
Florida	80%	7%
Georgia	79%	8%
Illinois	95%	19%
Indiana	91%	16%
Iowa	94%	15%
Kansas	83%	4%
Kentucky	86%	26%
Louisiana	91%	26%
Maryland	88%	13%
Massachusetts	92%	13%
Michigan	90%	19%
Minnesota	91%	10%
Missouri	83%	7%
New Jersey	91%	16%
New York	91%	18%
North Carolina	85%	18%
Ohio	95%	19%
Oklahoma	84%	25%
Oregon	91%	21%
Pennsylvania	93%	15%
South Carolina	81%	9%
Tennessee	90%	11%
Texas	77%	5%
Utah	88%	7%
Virginia	91%	14%
Washington	90%	18%
Wisconsin	89%	14%
Total US	89%	13%

Medicaid is an important source of health insurance coverage for both care recipients and family caregivers.^{5,11} The share of family caregivers who rely on Medicaid as their main source of health insurance coverage ranges from 4 percent in Kansas to 26 percent in Kentucky and Louisiana. Nationally, 13 percent of caregivers report relying on Medicaid as their main source of health insurance.

Caregiving can also take a mental and emotional toll on family caregivers. Although caregiving provides a sense of purpose or meaning in life for half of caregivers, feelings of isolation are common among caregivers; 24 percent report feeling alone. Nationally, 39 percent of family caregivers experience high emotional stress because of caregiving. Across the states, 26 percent of Pennsylvania caregivers report experiencing high emotional stress, compared with 51 percent in Colorado.

Conclusion

Throughout America, family members and friends step up to provide care for older adults and children who have disabilities or serious medical conditions. The number of family caregivers nationally has increased by 20 million since 2015. Although more than half get a sense of meaning or purpose from their caregiving role, they also encounter negative financial impacts, a lack of training and support, and feelings of stress and isolation. Most are providing care without compensation, care with an economic value estimated at \$600 billion.¹²

This compendium provides a snapshot of the similarities and differences in the lives of family caregivers in states and regions across the country. The information it contains paints a rich and detailed picture of caregivers' role in supporting the health of families, neighborhoods, and communities, and it provides insights into the policy and program supports that could better equip family caregivers to manage these enormous responsibilities.

11 Flinn, Brendan. *Medicaid Provides Critical Health Care Coverage to Family Caregivers*. Washington, DC: AARP Public Policy Institute, May 20, 2025. <https://doi.org/10.26419/ppi.00371.001>.

12 Reinhard, Susan C., Selena Caldera, Ari Houser, and Rita B. Choula. *Valuing the Invaluable 2023 Update: Strengthening Supports for Family Caregivers*. Washington, DC: AARP Public Policy Institute. March 8, 2023. <https://doi.org/10.26419/ppi.00082.006>.

Caregiving in the US 2025 state profiles

The *Caregiving in the US 2025* survey was expanded to collect state-representative data on caregivers. This allowed for estimation of caregiver prevalence rates and the total number of caregivers across all 50 states and the District of Columbia. These estimates focus on adults ages 18 and older who provide care to adults and children with disabilities or complex medical conditions.

Methodology overview

Data were primarily collected through the probability-based KnowledgePanel®, supplemented by responses from nonprobability opt-in panels in states with smaller sample sizes. This blended approach enabled statistically valid estimates of caregiver prevalence at the state level. The estimated number of caregivers was calculated by applying the prevalence rate to the population of noninstitutionalized adults in each state.

Scope of state reports

- Thirty-two states (AL, AZ, CA, CO, CT, FL, GA, IL, IN, IA, KS, KY, LA, MD, MA, MI, MN, MO, NJ, NY, NC, OH, OK, OR, PA, SC, TN, TX, UT, VA, WA, WI) had sufficient sample sizes to support detailed reporting on:
 - caregiver and care recipient demographics;
 - types of caregiving tasks performed; and
 - financial impacts and overall well-being of caregivers.
- Nineteen states (AK, AR, DE, HI, ID, ME, MS, MT, NE, NH, NM, NV, ND, RI, SD, VT, WV, WY, including DC) did not have sufficient sample sizes to support detailed reporting. For these states, the caregiver profile includes a prevalence rate and number of caregivers using state data. Additional details on caregiver and care recipient demographics, caregiving tasks, and the financial impacts and well-being of caregivers are provided for caregivers in the US Census Bureau divisions that include those states.

Alabama

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

More than 1 million (1,100,000) adults in Alabama provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (28%) adults across the state.

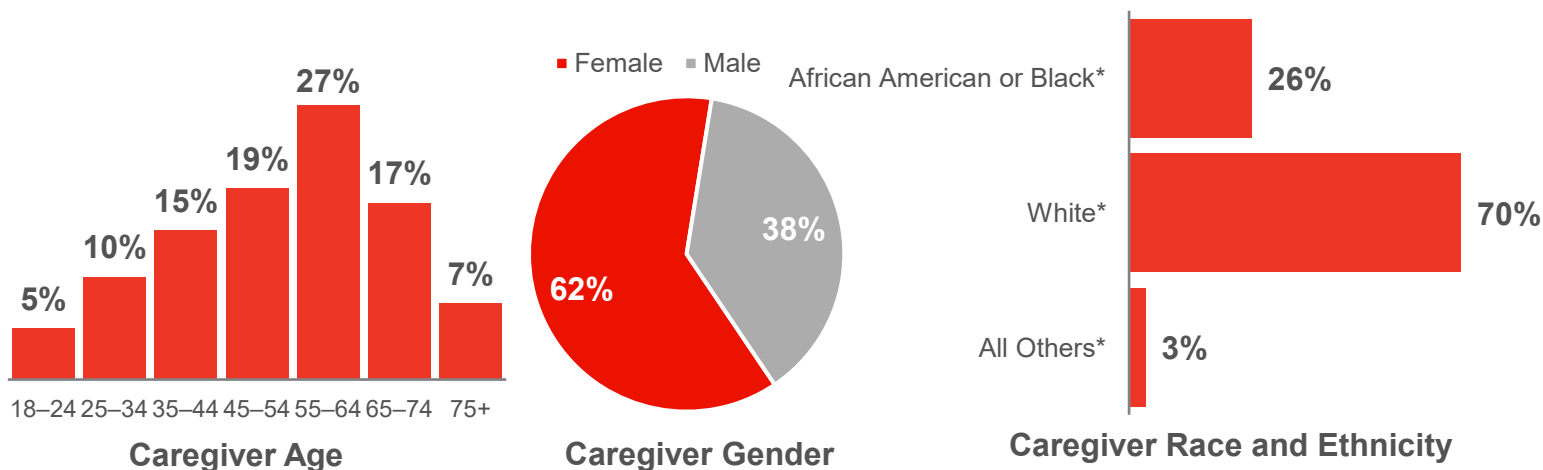
Most family caregivers in Alabama care for an adult (94%) — most often a parent (41%). Eighteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (58%). Over one in three caregivers live in a household with income under \$50,000 (36%). A quarter of caregivers (26%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. One in three family caregivers live with their care recipient (35%).

On average, family caregivers are **52 years old** and care for someone **71 years old** in Alabama.

Six in ten family caregivers work while also caregiving (59%).

Most family caregivers in Alabama provide care to someone due to a long-term physical condition (59%).

Demographics of Family Caregivers in Alabama



*Non-Hispanic

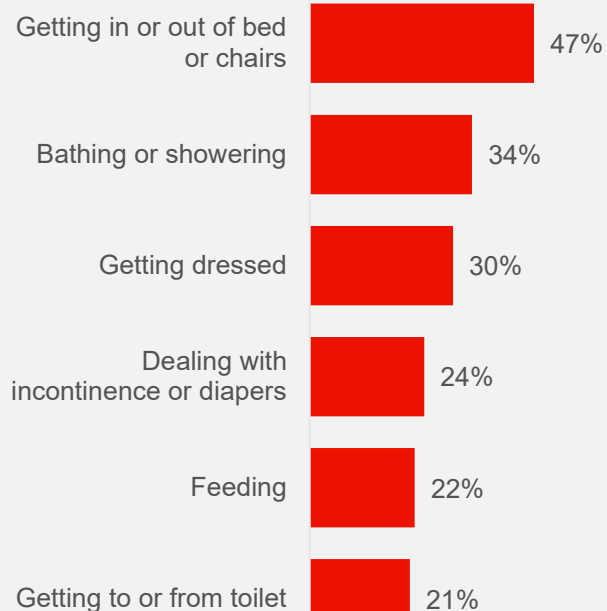
What Family Caregivers Do

Seven in ten family caregivers in Alabama (70%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

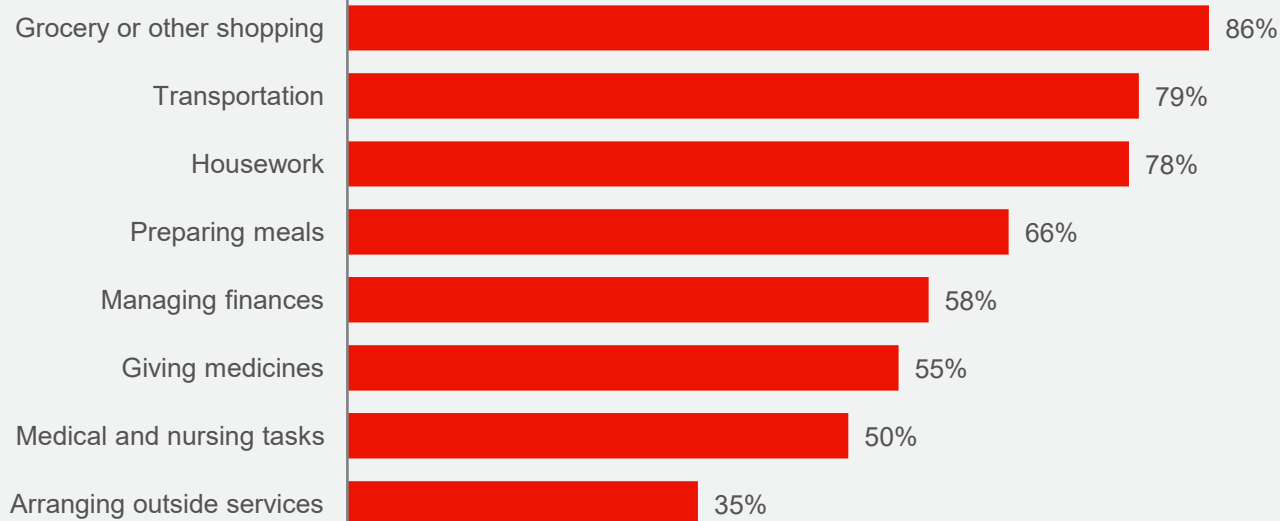
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

10% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Alabama Family Caregivers Help with Many Activities of Daily Living



Alabama Family Caregivers Help with Many Instrumental Activities of Daily Living



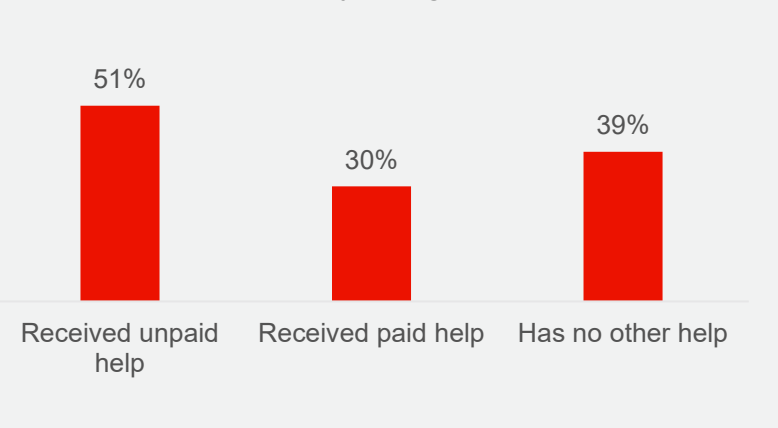
Nearly half of family caregivers (48%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

29% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Alabama Family Caregivers Receive



40% of caregivers have been providing care for three years or longer.

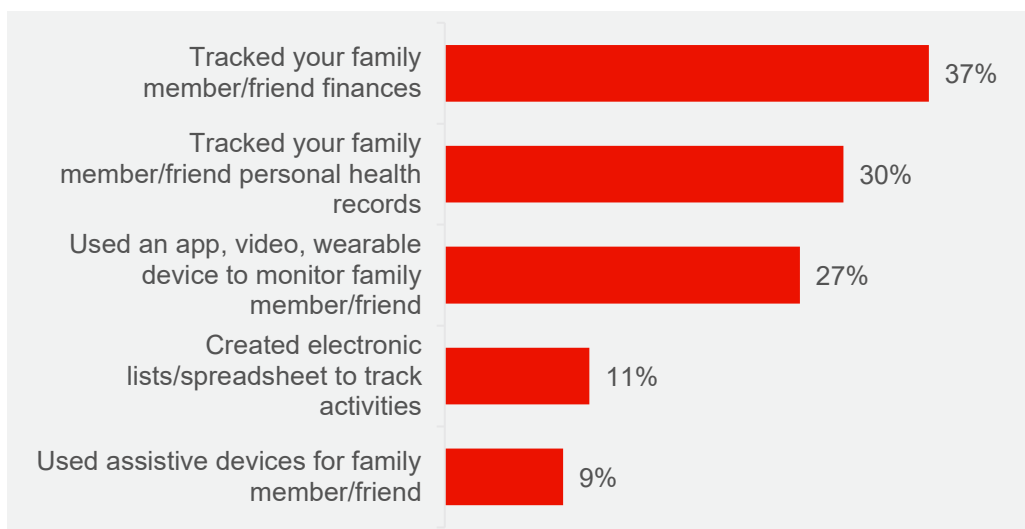
Half of family caregivers (50%) help with medical and nursing tasks.

Family caregivers in Alabama are key in managing health care:

- 65% monitor the severity of their care recipient's condition.
- 63% communicate with health care professionals about their family member's or friend's care.
- 55% advocate for them with health care providers, community services, or government agencies.

While nearly **four in ten (37%) family caregivers** would find respite care helpful, over **eight in ten (85%)** have never used such services.

Six in ten family caregivers (59%) use at least one of the technology solutions asked about in our survey.



Over one in ten family caregivers (15%) have been asked by health care providers about care needed for their care recipient, and **10% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (41%) in Alabama 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.

One in four family caregivers (27%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Alabama Family Caregivers

Stopped saving	29%	Used long-term savings	14%
Left bills unpaid or paid late	24%	Moved to less expensive home	10%
Took on more debt	18%	Put off retirement	9%
Used up personal short-term savings	18%	Had to start working or work more	8%
Borrowed money from family/friends	16%	Missed/late paying student loan	4%
Could not afford basic expenses	14%		

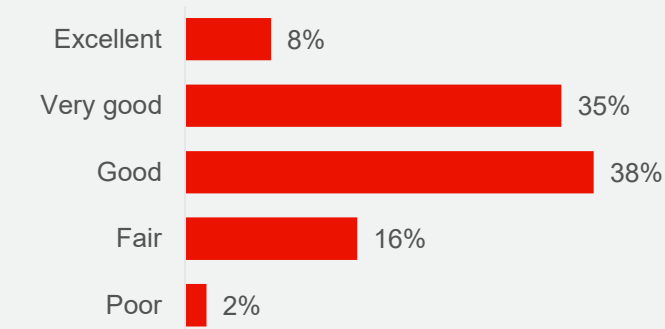
Information Needs of Family Caregivers

Four in ten family caregivers (39%) have made home modifications to make things easier for their care recipient.

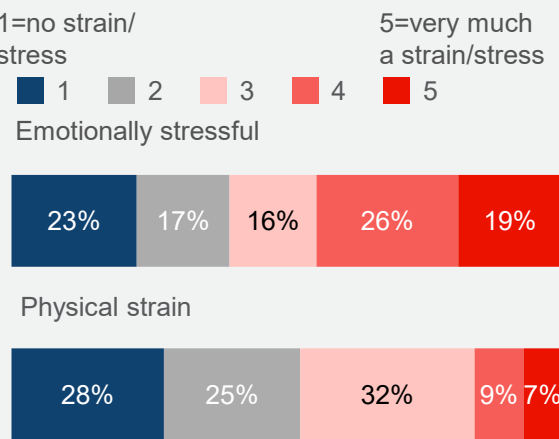


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

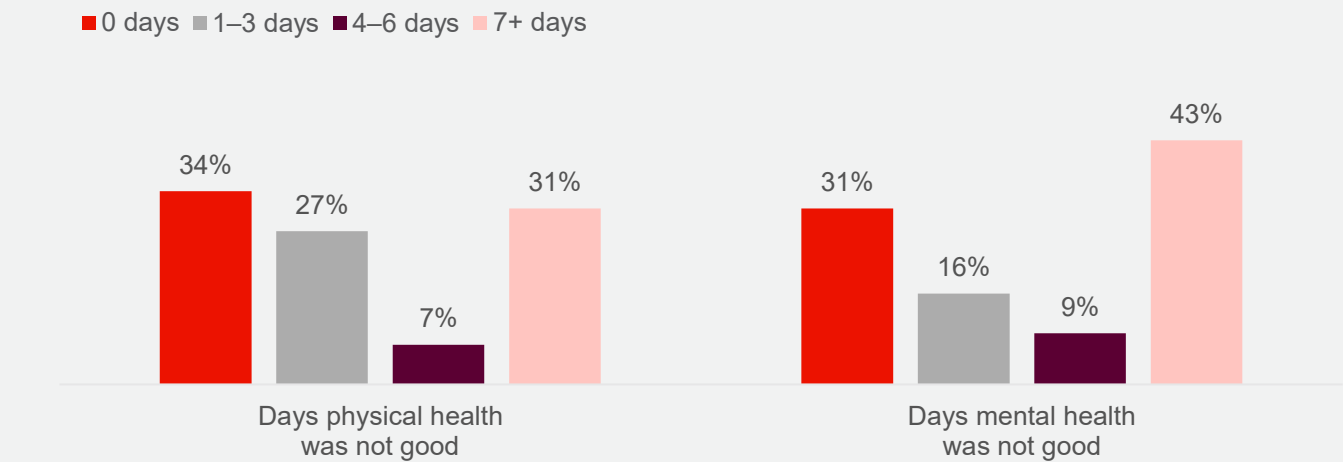


Stress and Strain Felt by Alabama Caregivers

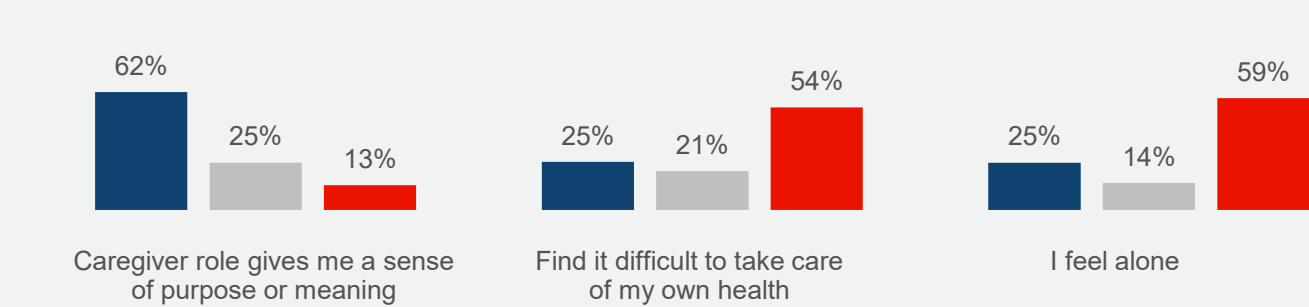


Three in ten family caregivers experience seven or more days a month of poor physical health. Over four in ten caregivers (45%) experience high emotional stress while caregiving. One quarter has difficulty taking care of their own health while they focus on their care recipient’s needs. One in four feel alone while caregiving.

Caregivers Healthy Days Measure



Agree Neutral Disagree



Demographic Characteristics of Family Caregivers in Alabama

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	26%	Served in US Armed Forces	13%
Education		Cares for someone who served in the US Armed Forces	13%
Did not graduate from high school	7%	Has health insurance coverage	90%
Graduated from high school	32%	Has been a student while caregiving	4%
Some college or associate's degree	30%	Has a disability or handicap that limits them	20%
Bachelor's degree or higher	31%	Has internet access in home	97%
Marital status		Place of residence	
Married/living with partner	58%	Rural	52%
Single/never married	25%	Urban	23%
Widowed	6%	Suburban	25%
Separated/divorced	9%	Living situation	
Household income		Lives alone	14%
<\$25,000	18%	Lives with others	86%
\$25,000-\$49,999	18%		
\$50,000-\$99,999	28%		
\$100,000+	37%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 116 caregivers in Alabama, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.4%.

Caregiving in the US 2025: Spotlight on Alaska



In Alaska, one in five adults (22%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 125,000 adults in Alaska.

22%* = **125,000**
of adults caregivers

Who Are Family Caregivers in the Pacific* Division?

58% Women **41%** Men



Caregiver average age is **49** years old



60% have worked while caregiving

Care recipient average age is **66** years old



42% care for a parent

34% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the Pacific* Division



49% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



38% receive no help with caregiving (either paid or unpaid)



36% report moderate to high levels of emotional stress



What Are Family Caregivers in the Pacific* Division Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

74%

assist with activities of daily living such as bathing, dressing, and feeding

56%

help with medical and nursing tasks

52%

engage in high-intensity caregiving (more hours and higher complexity of care)

33%

provide at least 40 hours of care per week or constant care

*Due to limited data collection in Alaska, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Alaska's caregivers cannot be presented. The Census Bureau's designation of the Pacific Division includes Alaska, California, Hawai'i, Oregon, and Washington.

For full methodology, see Methodology Appendix of this report.

Arizona

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

More than 1.2 million (1,283,000) adults in Arizona provide care to a family member or friend with complex medical conditions or disabilities — one in five (22%) adults across the state.

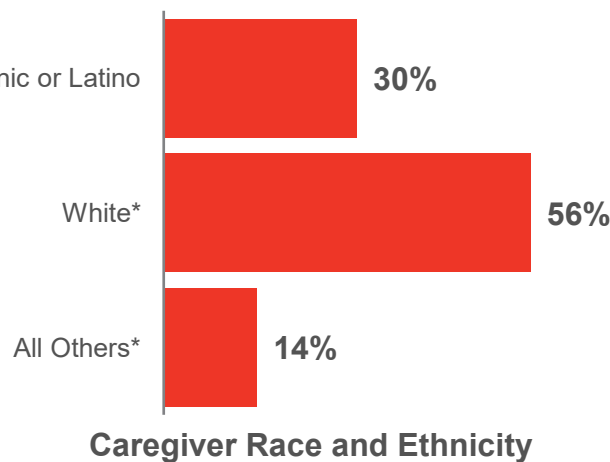
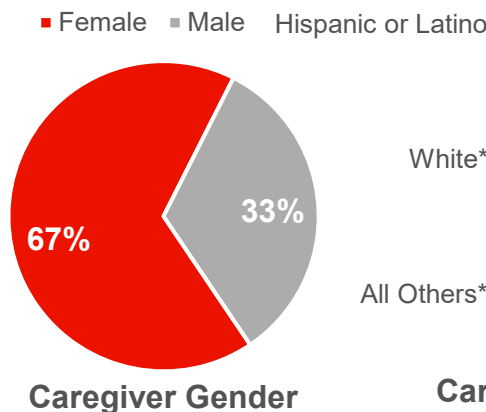
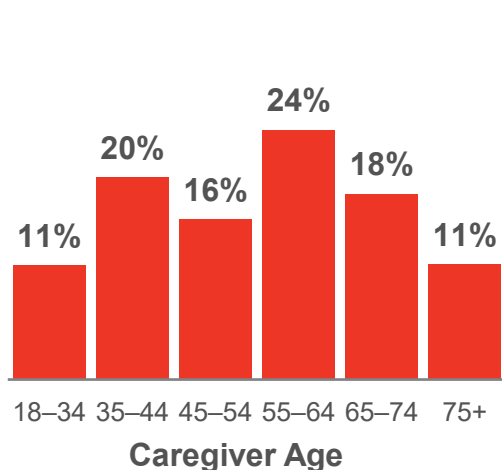
Most family caregivers in Arizona care for an adult (94%) — most often a parent (43%). Fifteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (71%). One in three caregivers live in a household with income under \$50,000 (31%). A quarter of caregivers (25%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One quarter of caregivers live with a disability. Over half of family caregivers live with their care recipient (54%).

On average, family caregivers are **55 years old** and care for someone **62 years old** in Arizona.

Four in ten family caregivers work while also caregiving (42%).

Most family caregivers in Arizona provide care to someone due to a long-term physical condition (64%).

Demographics of Family Caregivers in Arizona



*Non-Hispanic

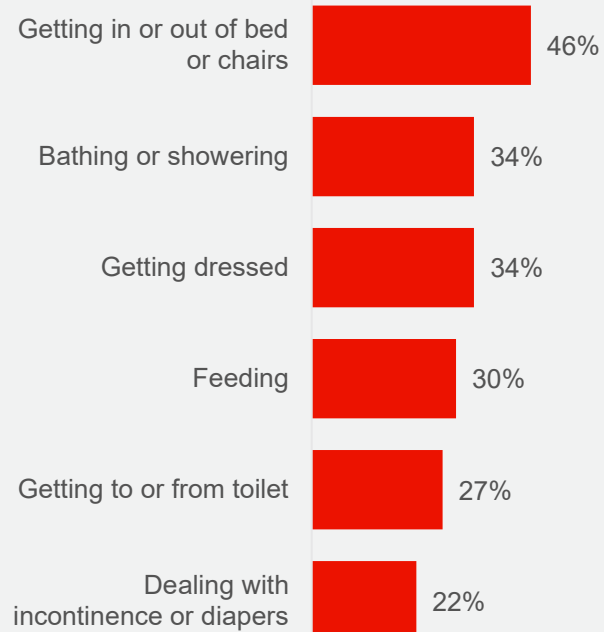
What Family Caregivers Do

Two-thirds of family caregivers in Arizona (67%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

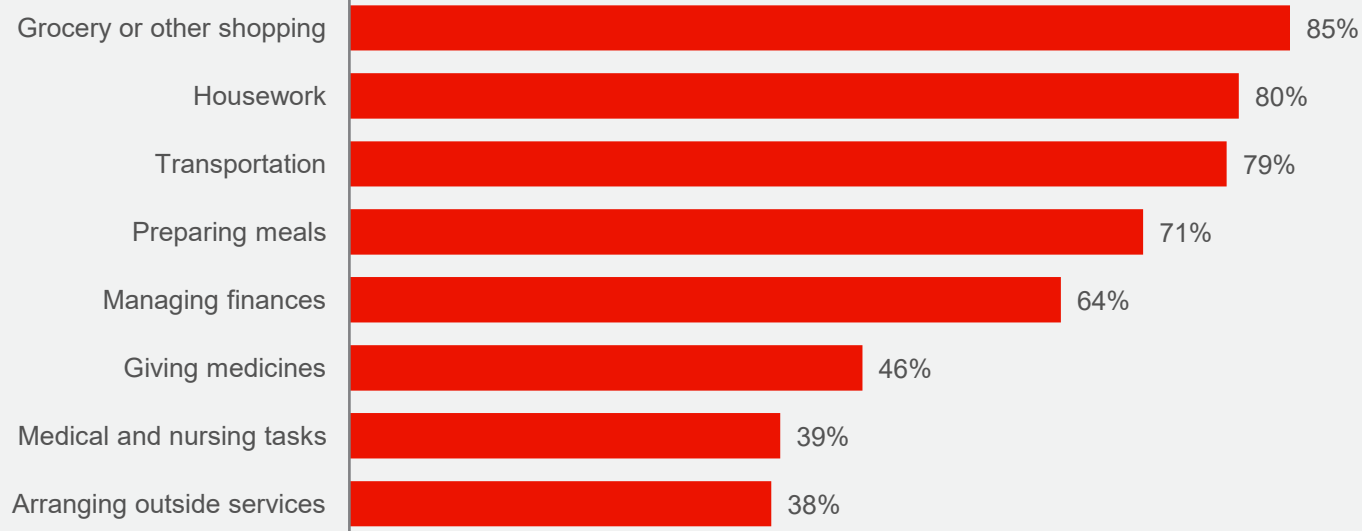
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

One quarter of family caregivers (24%) find these ADL tasks difficult. 9% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Arizona Family Caregivers Help with Many Activities of Daily Living



Arizona Family Caregivers Help with Many Instrumental Activities of Daily Living



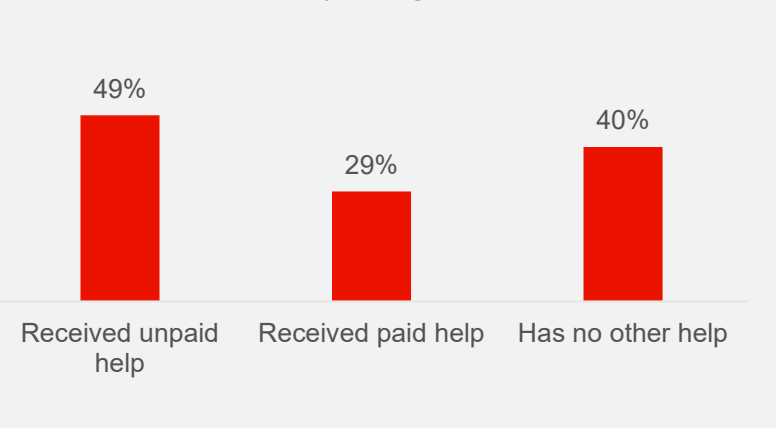
Half of family caregivers (48%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

36% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Arizona Family Caregivers Receive



49% of caregivers have been providing care for three years or longer.

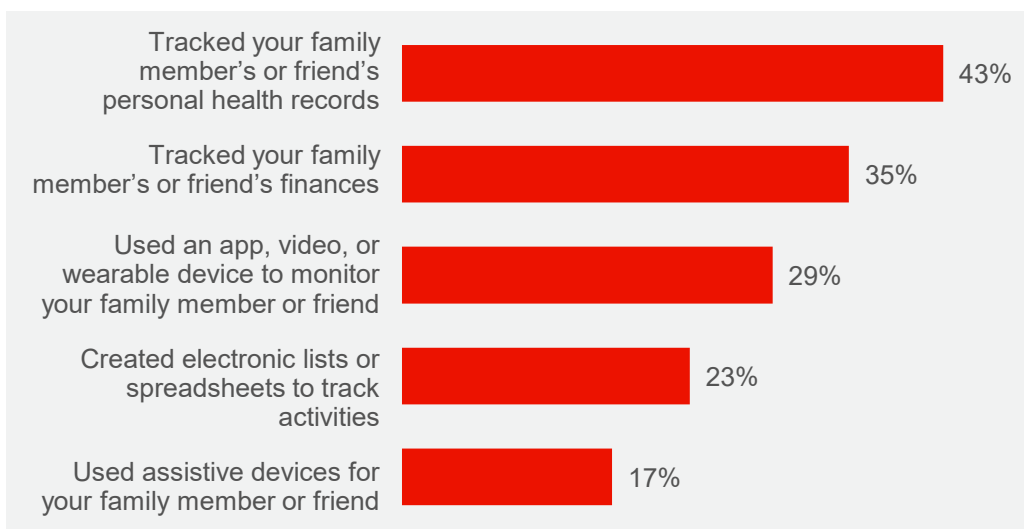
Four in ten family caregivers (39%) help with medical and nursing tasks.

Family caregivers in Arizona are key in managing health care:

- 73% monitor the severity of their care recipient's condition.
- 69% communicate with health care professionals about their family member's or friend's care.
- 63% advocate for them with health care providers, community services, or government agencies.

While **three in ten (30%) family caregivers** would find respite care helpful, over **eight in ten (83%)** have never used such services.

Over six in ten family caregivers (64%) use at least one of the technology solutions asked about in our survey.



A quarter of family caregivers (24%) have been asked by health care providers about care needed for their care recipient, and **15% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (38%) in Arizona 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.

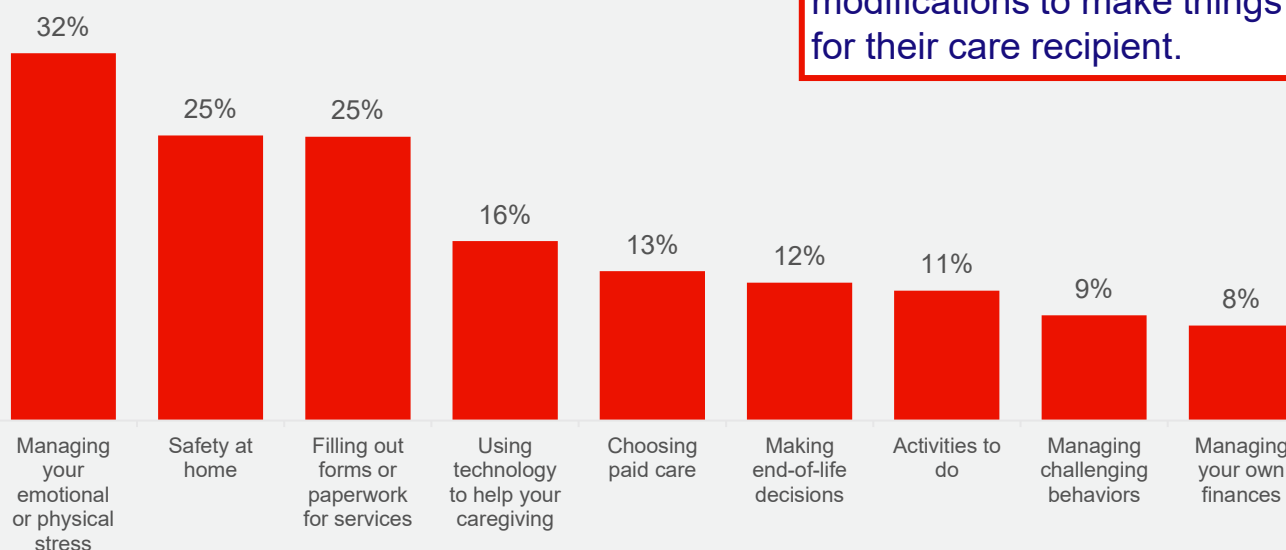
One in six family caregivers (17%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Arizona Family Caregivers

Stopped saving	27%	Borrowed money from family/friends	10%
Used up personal short-term savings	21%	Put off retirement	7%
Took on more debt	17%	Had to start working or work more	7%
Left bills unpaid or paid late	17%	Missed/late paying student loan	6%
Used long-term savings	16%	Filed for bankruptcy	4%
Could not afford basic expenses	14%	Was evicted or home foreclosed	3%
Moved to less expensive home	13%		

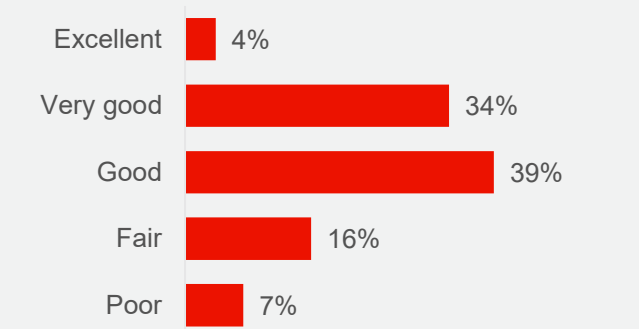
Information Needs of Family Caregivers

One-third of family caregivers (36%) have made home modifications to make things easier for their care recipient.

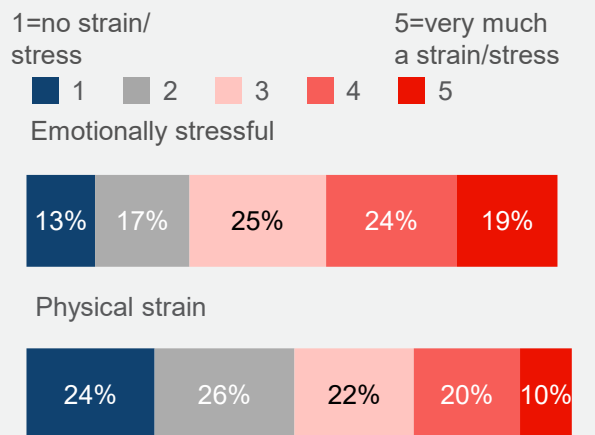


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

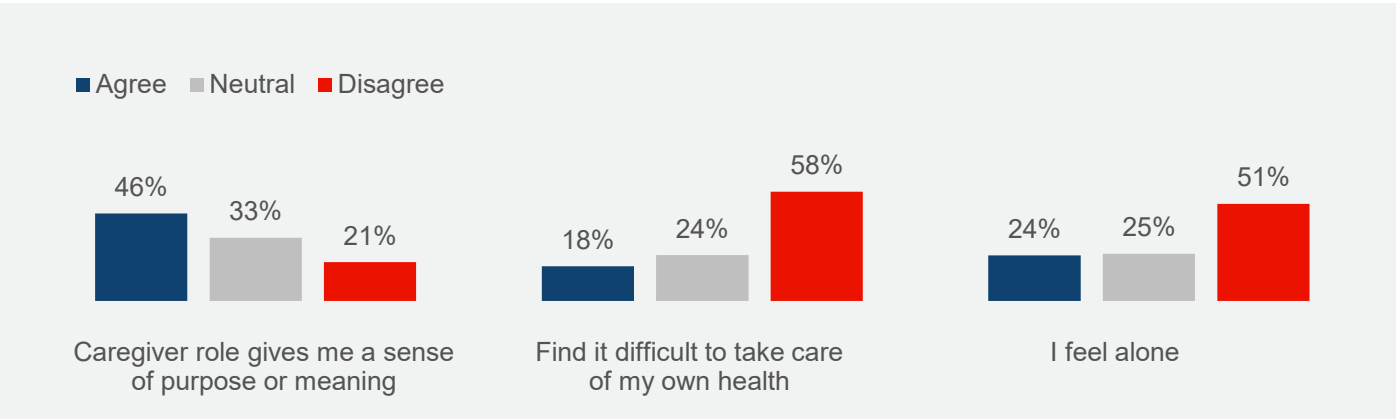
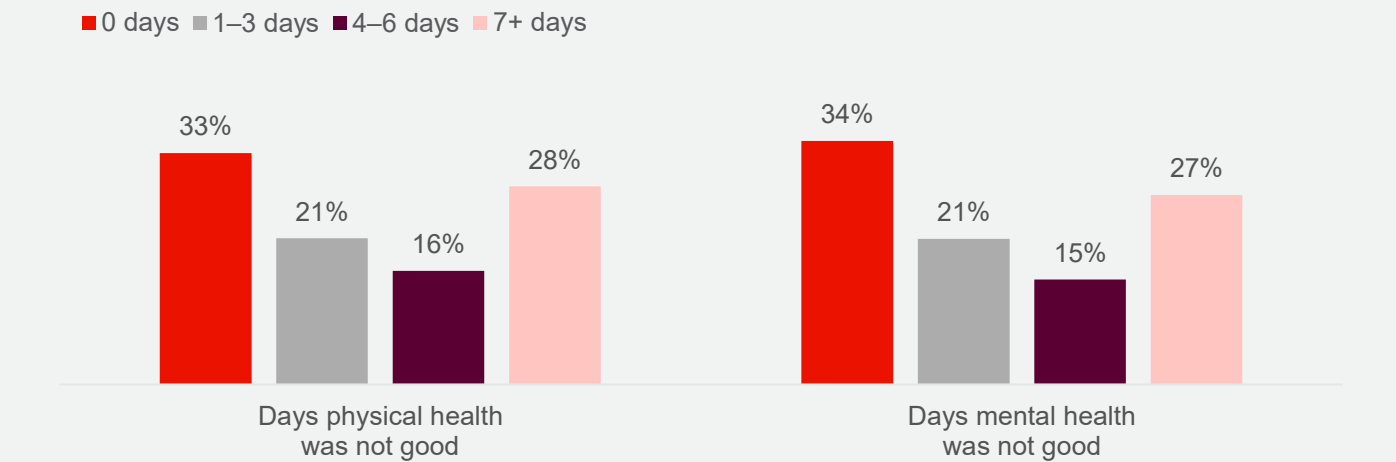


Stress and Strain Felt by Arizona Caregivers



Three in ten family caregivers experience seven or more days a month of poor physical health. Over four in ten caregivers (43%) experience high emotional stress while caregiving. One in five (18%) have difficulty taking care of their own health while they focus on their care recipient’s needs. A quarter (24%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Arizona

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	25%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	13%
Did not graduate from high school	11%	Has health insurance coverage	92%
Graduated from high school	19%	Has been a student while caregiving	11%
Some college or associate's degree	43%	Has a disability or handicap that limits them	26%
Bachelor's degree or higher	28%	Has internet access in home	93%
Marital status		Place of residence	
Married/living with partner	71%	Rural	11%
Single/never married	10%	Urban	58%
Widowed	6%	Suburban	32%
Separated/divorced	9%	Living situation	
Household income		Lives alone	8%
<\$25,000	20%	Lives with others	92%
\$25,000-\$49,999	11%		
\$50,000-\$99,999	24%		
\$100,000+	46%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 168 caregivers in Arizona, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.6%.

Caregiving in the US 2025: Spotlight on Arkansas



In Arkansas, nearly three in ten adults (28%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 654,000 adults in Arkansas.

28% of adults = **654,000** caregivers

Who Are Family Caregivers in the West South Central* Division

57% Women  **42%** Men 

Caregiver average age is **47** years old

 **62%** have worked while caregiving

Care recipient average age is **64** years old

 **47%** care for a parent

37% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the West South Central* Division

 **57%** experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses

 **39%** report moderate to high levels of emotional stress

 **36%** receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in the West South Central* Division Doing?

100% assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

66% assist with activities of daily living such as bathing, dressing, and feeding

59% help with medical and nursing tasks

48% engage in high-intensity caregiving (more hours and higher complexity of care)

29% provide at least 40 hours of care per week or constant care

*Due to limited data collection in Arkansas, detailed information about Arkansas' caregivers cannot be presented. The Census Bureau's designation of the West South Central Division includes Arkansas, Louisiana, Oklahoma, and Texas.

For full methodology, see Methodology Appendix of this report.

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.

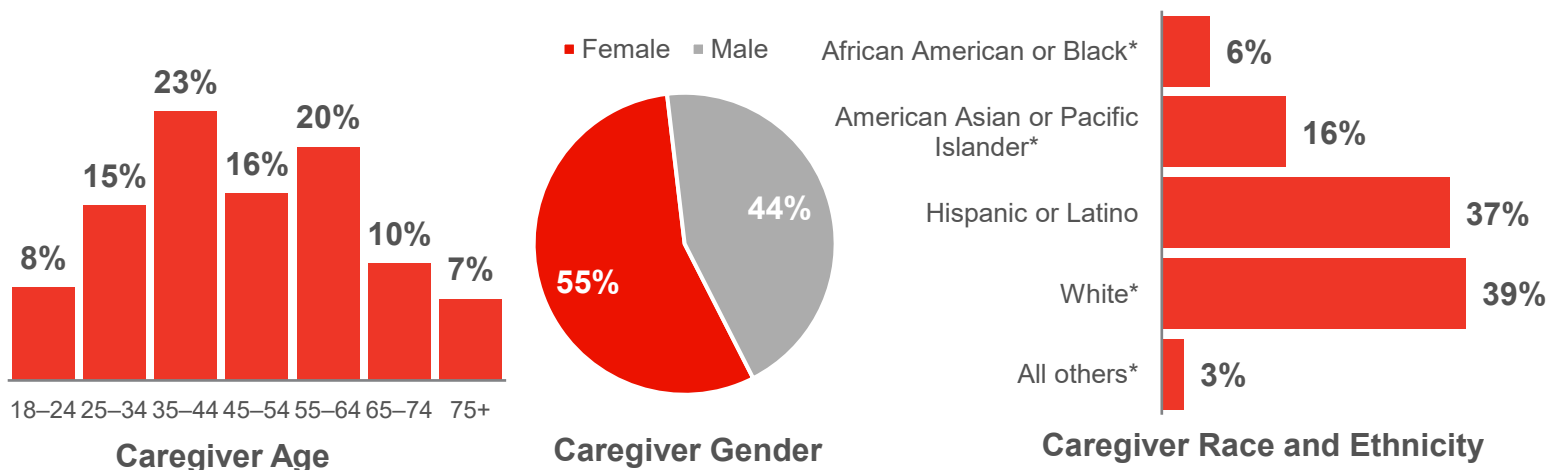
Most family caregivers in California care for an adult (92%) — most often a parent (43%). Twenty-four percent care only for a child with complex medical needs. Most caregivers are married or living with a partner (62%). A quarter of caregivers live in a household with income under \$50,000 (26%). One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



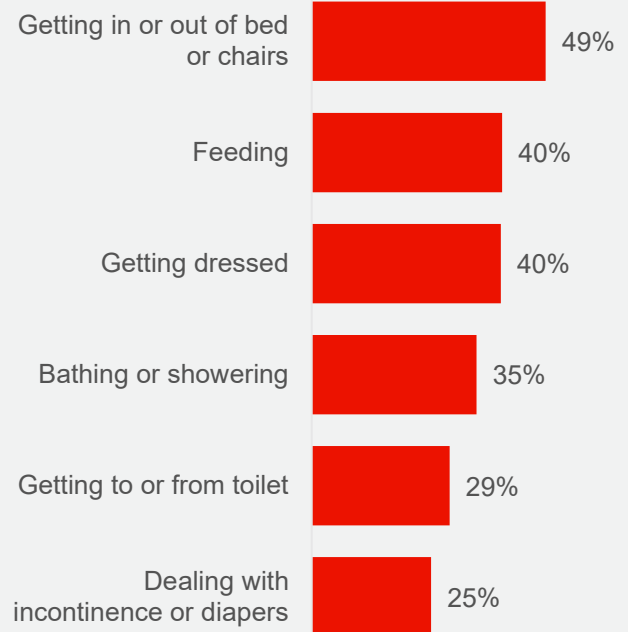
What Family Caregivers Do

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.

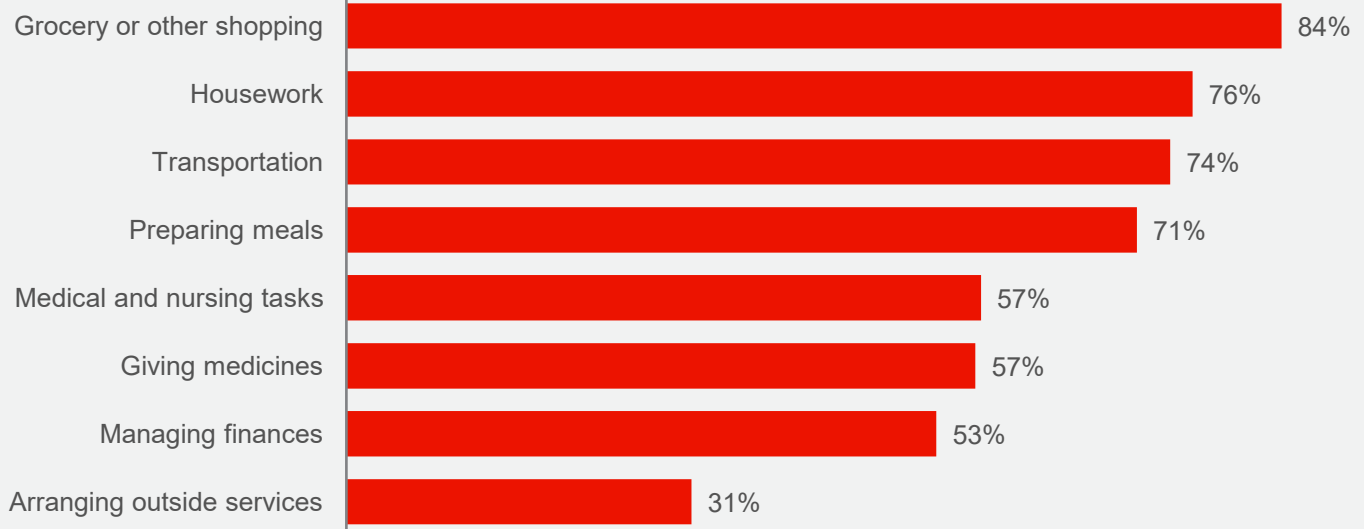
Nearly all family caregivers (99%) help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

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



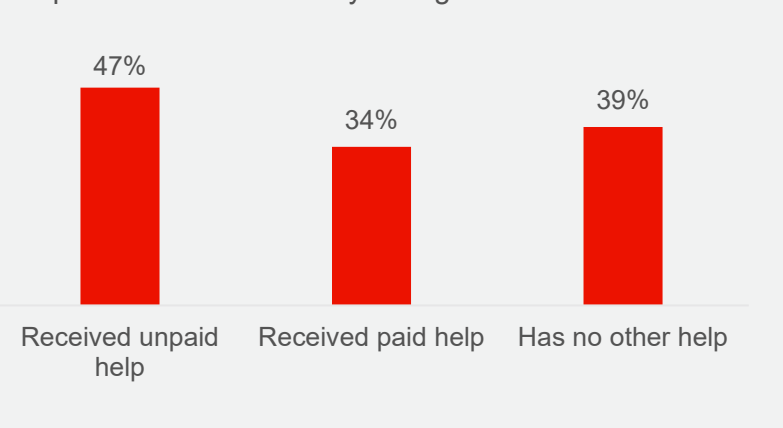
Over half of family caregivers (54%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

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.

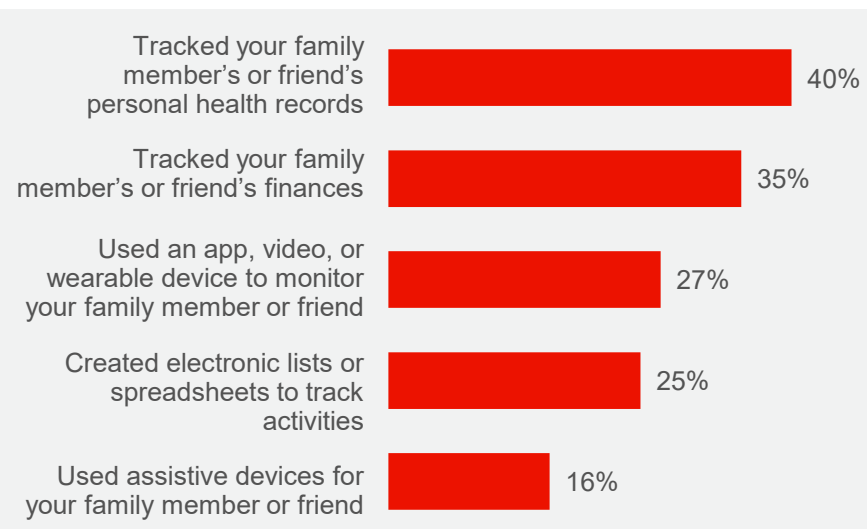
Nearly three in five (57%) family caregivers help w nursing tasks, and **22% of caregivers** receive training for such tasks.

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.

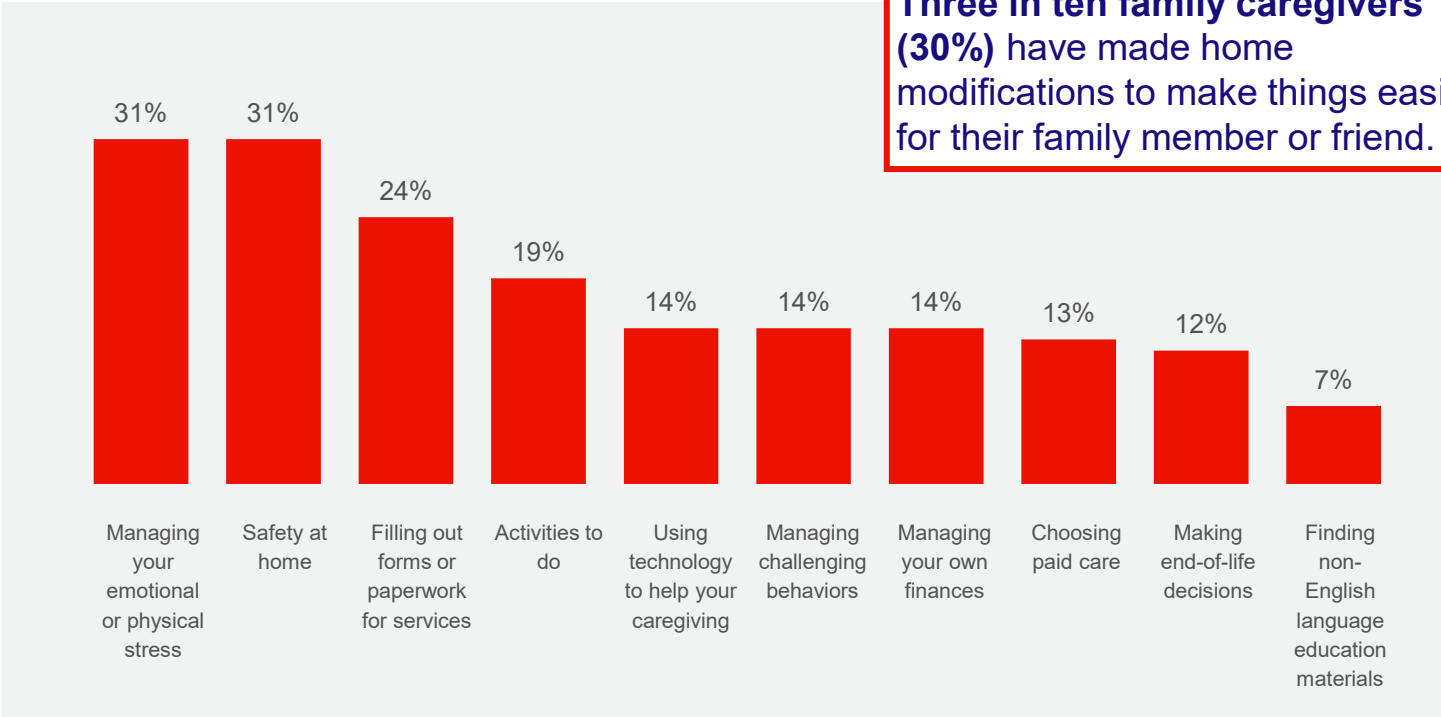
Nearly four in ten family caregivers (37%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

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%		

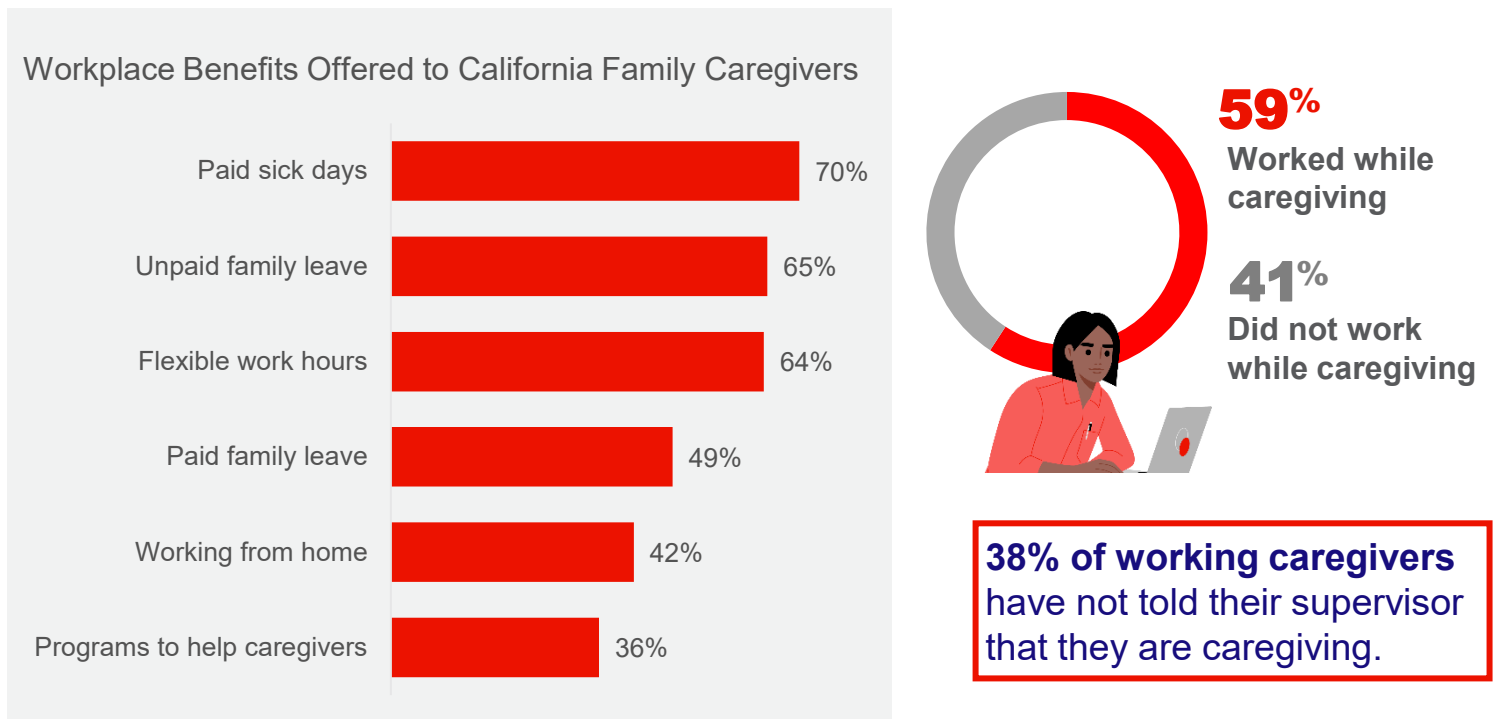
Information Needs of Family Caregivers

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

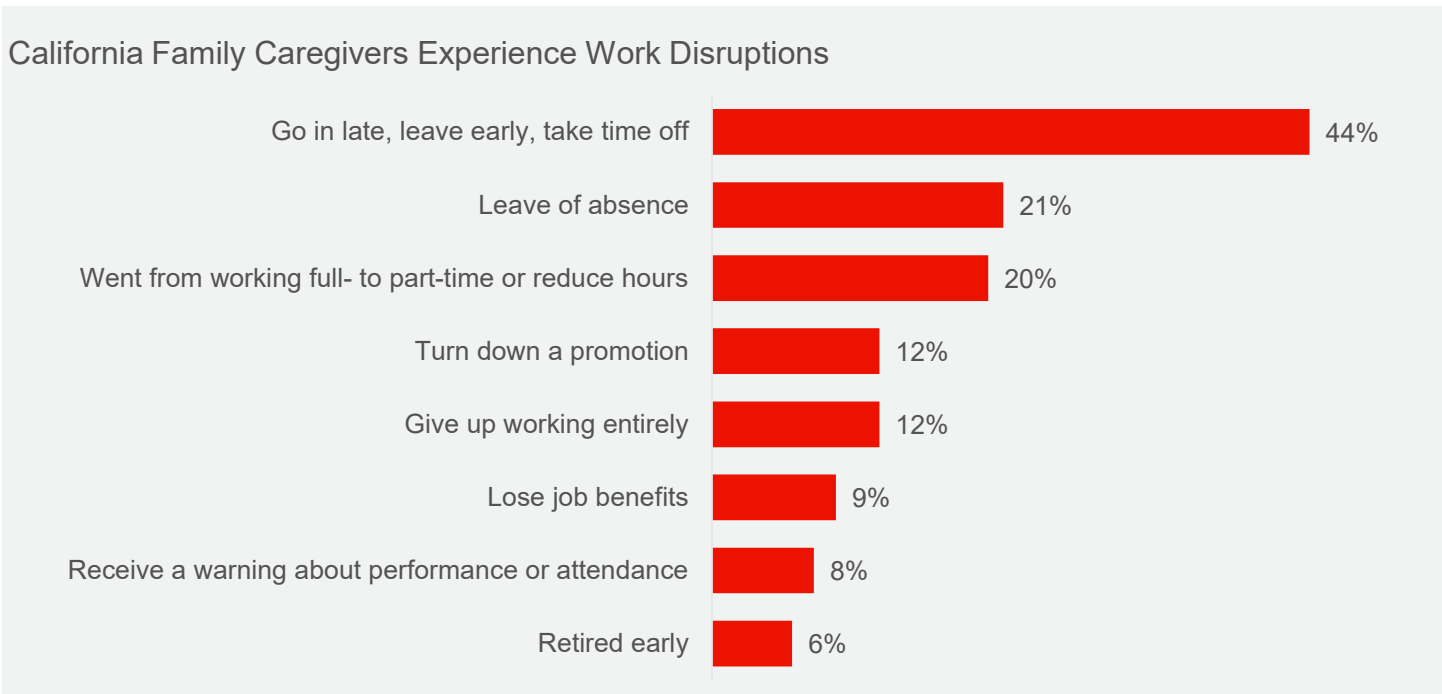


Working While Caregiving

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.

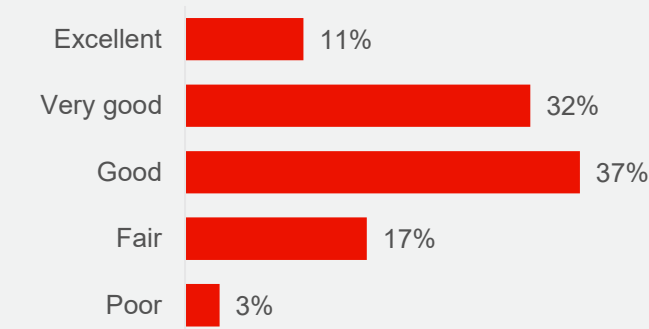


Support for working family caregivers has increased in recent years, but many workers still face challenges balancing care and paid employment.

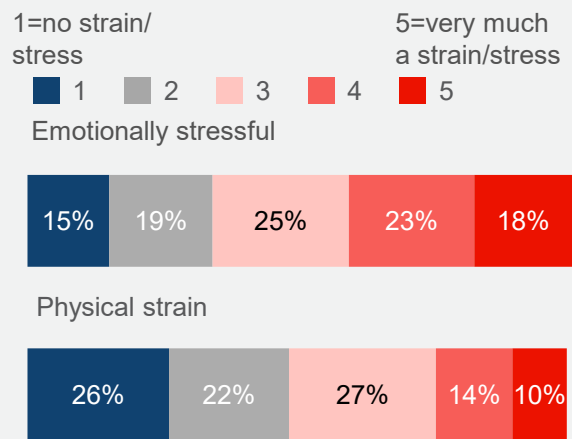


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

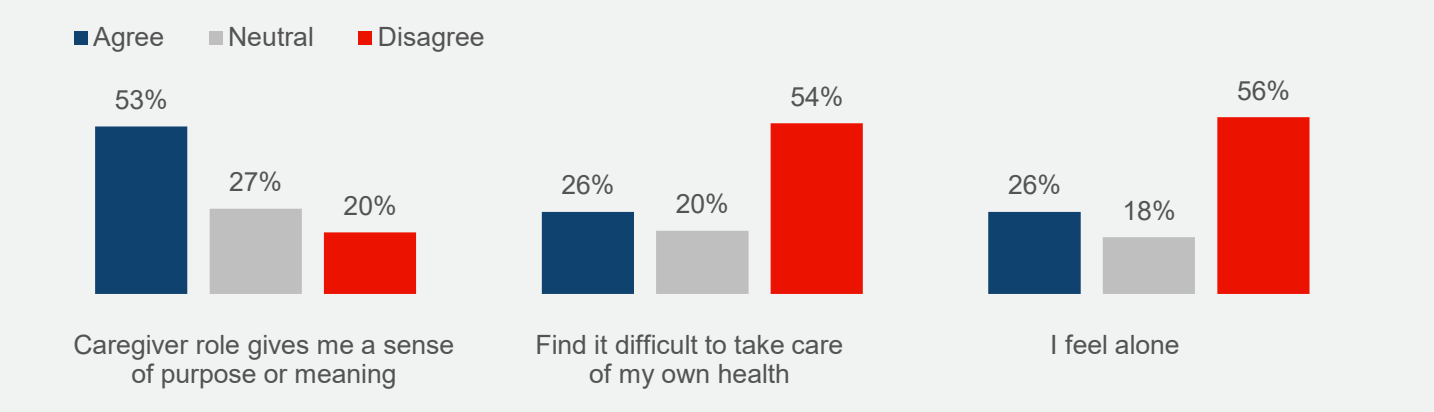
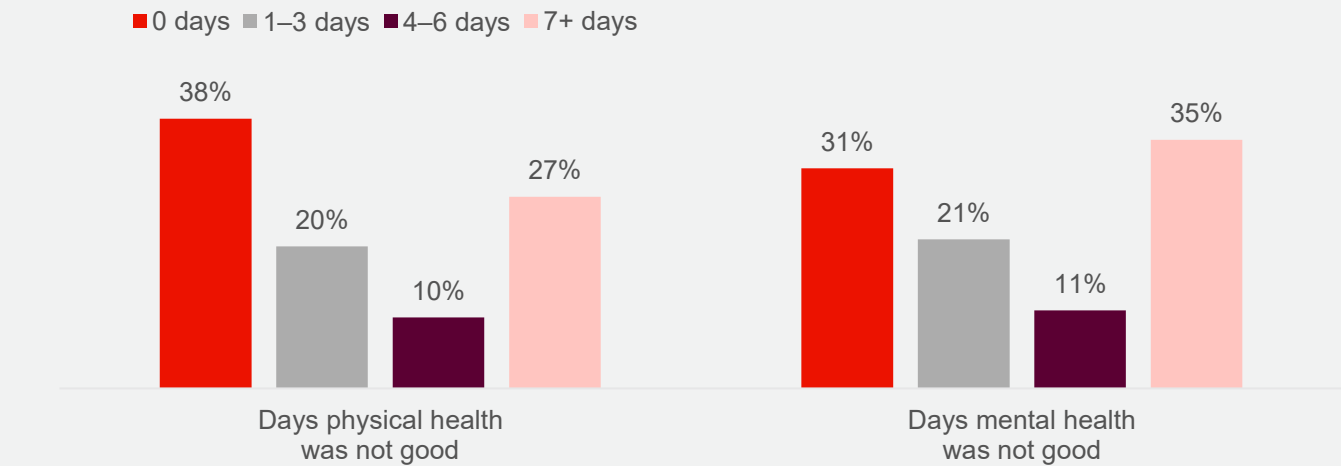


Stress and Strain Felt by California Caregivers



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 this report. 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%.

Colorado

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

More than 1 million (1,032,000) adults in Colorado provide care to a family member or friend with complex medical conditions or disabilities — one in five (22%) adults across the state.

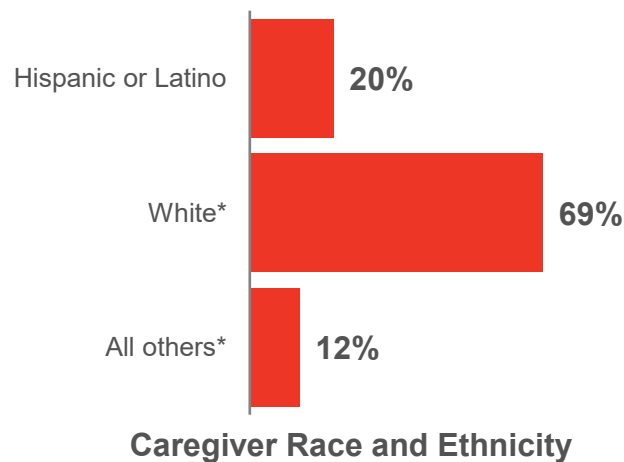
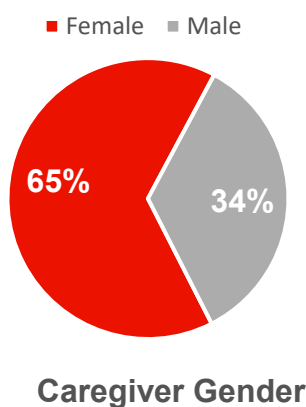
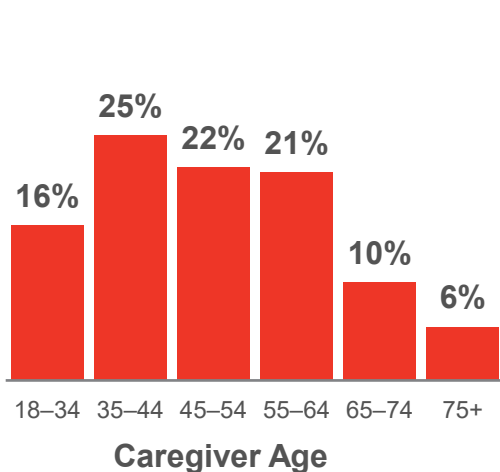
Most family caregivers in Colorado care for an adult (89%) — most often a parent (50%). Sixteen percent also care for a child with complex medical needs. Most caregivers are married or living with a partner (60%). A quarter of caregivers live in a household with income under \$50,000 (25%). One in six caregivers (17%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Seventeen percent of caregivers live with a disability.

On average, family caregivers are **50 years old** and care for someone **64 years old** in Colorado.

Most family caregivers in Colorado provide care to someone due to a long-term physical condition (68%).

Half of family caregivers live with their care recipient (47%), and one-third of caregivers (36%) live 20 minutes away or less.

Demographics of Family Caregivers in Colorado



*Non-Hispanic

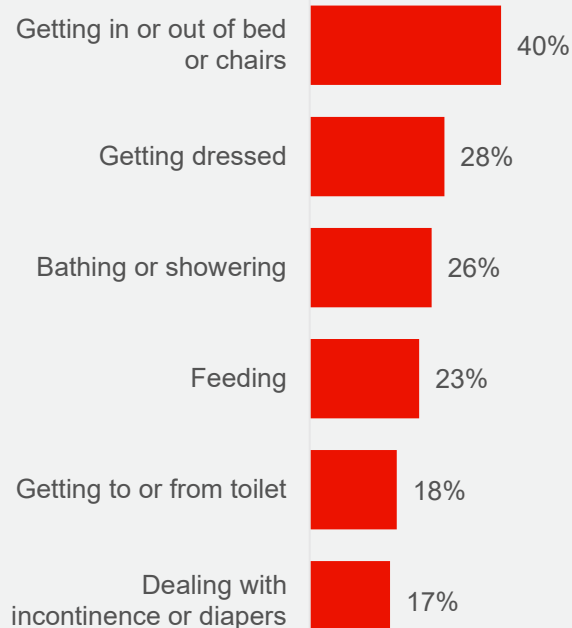
What Family Caregivers Do

Two-thirds of family caregivers in Colorado (64%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

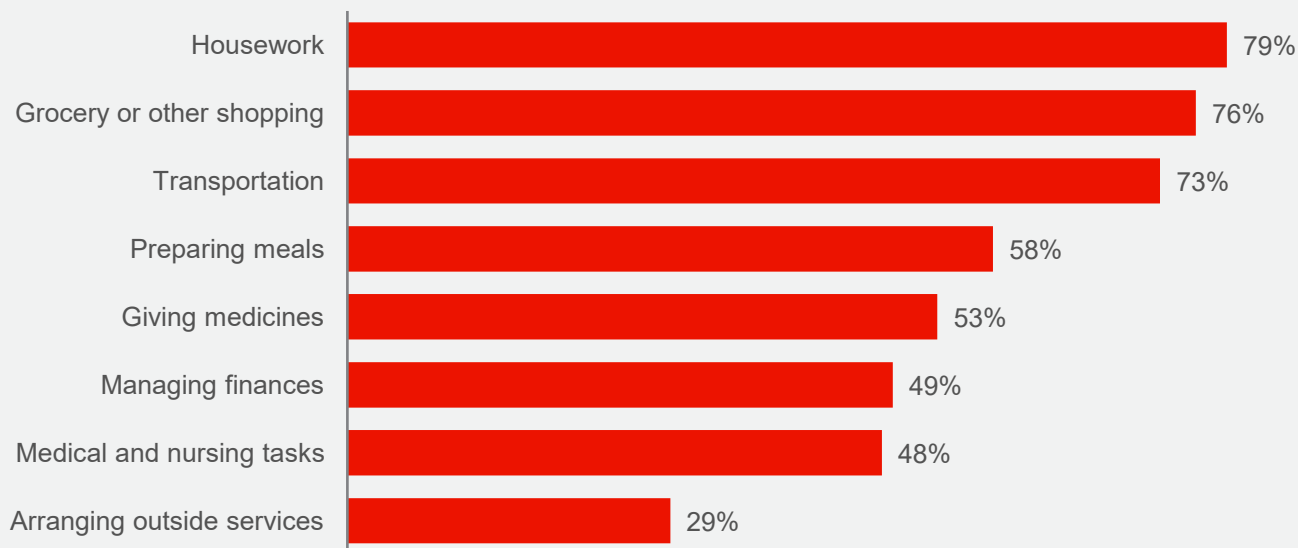
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

9% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Colorado Family Caregivers Help with Many Activities of Daily Living



Colorado Family Caregivers Help with Many Instrumental Activities of Daily Living



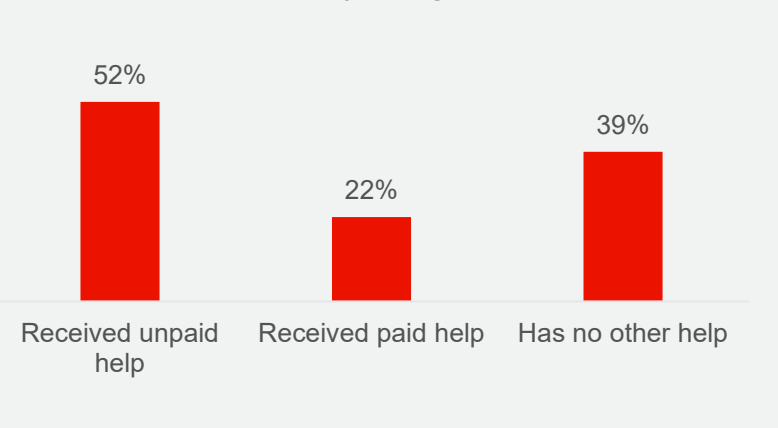
One-third of family caregivers (42%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

26% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Colorado Family Caregivers Receive



43% of caregivers have been providing care for three years or longer.

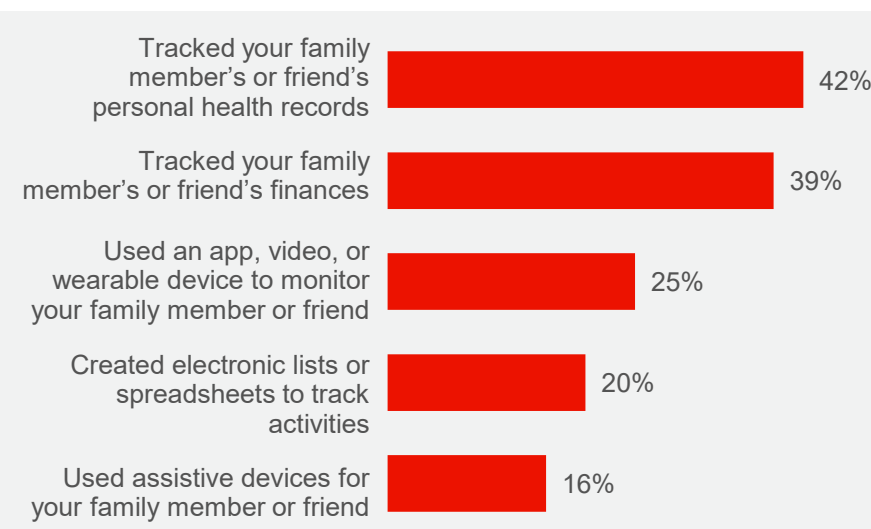
Nearly half (48%) of family caregivers help with medical and nursing tasks.

Family caregivers in Colorado are key in managing health care:

- 69% monitor the severity of their care recipient's condition.
- 66% advocate for them with health care providers, community services, or government agencies.
- 61% communicate with health care professionals about their family member's or friend's care.

Three in ten (31%) family caregivers would find respite care helpful, yet over **nearly nine in ten (87%)** have never used such services.

Six in ten (62%) family caregivers use at least one of the technology solutions asked about in our survey.



One in five family caregivers (19%) have been asked by health care providers about care needed for their care recipient, and **18% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (47%) in Colorado 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.

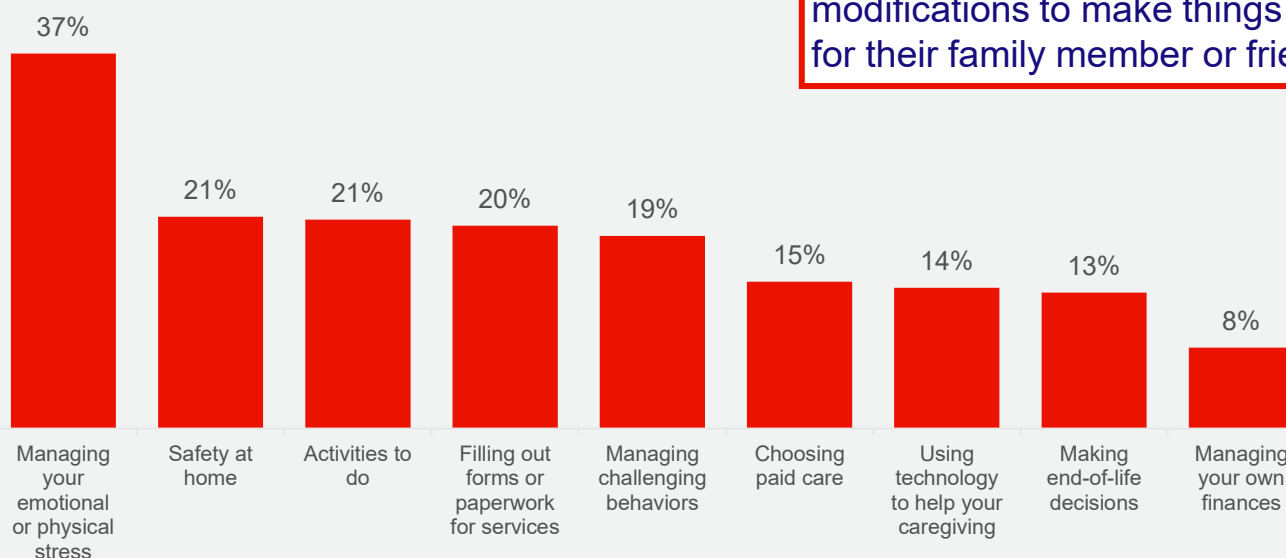
Three in ten family caregivers (30%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Colorado Family Caregivers

Stopped saving	35%	Could not afford basic expenses	13%
Used up personal short-term savings	33%	Moved to less expensive home	12%
Took on more debt	27%	Put off retirement	9%
Left bills unpaid or paid late	19%	Missed/late paying student loan	3%
Borrowed money from family/friends	16%		
Used long-term savings	14%		
Had to start working or work more	13%		

Information Needs of Family Caregivers

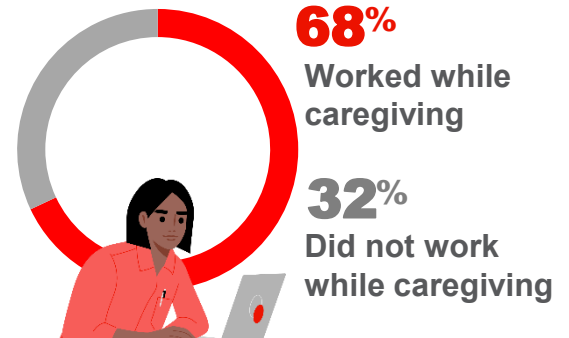
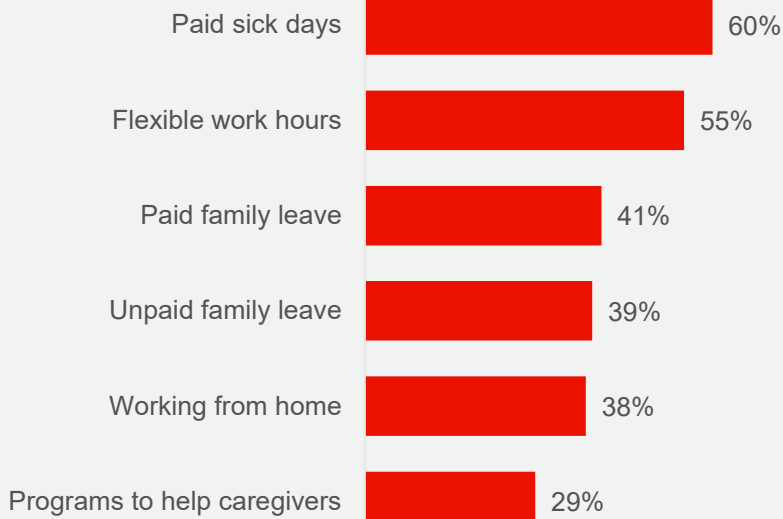
Nearly four in ten family caregivers (38%) have made home modifications to make things easier for their family member or friend.



Working While Caregiving

Seven in ten family caregivers work while caregiving, and seven in ten are full-time employees (working more than 30 hours a week). Nearly half of working caregivers (44%) in Colorado are hourly-wage employees.

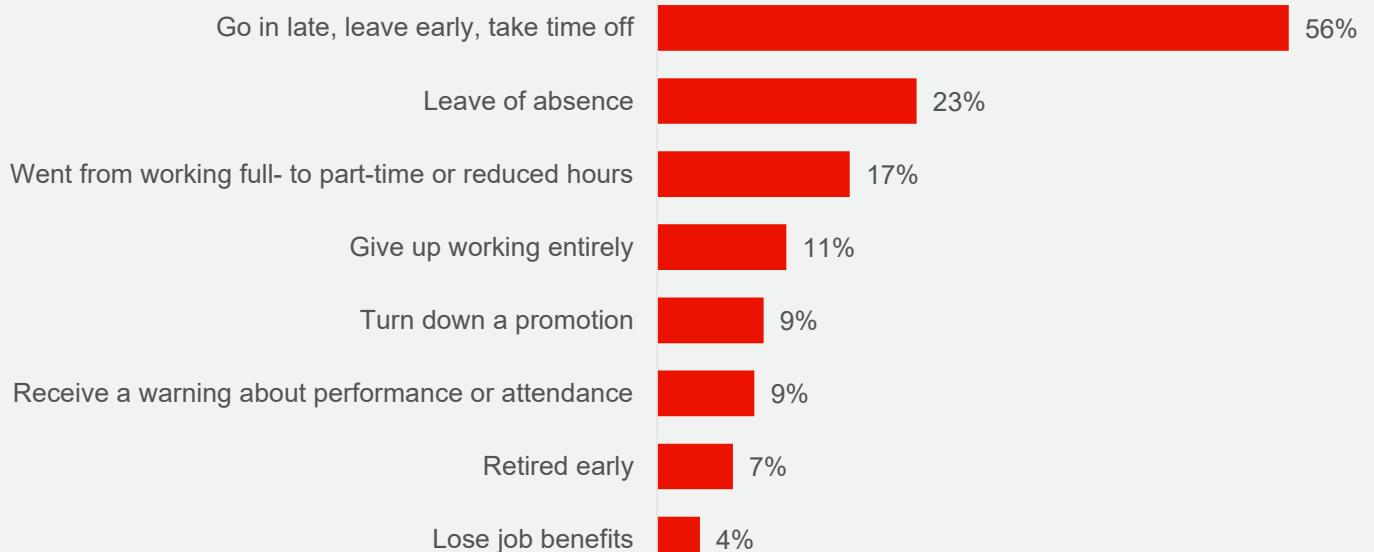
Workplace Benefits Offered to Colorado Family Caregivers



29% of working caregivers have not told their supervisor that they are caregiving.

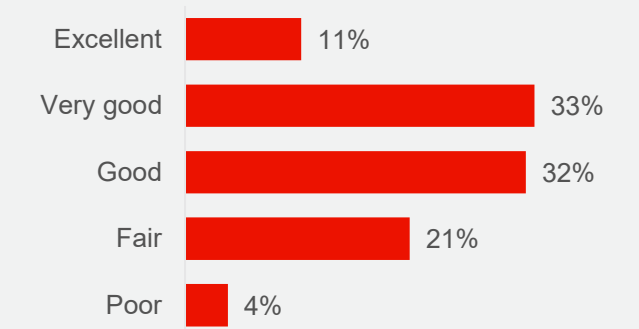
Support for working family caregivers has increased in recent years, but many workers still face challenges balancing care and paid employment.

Colorado Family Caregivers Experience Work Disruptions

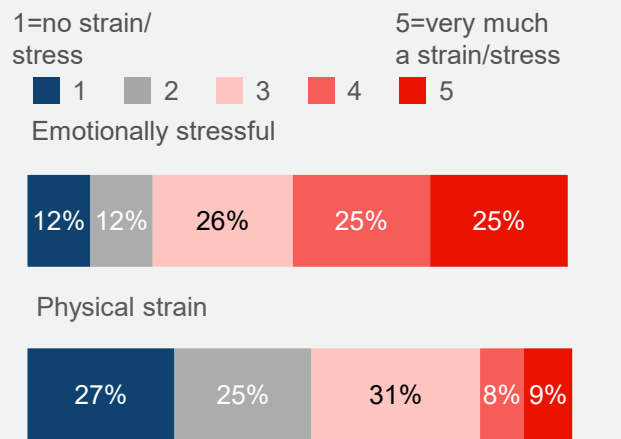


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

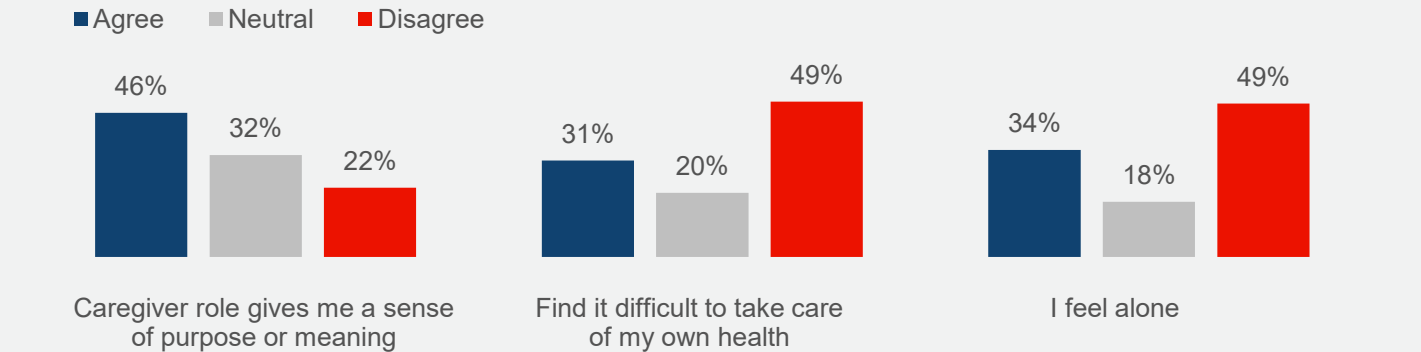
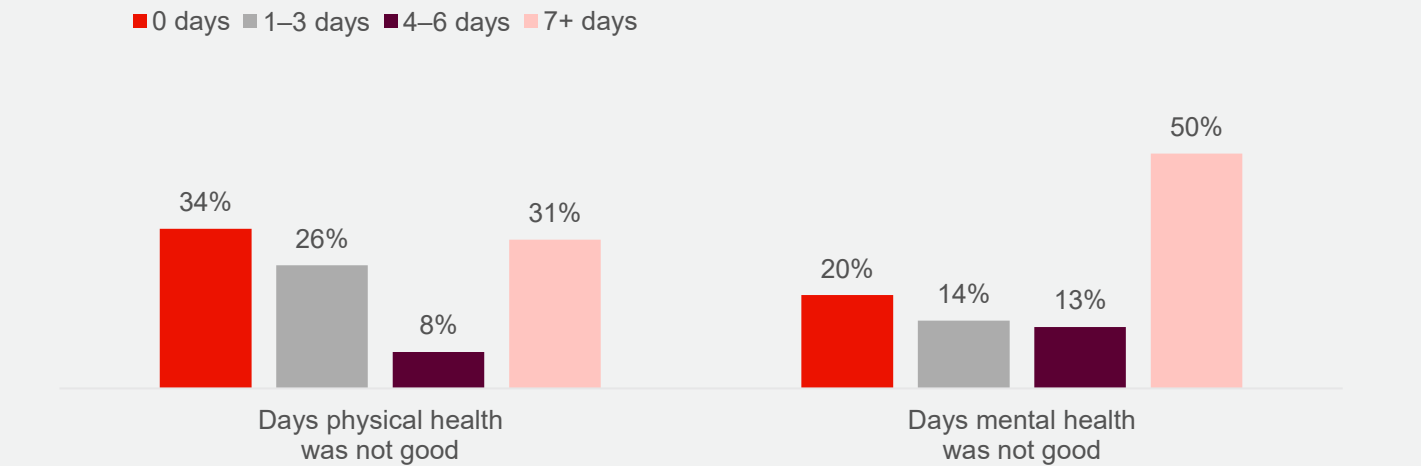


Stress and Strain Felt by Colorado Caregivers



Three in ten family caregivers experience seven or more days a month of poor physical health. Half (51%) of caregivers experience high emotional stress while caregiving. Three in ten (31%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One-third (34%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Colorado

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	17%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	13%
Did not graduate from high school	6%	Has health insurance coverage	84%
Graduated from high school	13%	Has been a student while caregiving	10%
Some college or associate's degree	46%	Has a disability or handicap that limits them	17%
Bachelor's degree or higher	35%	Has internet access in home	99%
Marital status		Place of residence	
Married/living with partner	60%	Rural	4%
Single/never married	25%	Urban	47%
Widowed	3%	Suburban	48%
Separated/divorced	12%	Living situation	
Household income		Lives alone	14%
<\$25,000	16%	Lives with others	86%
\$25,000-\$49,999	8%		
\$50,000-\$99,999	31%		
\$100,000+	45%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 156 caregivers in Colorado, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.3%.

Connecticut

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

Over half a million (773,000) adults in Connecticut provide care to a family member or friend with complex medical conditions or disabilities — one quarter (27%) of the adults across the state.

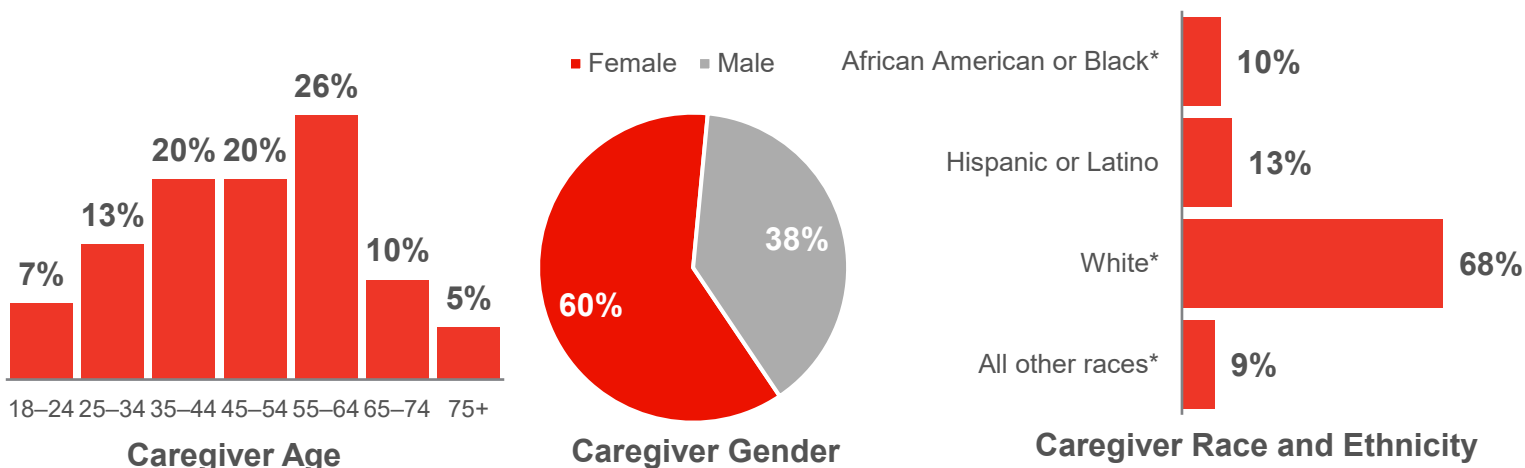
Most family caregivers in Connecticut care for an adult (93%) — most often a parent (51%). Eleven percent care for a child with complex medical needs. Most caregivers are married or living with a partner (70%). Over one in ten caregivers live in a household with income under \$50,000 (14%). Four in ten caregivers (39%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in six caregivers live with a disability. Over one in three family caregivers live with their care recipient (36%).

On average, family caregivers are **49 years old** and care for someone **68 years old** in Connecticut.

Three-quarters of family caregivers work while also caregiving (76%).

Most family caregivers in Connecticut provide care to someone due to a long-term physical condition (60%).

Demographics of Family Caregivers in Connecticut



*Non-Hispanic

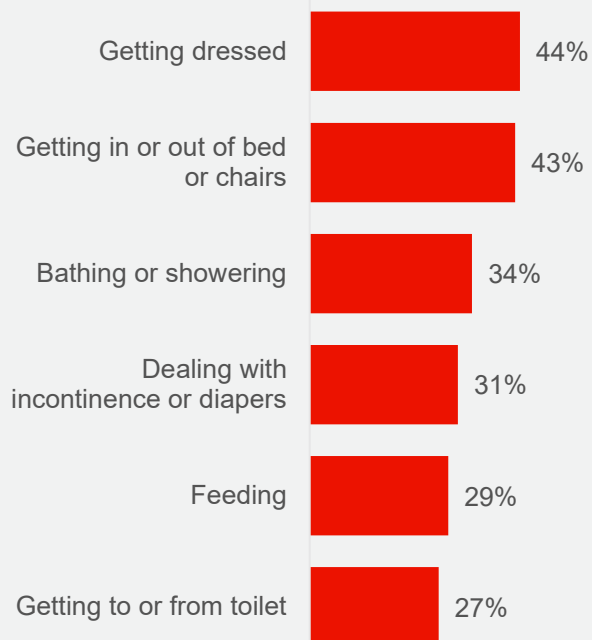
What Family Caregivers Do

Two-thirds of family caregivers in Connecticut (68%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

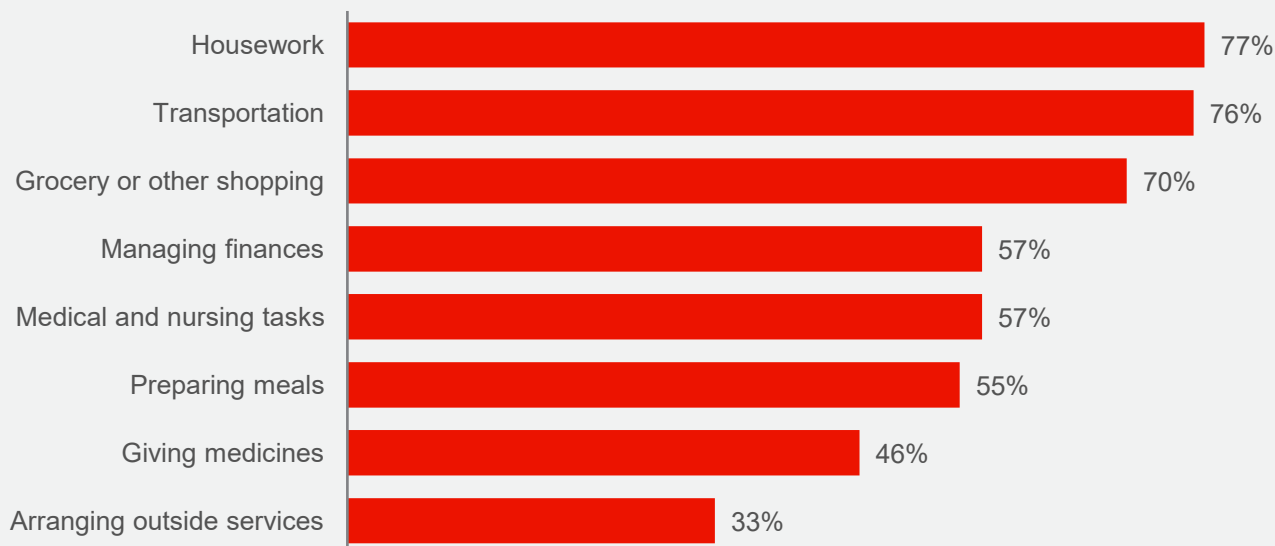
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

6% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Connecticut Family Caregivers Help with Many Activities of Daily Living



Connecticut Family Caregivers Help with Many Instrumental Activities of Daily Living



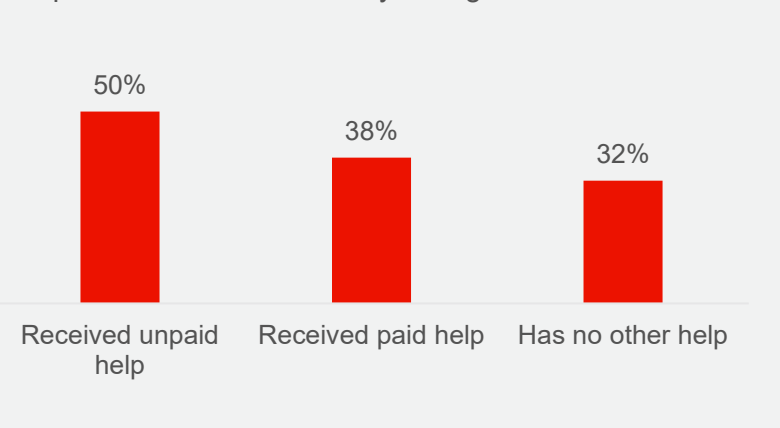
One-third of family caregivers (35%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

19% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Connecticut Family Caregivers Receive



61% of caregivers have been providing care for three years or longer.

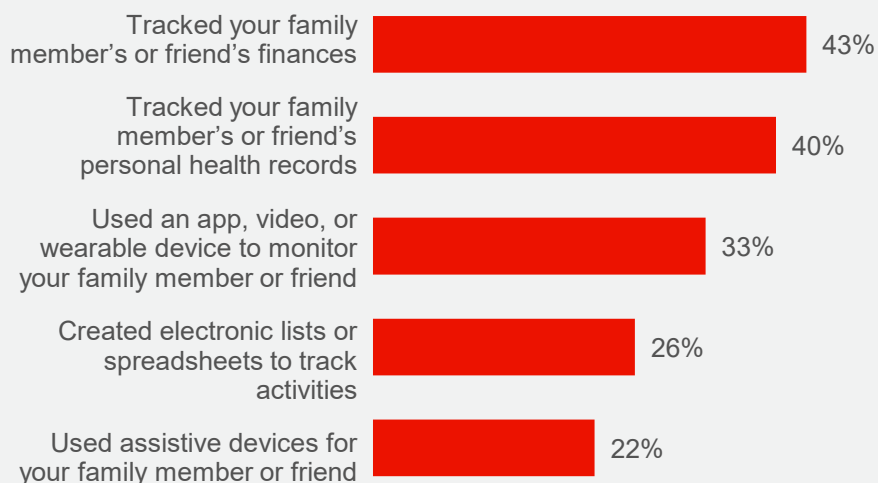
Over half of family caregivers (57%) help with medical and nursing tasks.

Family caregivers in Connecticut are key in managing health care:

- 71% monitor the severity of their care recipient's condition.
- 64% communicate with health care professionals about their family member's or friend's care.
- 59% advocate for them with health care providers, community services, or government agencies.

While over **half (55%) of family caregivers** would find respite care helpful, **nine in ten (88%)** have never used such services.

Two-thirds of family caregivers (66%) use at least one of the technology solutions asked about in our survey.



One quarter of family caregivers (27%) have been asked by health care providers about care needed for their care recipient, and **11% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (42%) in Connecticut 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.

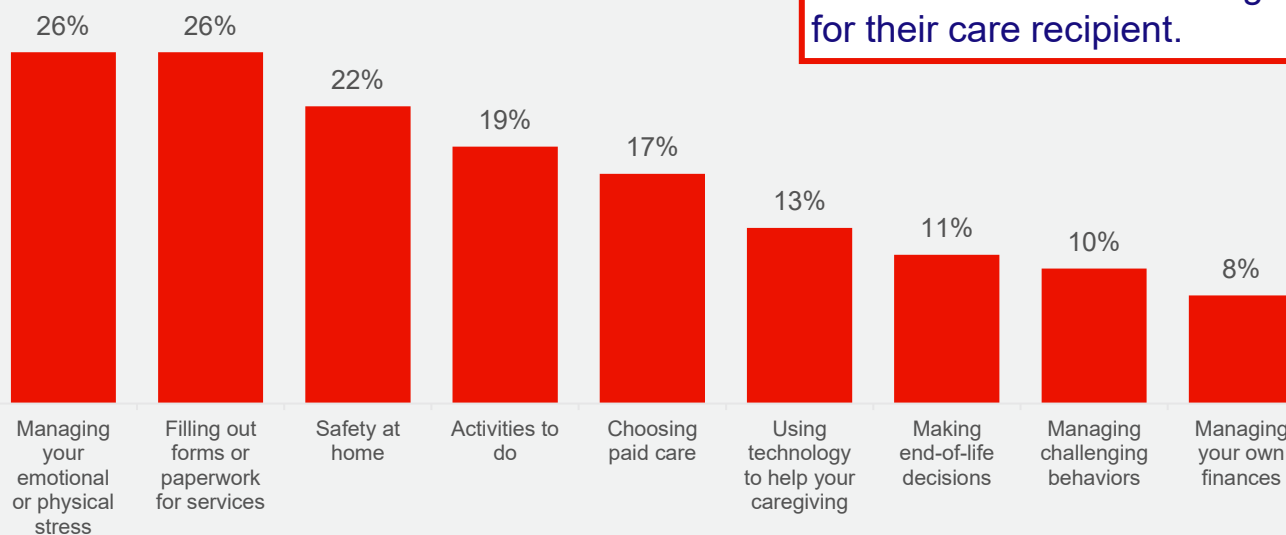
One quarter of family caregivers (25%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Connecticut Family Caregivers

Stopped saving	26%	Had to start working or work more	6%
Used up personal short-term savings	20%	Could not afford basic expenses	6%
Took on more debt	16%	Moved to less expensive home	5%
Borrowed money from family/friends	15%	Filed for bankruptcy	4%
Left bills unpaid or paid late	14%	Used long-term savings	3%
Put off retirement	10%		

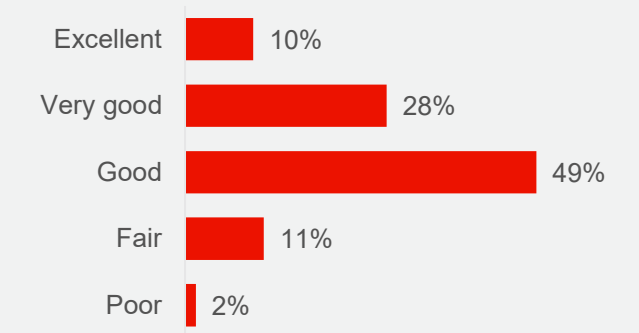
Information Needs of Family Caregivers

One-third of family caregivers (33%) have made home modifications to make things easier for their care recipient.

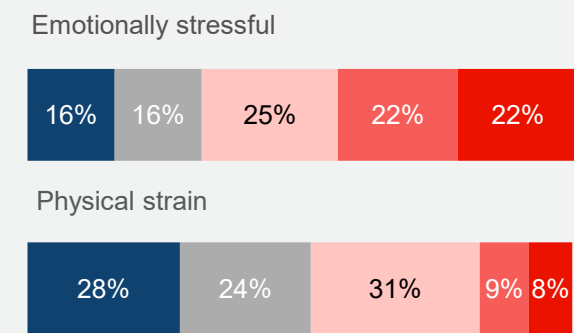


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

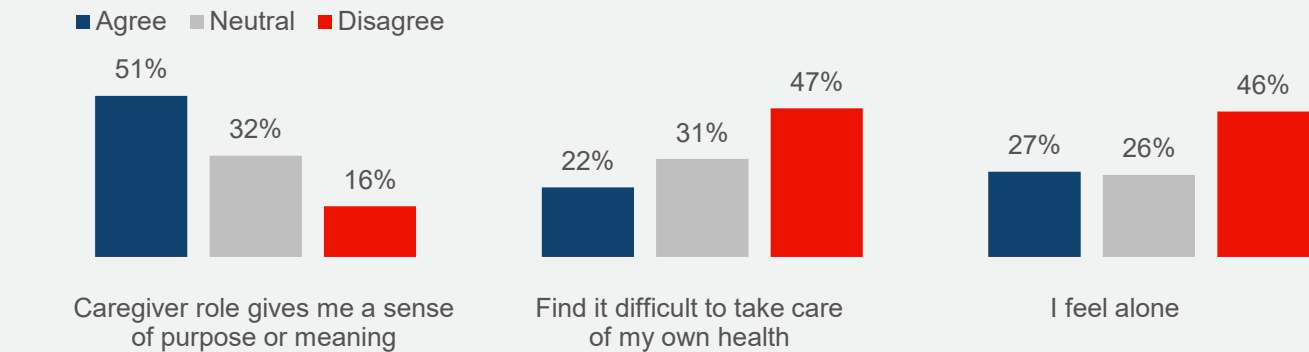
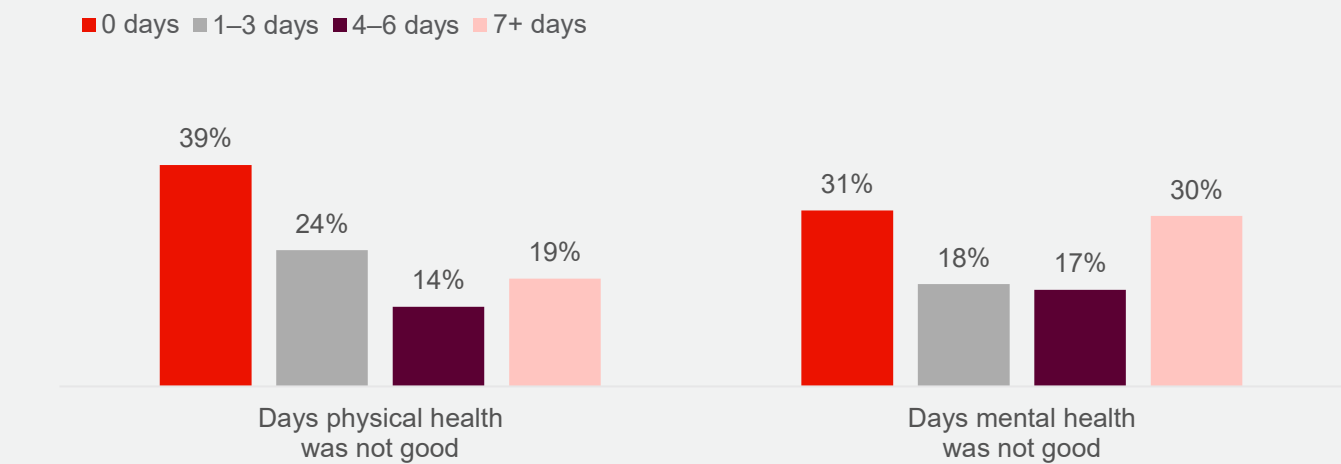


Stress and Strain Felt by Connecticut Caregivers
1=no strain/stress 5=very much a strain/stress



Two in ten family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (43%) experience high emotional stress while caregiving. One in five (22%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (27%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Connecticut

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	39%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	9%
High school graduate or less	30%	Has health insurance coverage	90%
Some college or associate's degree	30%	Has been a student while caregiving	9%
Bachelor's degree	24%	Has a disability or handicap that limits them	17%
Master's degree or above	17%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	70%	Rural	17%
Single/never married	20%	Urban	24%
Widowed	3%	Suburban	59%
Separated/divorced	7%	Living situation	
Household income		Lives alone	7%
<\$25,000	8%	Lives with others	93%
\$25,000-\$49,999	6%		
\$50,000-\$99,999	29%		
\$100,000+	57%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 106 caregivers in Connecticut, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±12.7%.

Caregiving in the US 2025: Spotlight on Delaware



In Delaware, one quarter of adults (24%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 197,000 adults in Delaware.

24%* = **197,000**
of adults caregivers

Who Are Family Caregivers in the South Atlantic* Division?

60%  **39%**
Women Men

Caregiver average age is **50** years old

 **57%**
have worked while caregiving

Care recipient average age is **67** years old

 **47%**
care for a parent

26% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the South Atlantic* Division

 **52%** experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses

 **41%** report moderate to high levels of emotional stress

 **38%** receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in the South Atlantic* Division Doing?

100% assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

67% assist with activities of daily living such as bathing, dressing, and feeding

58% help with medical and nursing tasks

46% engage in high-intensity caregiving (more hours and higher complexity of care)

31% provide at least 40 hours of care per week or constant care

*Due to limited data collection in Delaware, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Delaware's caregivers cannot be presented. The Census Bureau's designation of the South Atlantic Division includes Delaware, District of Columbia, Florida, Georgia, Maryland, North Carolina, South Carolina, Virginia, and West Virginia.

For full methodology, see Methodology Appendix of this report.

Florida

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

More than 4 million (4,451,000) adults in Florida provide care to a family member or friend with complex medical conditions or disabilities — nearly one in four (24%) adults across the state.

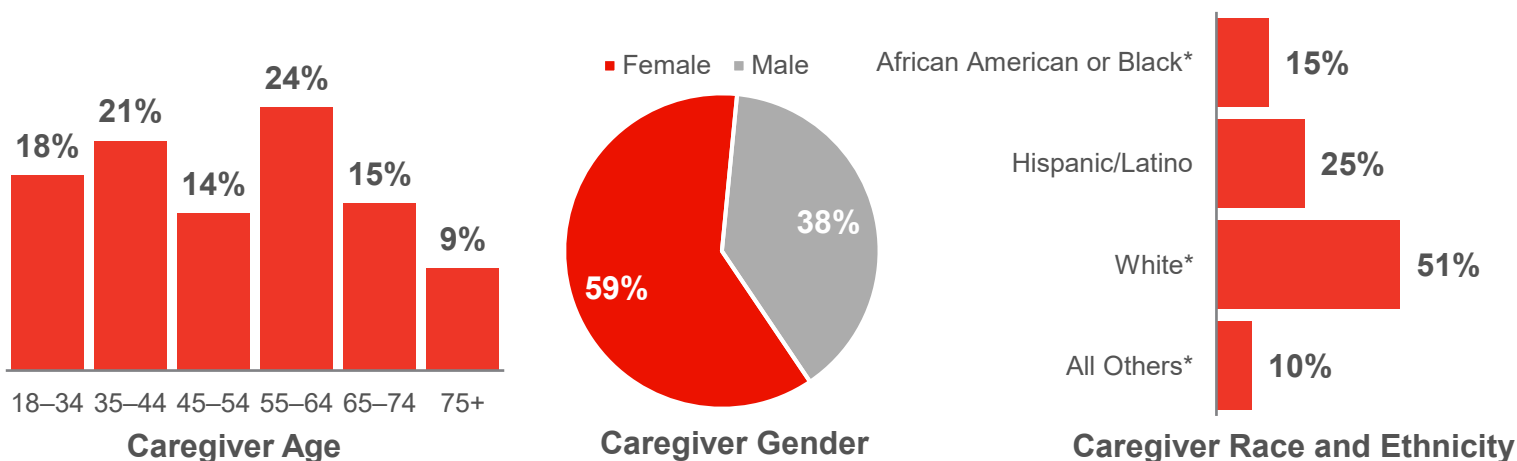
Most family caregivers in Florida care for an adult (98%) — most often a parent (50%). Fifteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (61%). One in three caregivers live in a household with income under \$50,000 (33%). A quarter of caregivers (26%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Nearly one in four caregivers live with a disability (23%). Nearly half of family caregivers live with their care recipient (48%).

On average, family caregivers are **51 years old** and care for someone **69 years old** in Florida.

Six in ten family caregivers work while also caregiving (59%).

Most family caregivers in Florida provide care to someone due to a long-term physical condition (62%).

Demographics of Family Caregivers in Florida



*Non-Hispanic

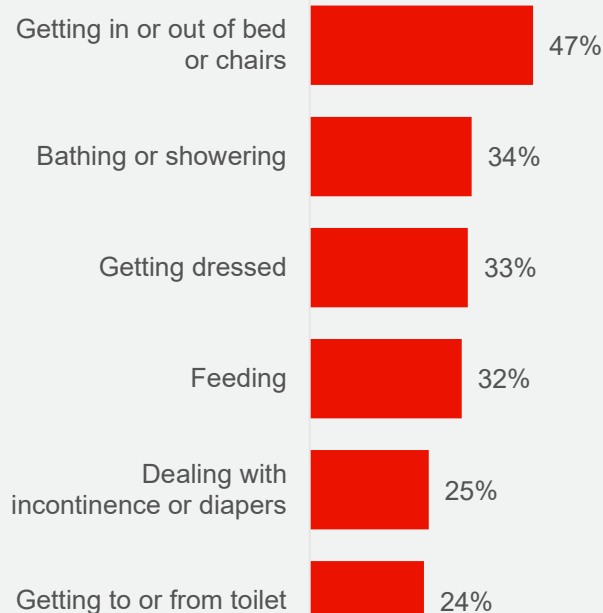
What Family Caregivers Do

Seven in ten family caregivers in Florida (68%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

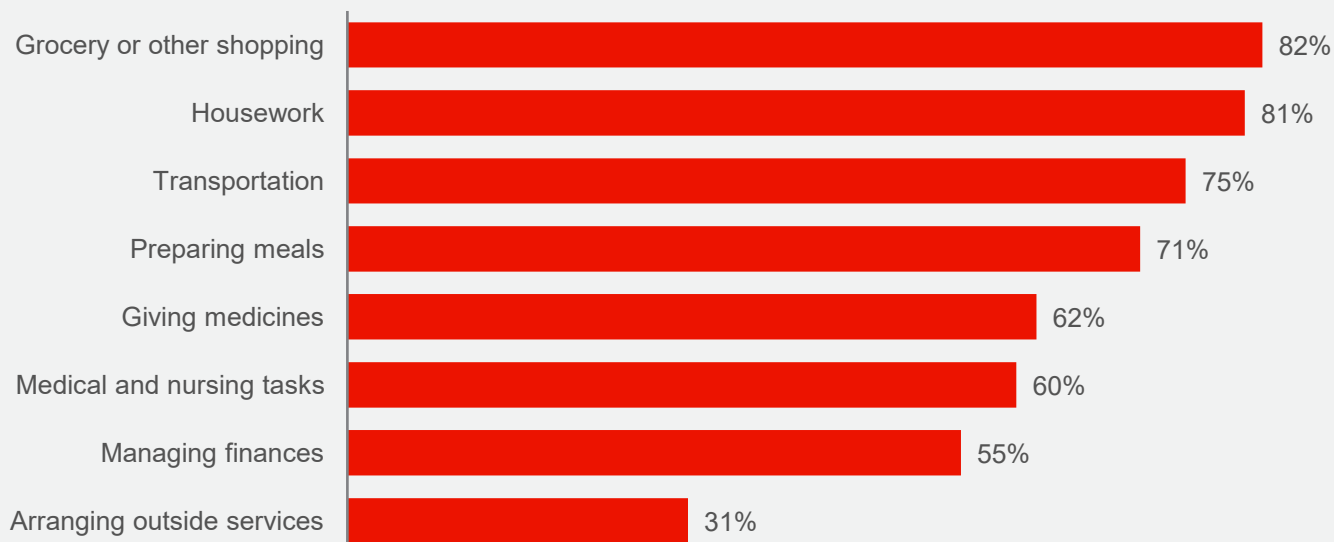
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

One quarter of family caregivers (27%) find these ADL tasks difficult. 11% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Florida Family Caregivers Help with Many Activities of Daily Living



Florida Family Caregivers Help with Many Instrumental Activities of Daily Living



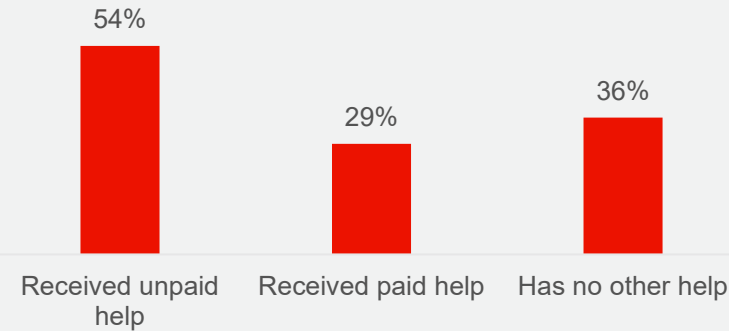
Half of family caregivers (46%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

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

What Family Caregivers Do

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

Help That Florida Family Caregivers Receive



34% of caregivers have been providing care for three years or longer.

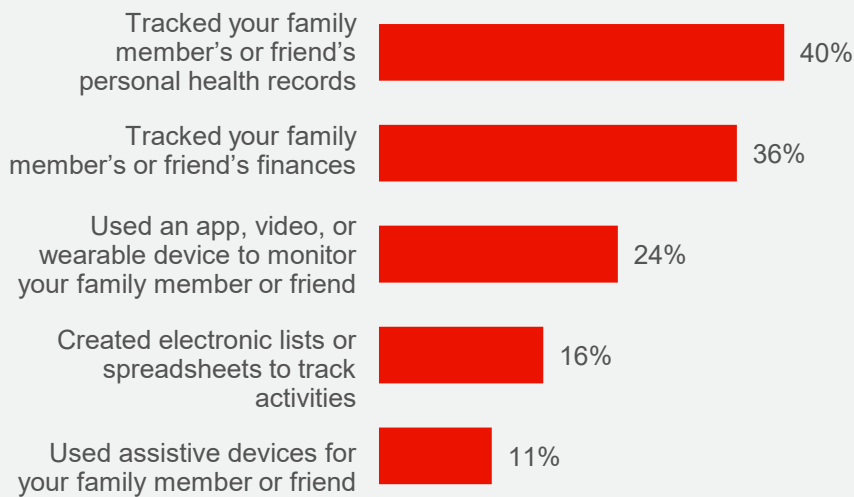
Six in ten family caregivers (60%) help with medical and nursing tasks, and **13% of caregivers** receive training for such tasks.

Family caregivers in Florida are key in managing health care:

- 73% monitor the severity of their care recipient's condition.
- 64% communicate with health care professionals about their family member's or friend's care.
- 54% advocate for them with health care providers, community services, or government agencies.

While **four in ten (41%) family caregivers** would find respite care helpful, nearly **nine in ten (87%)** have never used such services.

Two-thirds of family caregivers (65%) use at least one of the technology solutions asked about in our survey.



Three in ten family caregivers (29%) have been asked by health care providers about care needed for their care recipient, and **13% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over half of family caregivers (54%) in Florida 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.

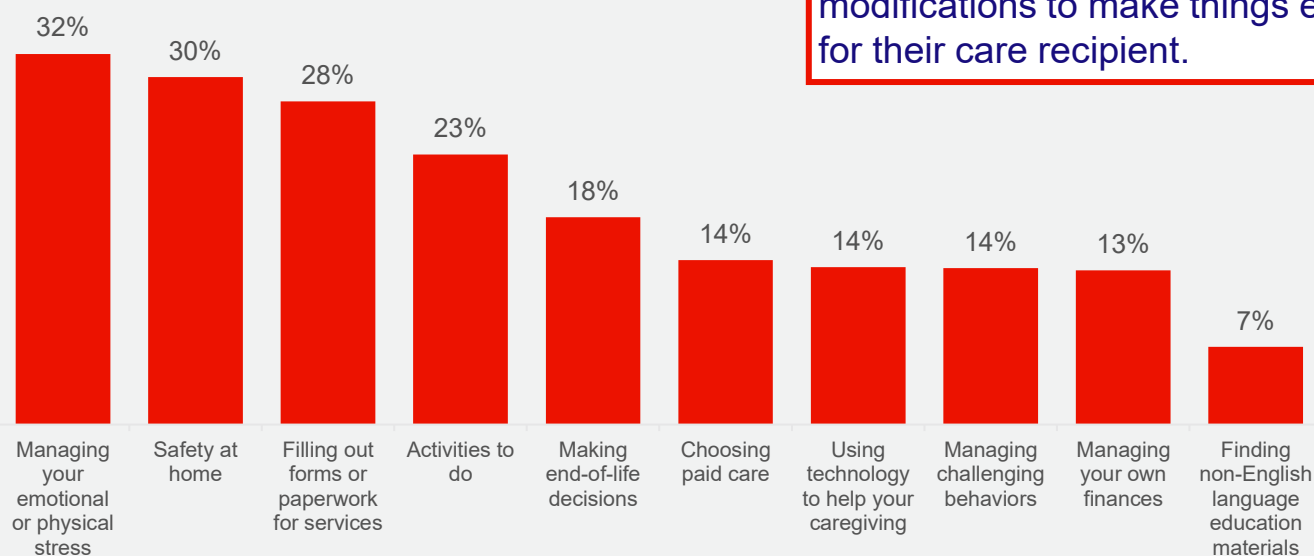
One-third of family caregivers (32%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Florida Family Caregivers

Stopped saving	39%	Had to start working or work more	9%
Took on more debt	28%	Moved to less expensive home	9%
Used up personal short-term savings	27%	Put off retirement	8%
Borrowed money from family/friends	19%	Missed/late paying student loan	7%
Left bills unpaid or paid late	19%	Was evicted or home foreclosed	3%
Could not afford basic expenses	16%	Filed for bankruptcy	3%
Used long-term savings	14%		

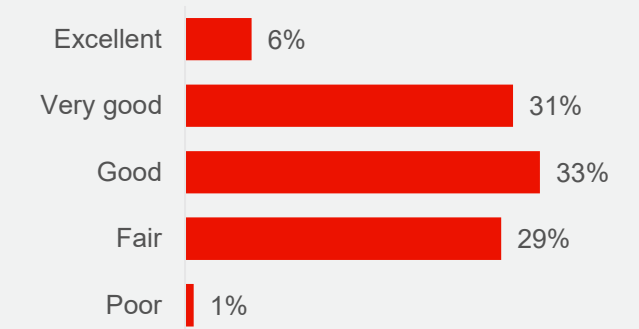
Information Needs of Family Caregivers

One-third of family caregivers (34%) have made home modifications to make things easier for their care recipient.

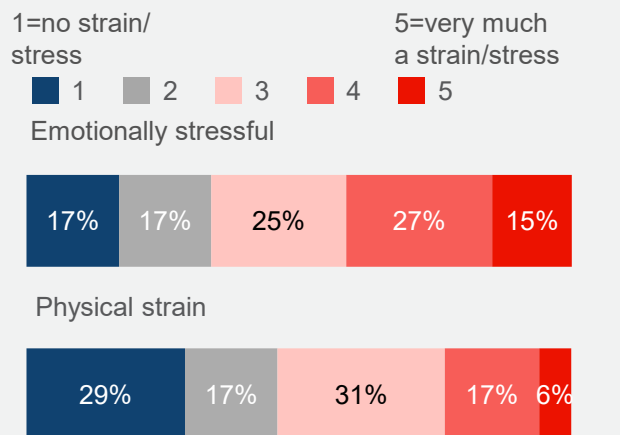


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

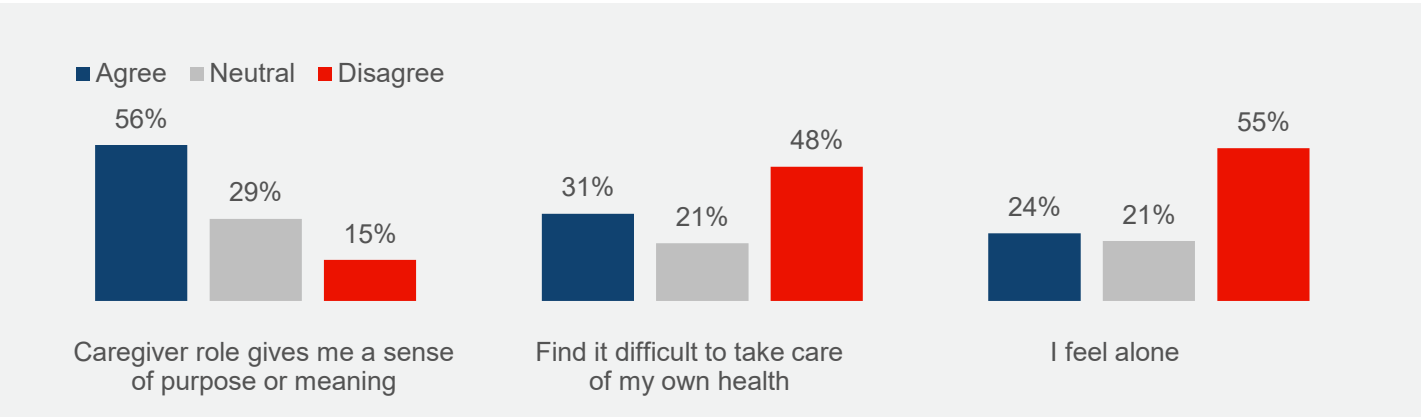
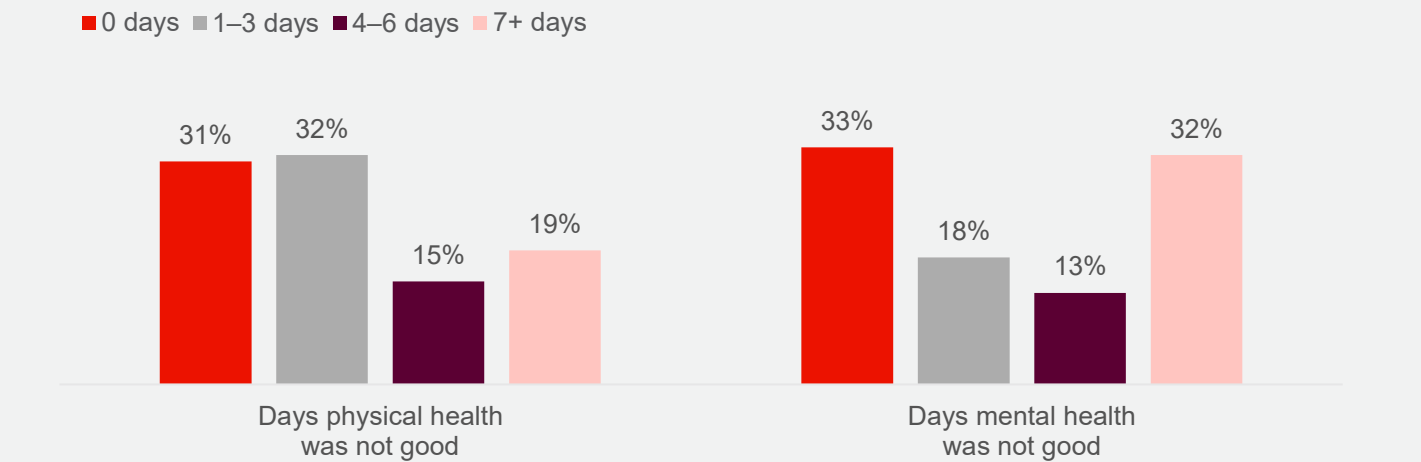


Stress and Strain Felt by Florida Caregivers



One in five family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (41%) experience high emotional stress while caregiving. Three in ten (31%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (24%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Florida

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	26%	Served in US Armed Forces	12%
Education		Cares for someone who served in the US Armed Forces	9%
Did not graduate from high school	13%	Has health insurance coverage	80%
Graduated from high school	30%	Has been a student while caregiving	7%
Some college or associate's degree	28%	Has a disability or handicap that limits them	23%
Bachelor's degree or higher	30%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	61%	Rural	10%
Single/never married	26%	Urban	22%
Widowed	3%	Suburban	68%
Separated/divorced	9%	Living situation	
Household income		Lives alone	8%
<\$25,000	10%	Lives with others	92%
\$25,000-\$49,999	24%		
\$50,000-\$99,999	35%		
\$100,000+	32%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 164 caregivers in Florida, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±8.6%.

Georgia

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

More than 2.5 million (2,564,000) adults in Georgia provide care to a family member or friend with complex medical conditions or disabilities — three in ten (30%) adults across the state.

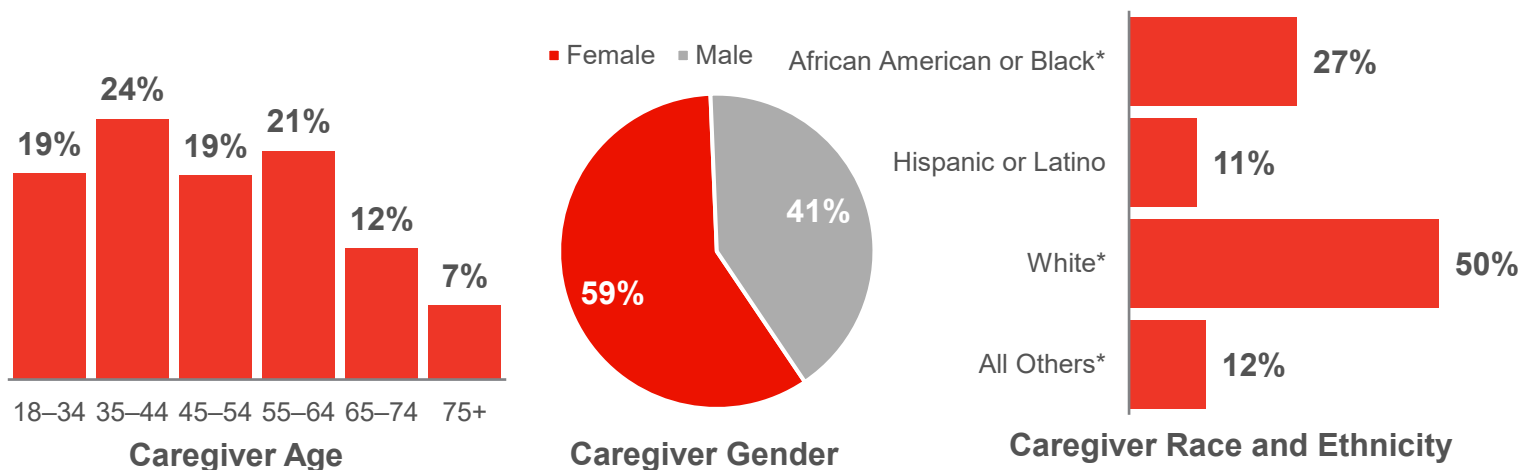
Most family caregivers in Georgia care for an adult (99%) — most often a parent (48%). Fifteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (65%). One in four caregivers live in a household with income under \$50,000 (25%). Three in ten caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Fourteen percent of caregivers live with a disability. Two in five family caregivers live with their care recipient (43%).

On average, family caregivers are **49 years old** and care for someone **70 years old** in Georgia.

Six in ten family caregivers work while also caregiving (62%).

Most family caregivers in Georgia provide care to someone due to a long-term physical condition (55%).

Demographics of Family Caregivers in Georgia



*Non-Hispanic

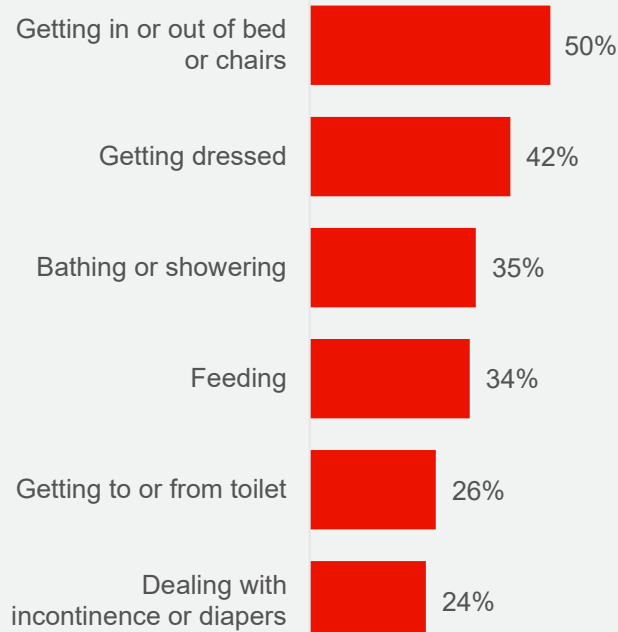
What Family Caregivers Do

Three in four family caregivers in Georgia (76%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

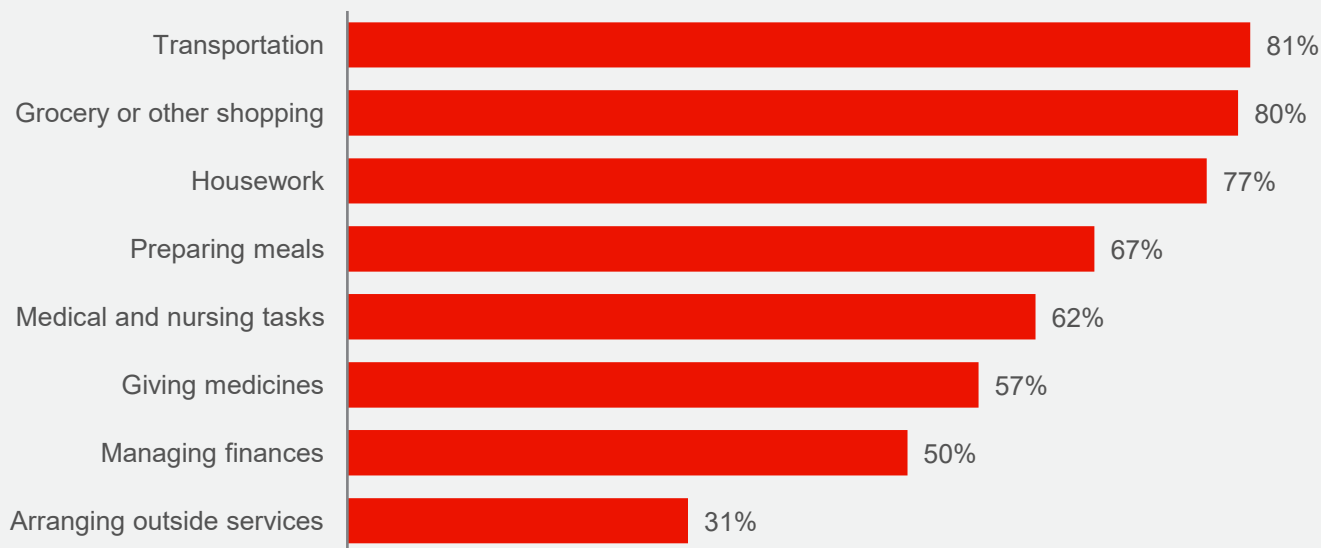
Nearly all family caregivers (99%) help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

6% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Georgia Family Caregivers Help with Many Activities of Daily Living



Georgia Family Caregivers Help with Many Instrumental Activities of Daily Living



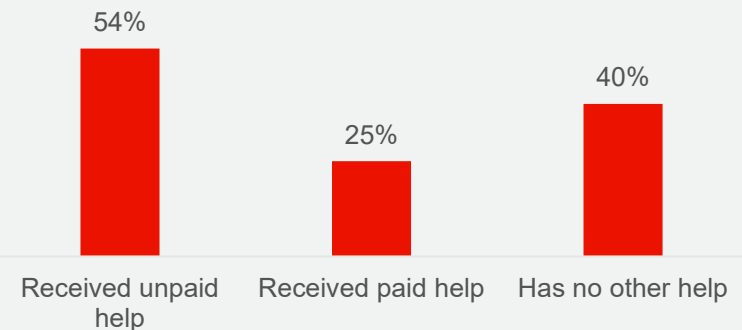
Half of family caregivers (49%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

32% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Georgia Family Caregivers Receive



33% of caregivers have been providing care for three years or longer.

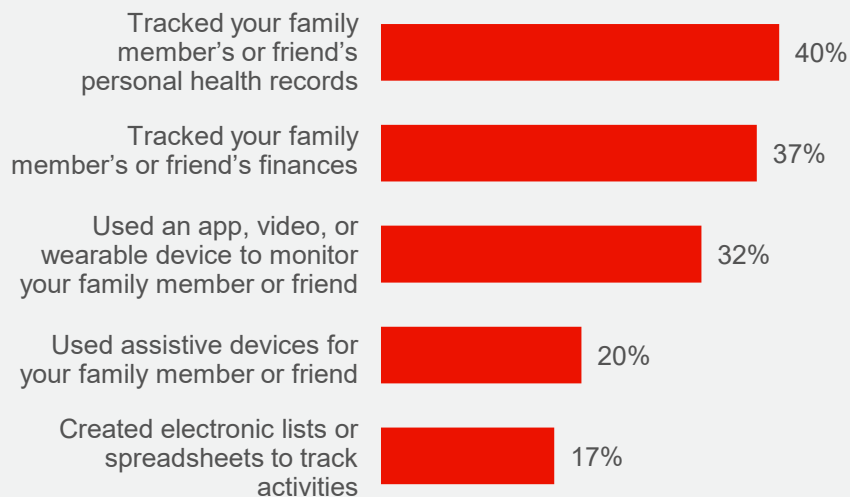
Six in ten family caregivers (62%) help with medical and nursing tasks.

Family caregivers in Georgia are key in managing health care:

- 69% monitor the severity of their care recipient's condition.
- 61% communicate with health care professionals about their family member's or friend's care.
- 51% advocate for them with health care providers, community services, or government agencies.

While **half (44%) of family caregivers** would find respite care helpful, **over eight in ten (85%)** have never used such services.

Two in three family caregivers (68%) use at least one of the technology solutions asked about in our survey.



One in five family caregivers (20%) have been asked by health care providers about care needed for their care recipient, and **12% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Six in ten family caregivers (59%) in Georgia have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, taking on more debt, and using up savings.

One in five family caregivers (22%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Georgia Family Caregivers

Stopped saving	41%	Could not afford basic expenses	15%
Took on more debt	37%	Moved to less expensive home	13%
Used up personal short-term savings	31%	Put off retirement	10%
Left bills unpaid or paid late	25%	Was evicted or home foreclosed	5%
Borrowed money from family/friends	22%	Filed for bankruptcy	4%
Used long-term savings	17%	Missed/late paying student loan	3%
Had to start working or work more	16%		

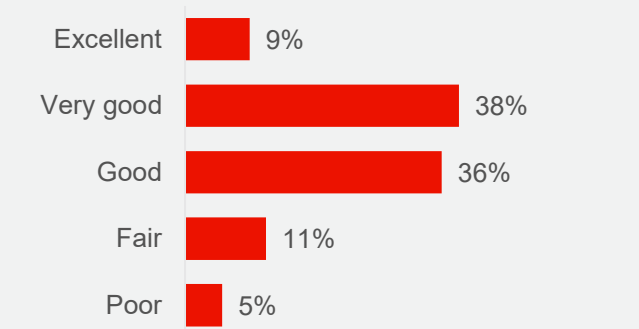
Information Needs of Family Caregivers

Nearly four in ten family caregivers (38%) have made home modifications to make things easier for their care recipient.

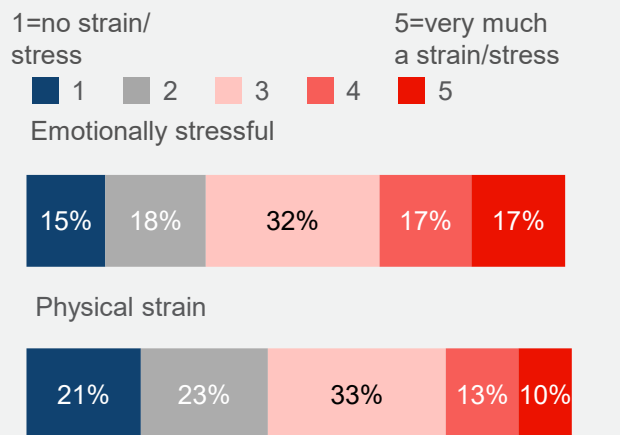


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

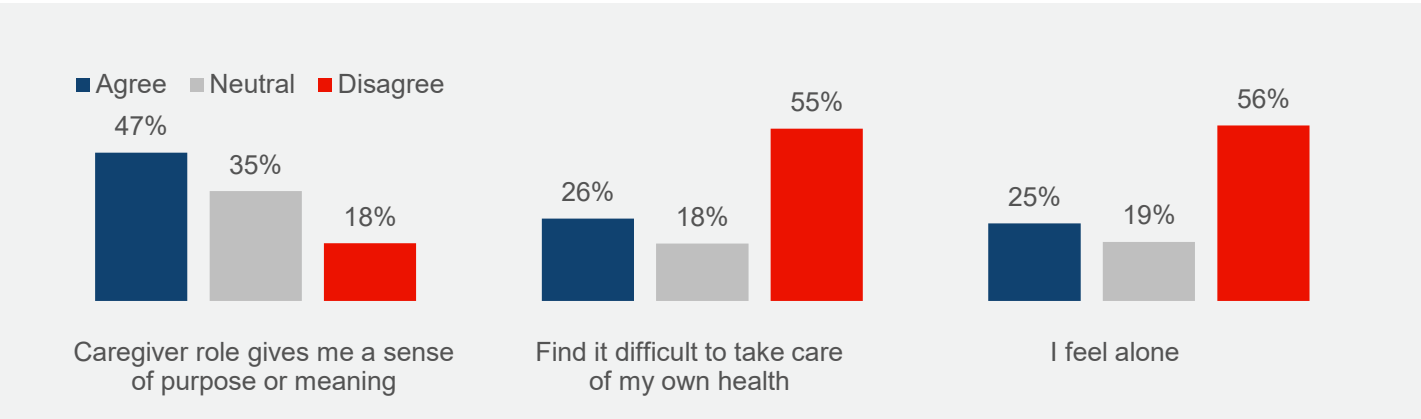
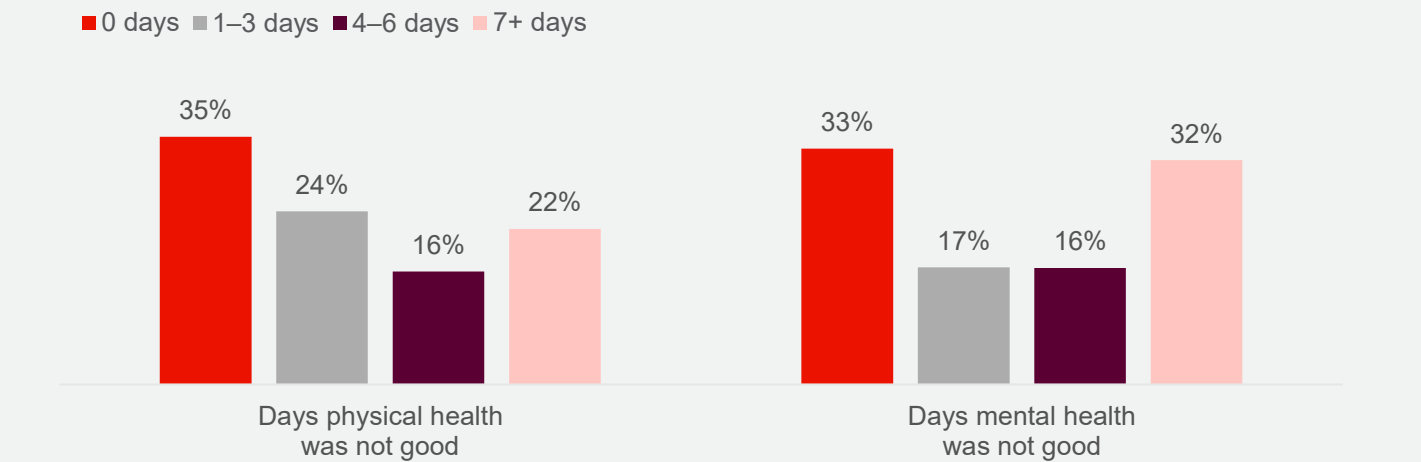


Stress and Strain Felt by Georgia Caregivers



Two in ten family caregivers experience seven or more days a month of poor physical health. One in three caregivers (34%) experience high emotional stress while caregiving. One quarter (26%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (25%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Georgia

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Served in US Armed Forces	4%
Education		Cares for someone who served in the US Armed Forces	12%
Did not graduate from high school	10%	Has health insurance coverage	79%
Graduated from high school	27%	Has been a student while caregiving	13%
Some college or associate's degree	28%	Has a disability or handicap that limits them	14%
Bachelor's degree or higher	35%	Has internet access in home	99%
Marital status		Place of residence	
Married/living with partner	65%	Rural	26%
Single/never married	23%	Urban	21%
Widowed	2%	Suburban	53%
Separated/divorced	8%	Living situation	
Household income		Lives alone	10%
<\$25,000	11%	Lives with others	90%
\$25,000-\$49,999	14%		
\$50,000-\$99,999	31%		
\$100,000+	44%		

Methodology

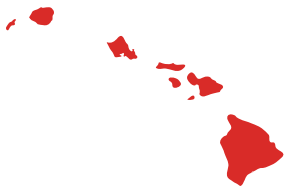
For full methodology, see Methodology Appendix of this report. The data in this report reflects 123 caregivers in Georgia, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.9%.

Caregiving in the US 2025: Spotlight on Hawai'i



In Hawai'i, one quarter of adults (23%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 260,000 adults in Hawai'i.

23%* = **260,000**
of adults caregivers



What Are Family Caregivers in the Pacific* Division Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

74%

assist with activities of daily living such as bathing, dressing, and feeding

56%

help with medical and nursing tasks

52%

engage in high-intensity caregiving (more hours and higher complexity of care)

33%

provide at least 40 hours of care per week or constant care

Who Are Family Caregivers in the Pacific* Division?

58%
Women



41%
Men

Caregiver average age is **49** years old



60%

have worked while caregiving

Care recipient average age is **66** years old



42%

care for a parent

34%

are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the Pacific* Division



49%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



38%

receive no help with caregiving (either paid or unpaid)



36%

report moderate to high levels of emotional stress



*Due to limited data collection in Hawai'i, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Hawai'i's caregivers cannot be presented. The Census Bureau's designation of the Pacific Division includes Alaska, California, Hawai'i, Oregon, and Washington.

For full methodology, see Methodology Appendix of this report.

Caregiving in the US 2025: Spotlight on Idaho



In Idaho, nearly three in ten adults (28%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 418,000 adults in Idaho.

28% of adults = 418,000 caregivers

What Are Family Caregivers in the Mountain* Division Doing?

100%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

63%

assist with activities of daily living such as bathing, dressing, and feeding

49%

help with medical and nursing tasks

45%

engage in high-intensity caregiving (more hours and higher complexity of care)

29%

provide at least 40 hours of care per week or constant care

Who Are Family Caregivers in the Mountain* Division?

66%
Women



34%
Men

Caregiver average age is **54** years old



54%

have worked while caregiving

Care recipient average age is **65** years old



46%

care for a parent

24%

are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the Mountain* Division



47%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



45%

report moderate to high levels of emotional stress



37%

receive no help with caregiving (either paid or unpaid)



*Due to limited data collection in Idaho, detailed information about Idaho's caregivers cannot be presented. The Census Bureau's designation of the Mountain Division includes Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah, and Wyoming.

For full methodology, see Methodology Appendix of this report.

Illinois

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

More than 2 million (2,224,000) adults in Illinois provide care to a family member or friend with complex medical conditions or disabilities — nearly one quarter (23%) of adults across the state.

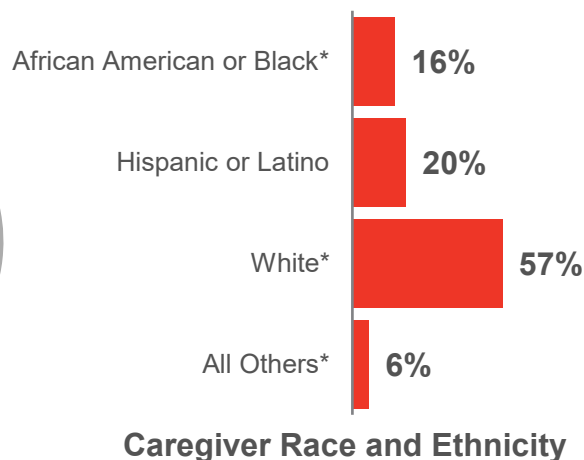
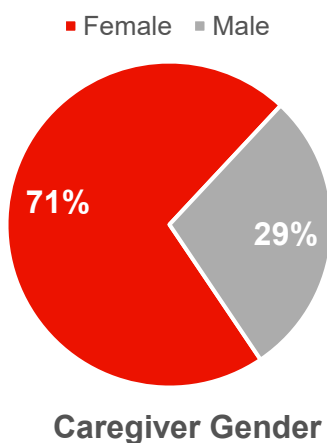
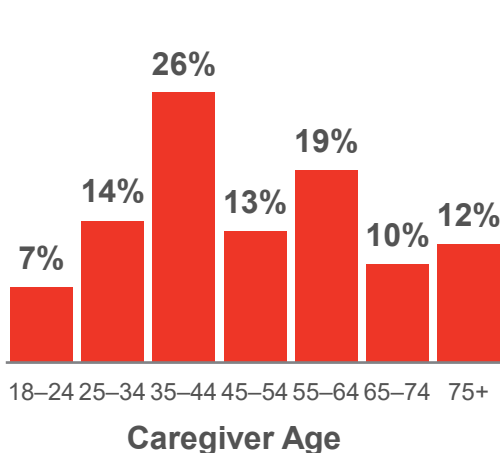
Most family caregivers in Illinois care for an adult (97%) — most often a parent (47%). Thirteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (62%). Three in ten caregivers live in a household with income under \$50,000 (29%). One-third of caregivers (32%) 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. Two in five family caregivers live with their care recipient (42%).

On average, family caregivers are **49 years old** and care for someone **66 years old** in Illinois.

Six in ten family caregivers work while also caregiving (62%).

Most family caregivers in Illinois provide care to someone due to a long-term physical condition (57%).

Demographics of Family Caregivers in Illinois



*Non-Hispanic

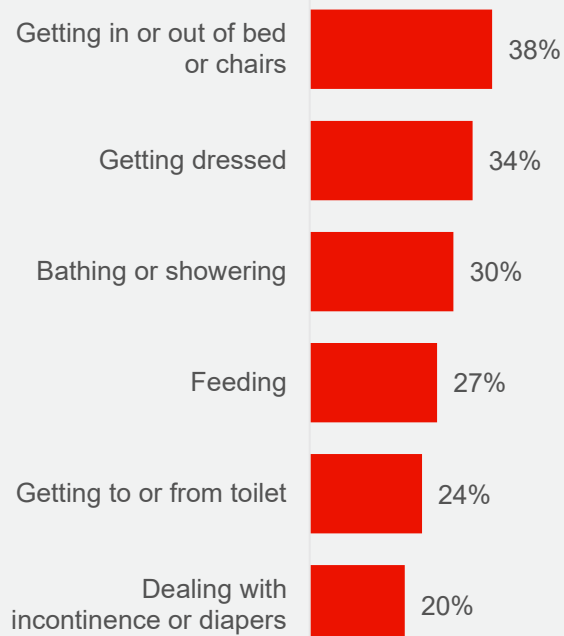
What Family Caregivers Do

Six in ten family caregivers in Illinois (61%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

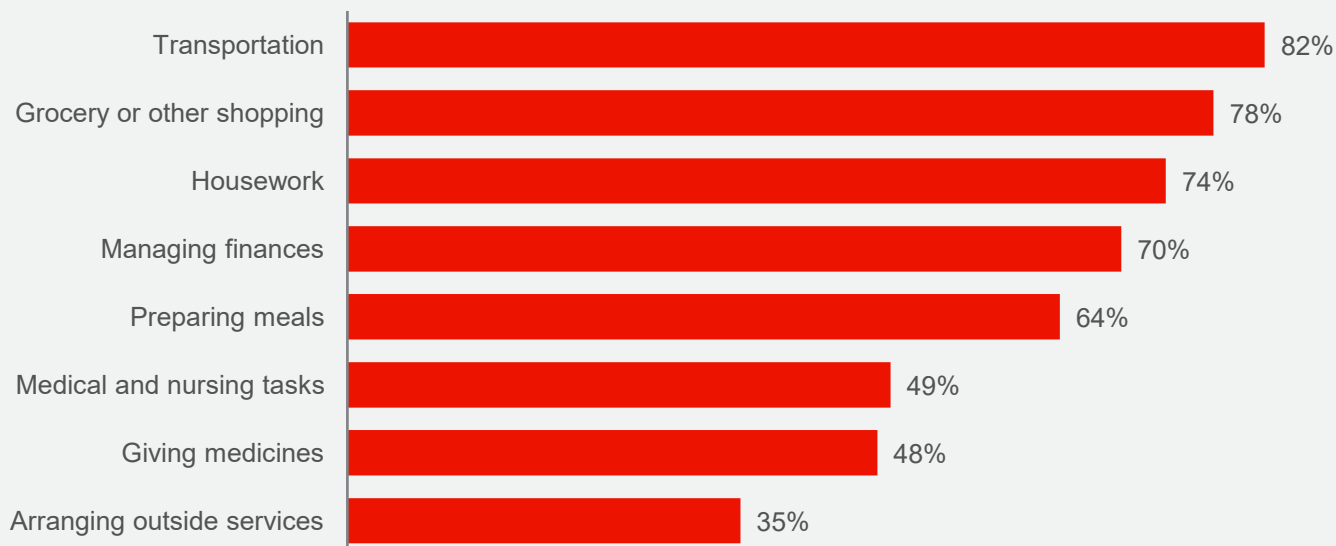
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

14% receive training to help with ADLs, IADLs, or behavioral management.

Illinois Family Caregivers Help with Many Activities of Daily Living



Illinois Family Caregivers Help with Many Instrumental Activities of Daily Living



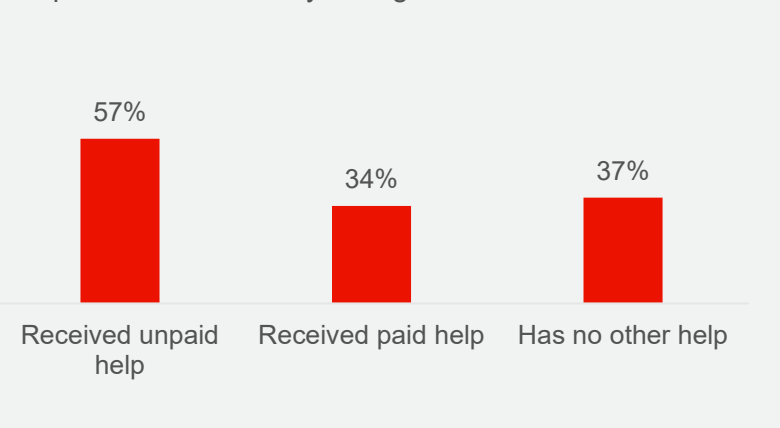
Over one-third family caregivers (36%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

20% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Illinois Family Caregivers Receive



42% of caregivers have been providing care for three years or longer.

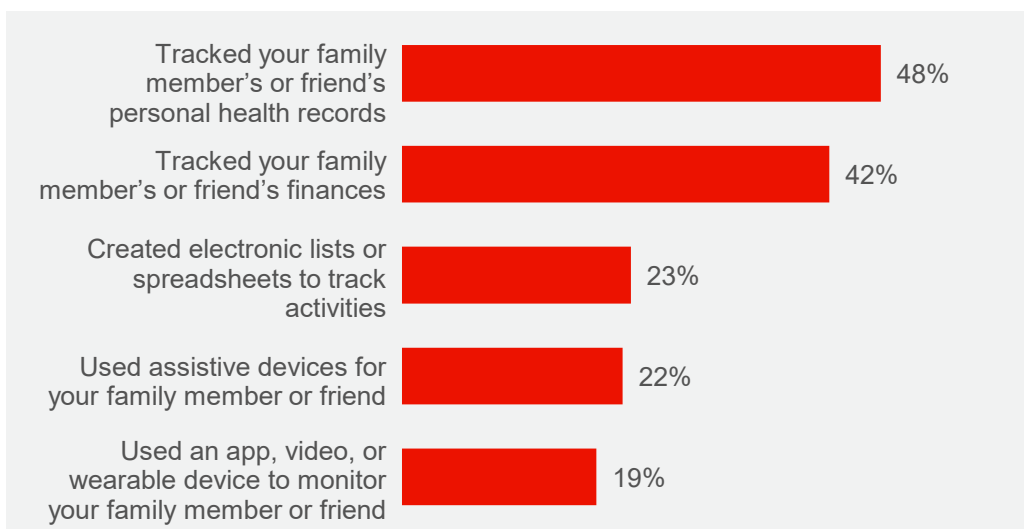
Half of family caregivers (49%) help with medical and nursing tasks.

Family caregivers in Illinois are key in managing health care:

- 71% monitor the severity of their care recipient's condition.
- 66% communicate with health care professionals about their family member's or friend's care.
- 59% advocate for them with health care providers, community services, or government agencies.

While **four in ten (44%) family caregivers** would find respite care helpful, nearly **nine in ten (87%)** have never used such services.

Two-thirds of family caregivers (66%) use at least one of the technology solutions asked about in our survey.



One quarter of family caregivers (27%) have been asked by health care providers about care needed for their care recipient, and **15% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (47%) in Illinois 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.

One in five family caregivers (21%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Illinois Family Caregivers

Stopped saving	32%	Had to start working or work more	13%
Used up personal short-term savings	23%	Moved to less expensive home	8%
Took on more debt	21%	Missed/late paying student loan	8%
Left bills unpaid or paid late	21%	Put off retirement	4%
Borrowed money from family/friends	18%	Filed for bankruptcy	3%
Used long-term savings	16%		
Could not afford basic expenses	16%		

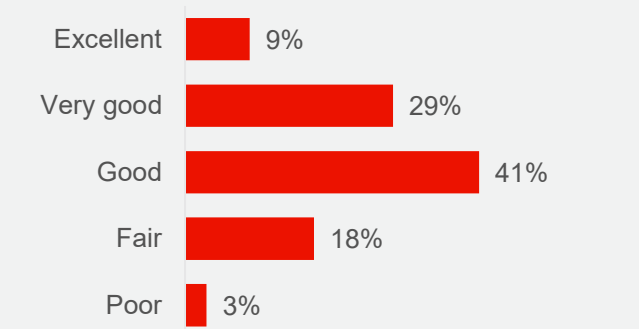
Information Needs of Family Caregivers

Over one in three family caregivers (37%) have made home modifications to make things easier for their care recipient.

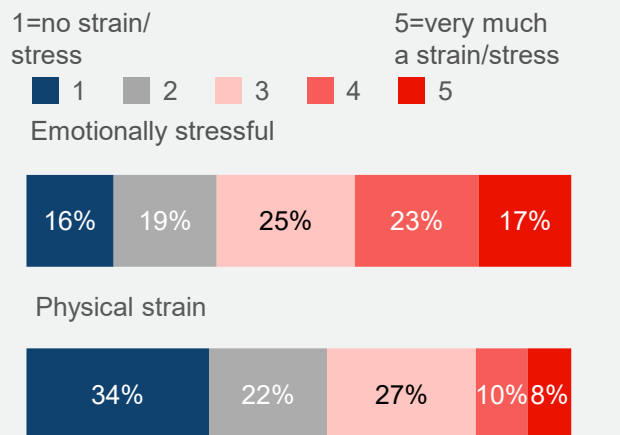


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

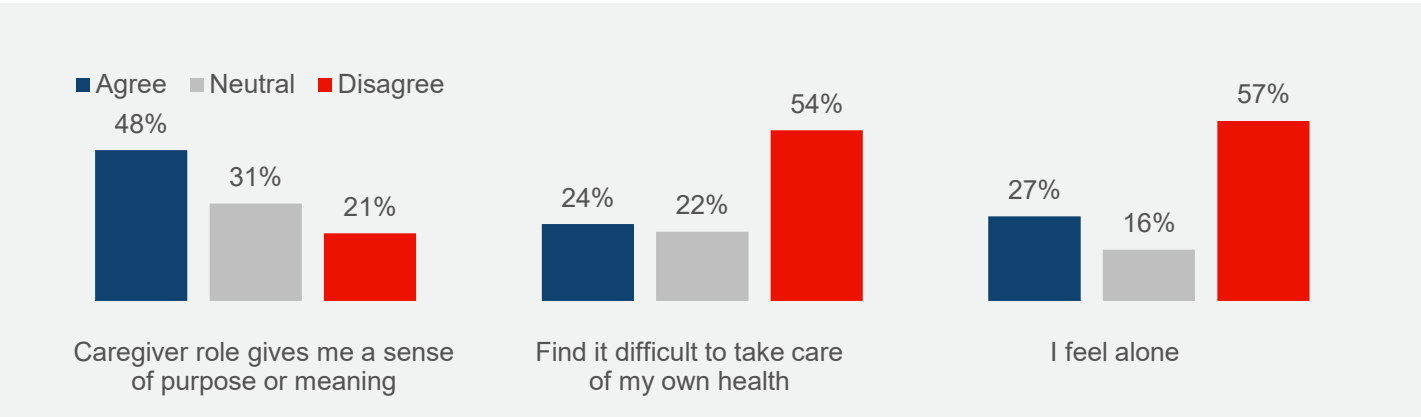
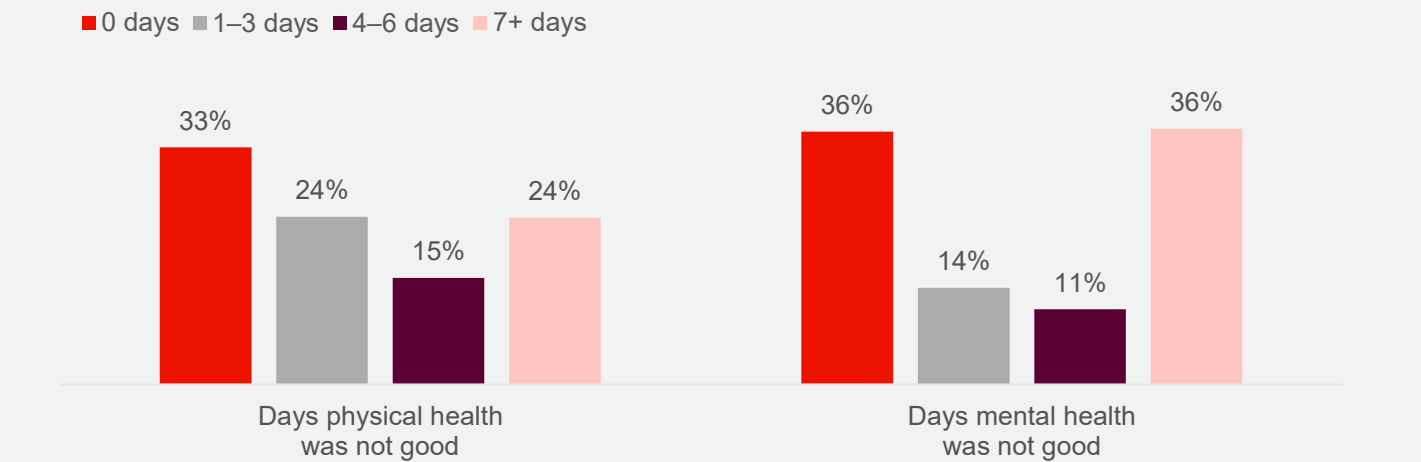


Stress and Strain Felt by Illinois Caregivers



One in four family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (40%) experience high emotional stress while caregiving. One quarter (24%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly three in ten (27%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Illinois

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	32%	Served in US Armed Forces	7%
Education		Cares for someone who served in the US Armed Forces	18%
Did not graduate from high school	11%	Has health insurance coverage	95%
Graduated from high school	12%	Has been a student while caregiving	12%
Some college or associate's degree	36%	Has a disability or handicap that limits them	16%
Bachelor's degree or higher	41%	Has internet access in home	97%
Marital status		Place of residence	
Married/living with partner	62%	Rural	10%
Single/never married	23%	Urban	33%
Widowed	3%	Suburban	58%
Separated/divorced	11%	Living situation	
Household income		Lives alone	12%
<\$25,000	13%	Lives with others	88%
\$25,000-\$49,999	16%		
\$50,000-\$99,999	28%		
\$100,000+	43%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 134 caregivers in Illinois, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.4%.

Indiana

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

More than 1.2 million (1,257,000) adults in Indiana provide care to a family member or friend with complex medical conditions or disabilities — nearly one in four (24%) adults across the state.

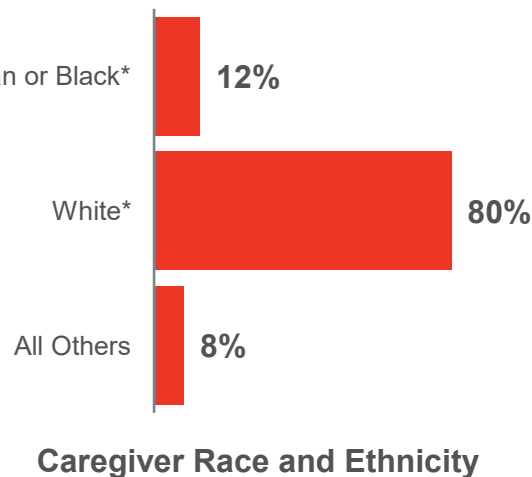
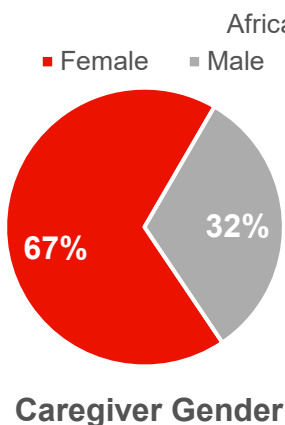
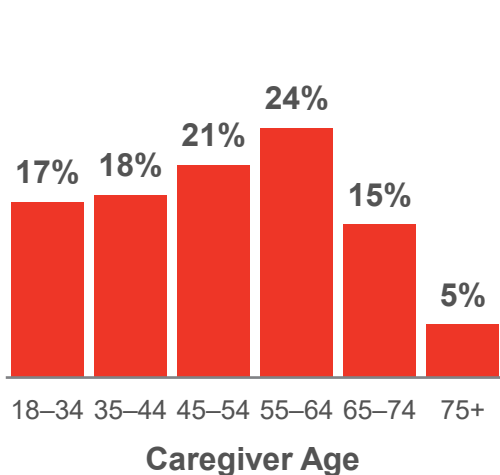
Most family caregivers in Indiana care for an adult (92%) — most often a parent (37%). Twenty-three percent care for a child with complex medical needs. Most caregivers are married or living with a partner (72%). Nearly one in three caregivers live in a household with income under \$50,000 (31%). Three in ten caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Nearly two in five caregivers live with a disability. Over one in three family caregivers live with their care recipient (37%).

On average, family caregivers are **51 years old** and care for someone **62 years old** in Indiana.

Six in ten family caregivers work while also caregiving (63%).

Most family caregivers in Indiana provide care to someone due to a long-term physical condition (64%).

Demographics of Family Caregivers in Indiana



*Non-Hispanic

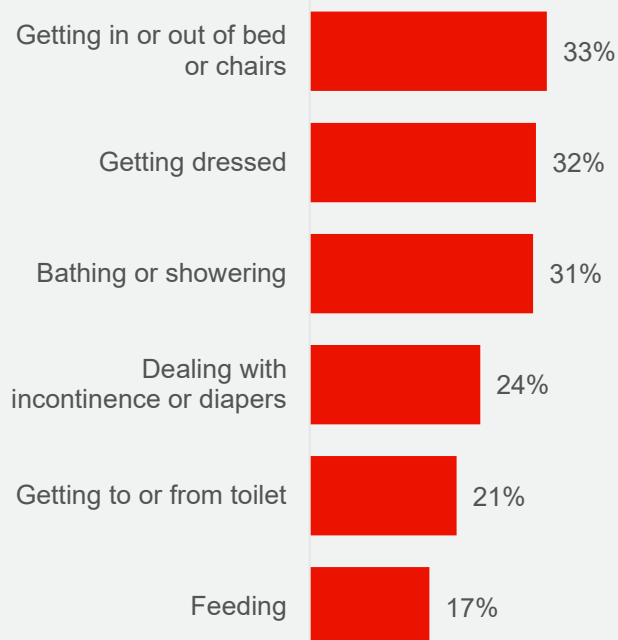
What Family Caregivers Do

Half of family caregivers in Indiana (54%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

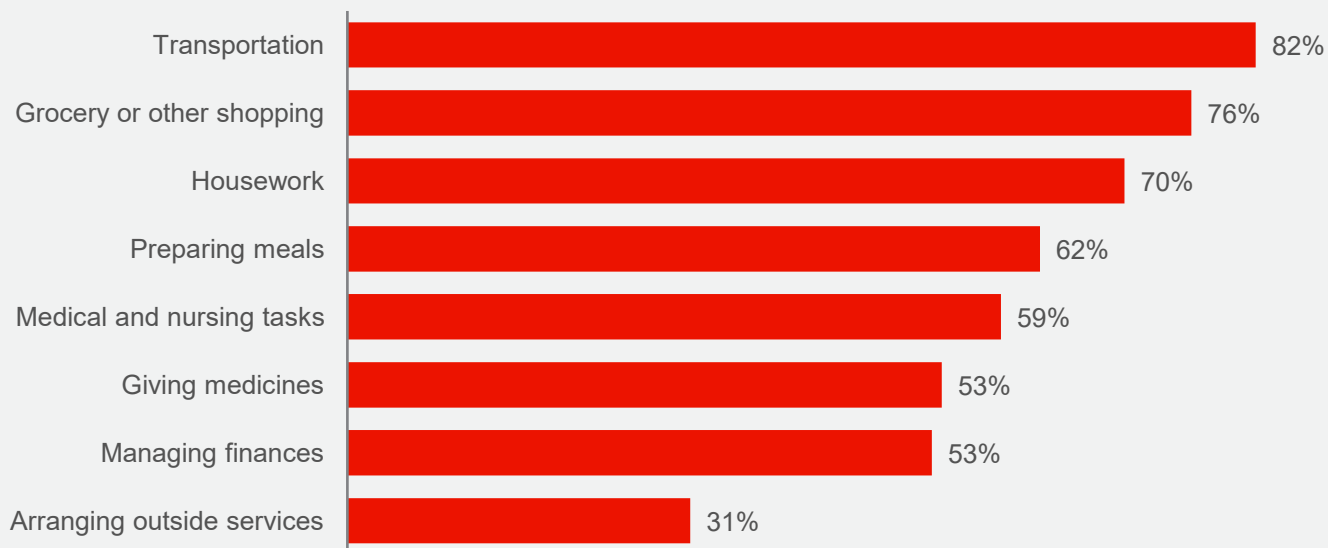
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

16% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Indiana Family Caregivers Help with Many Activities of Daily Living



Indiana Family Caregivers Help with Many Instrumental Activities of Daily Living



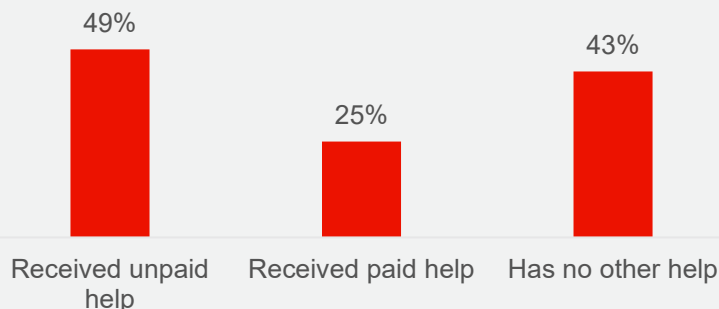
Four in ten family caregivers (45%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

29% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Indiana Family Caregivers Receive



50% of caregivers have been providing care for three years or longer.

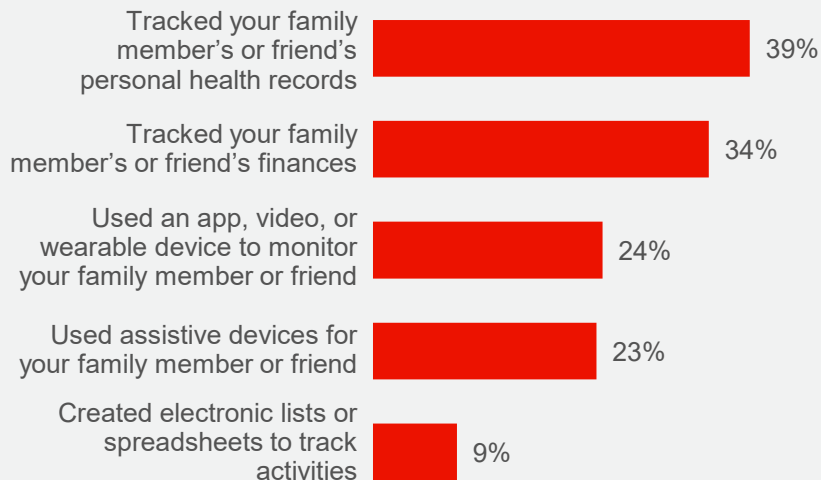
Over half of family caregivers (59%) help with medical and nursing tasks.

Family caregivers in Indiana are key in managing health care:

- 81% monitor the severity of their care recipient's condition.
- 70% communicate with health care professionals about their family member's or friend's care.
- 64% advocate for them with health care providers, community services, or government agencies.

While nearly **four in ten (38%) family caregivers** would find respite care helpful, **nine in ten (90%)** have never used such services.

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



Over one in ten family caregivers (15%) have been asked by health care providers about care needed for their care recipient, and **8% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Half of family caregivers (51%) in Indiana 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.

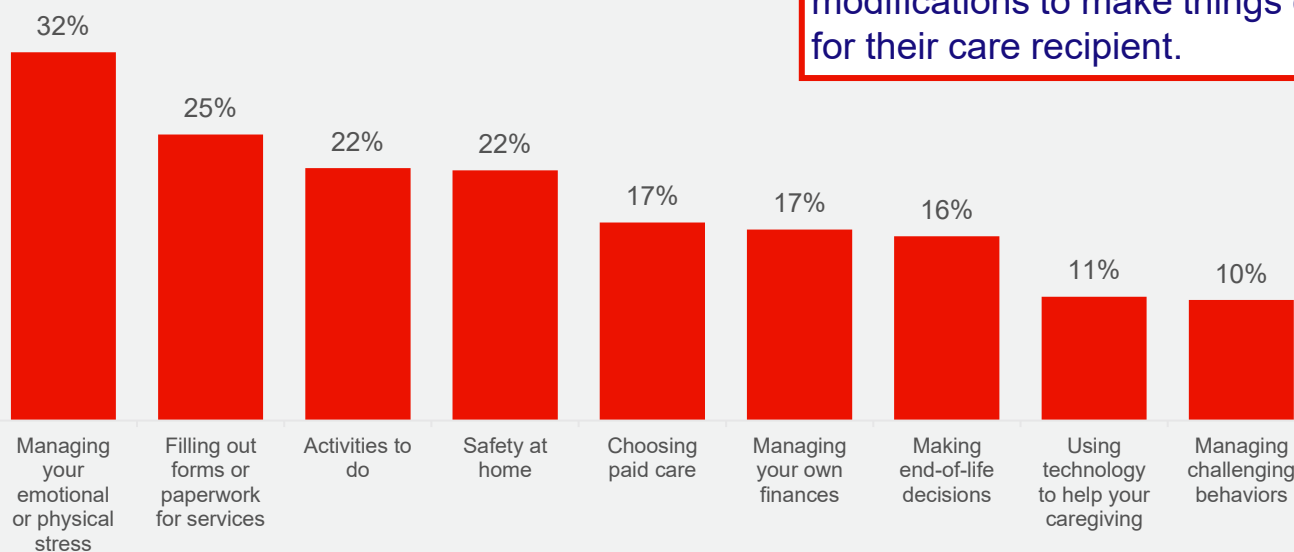
One in four family caregivers (27%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Indiana Family Caregivers

Stopped saving	30%	Put off retirement	12%
Used up personal short-term savings	29%	Could not afford basic expenses	10%
Took on more debt	25%	Moved to less expensive home	9%
Had to start working or work more	15%	Missed/late paying student loan	6%
Left bills unpaid or paid late	15%	Filed for bankruptcy	3%
Used long-term savings	15%	Evicted or had a home foreclosed	3%
Borrowed money from family/friends	14%		

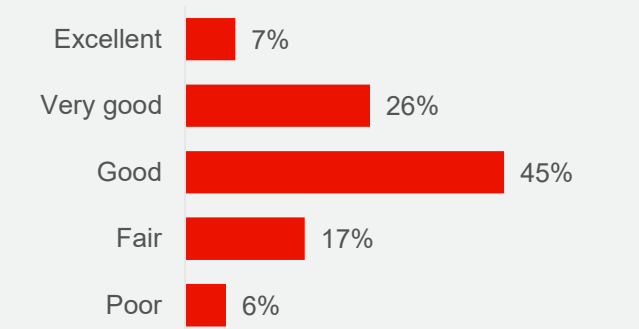
Information Needs of Family Caregivers

Four in ten family caregivers (40%) have made home modifications to make things easier for their care recipient.

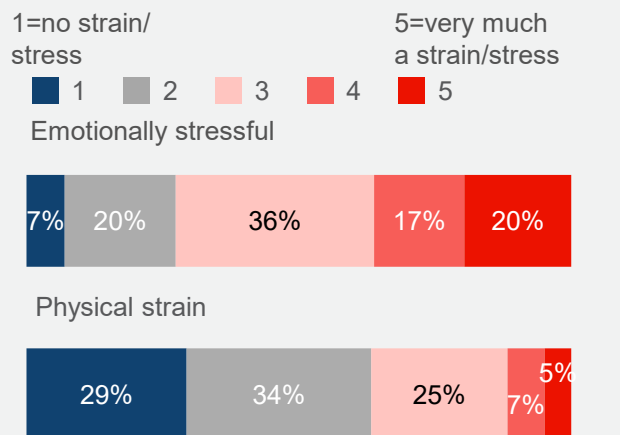


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

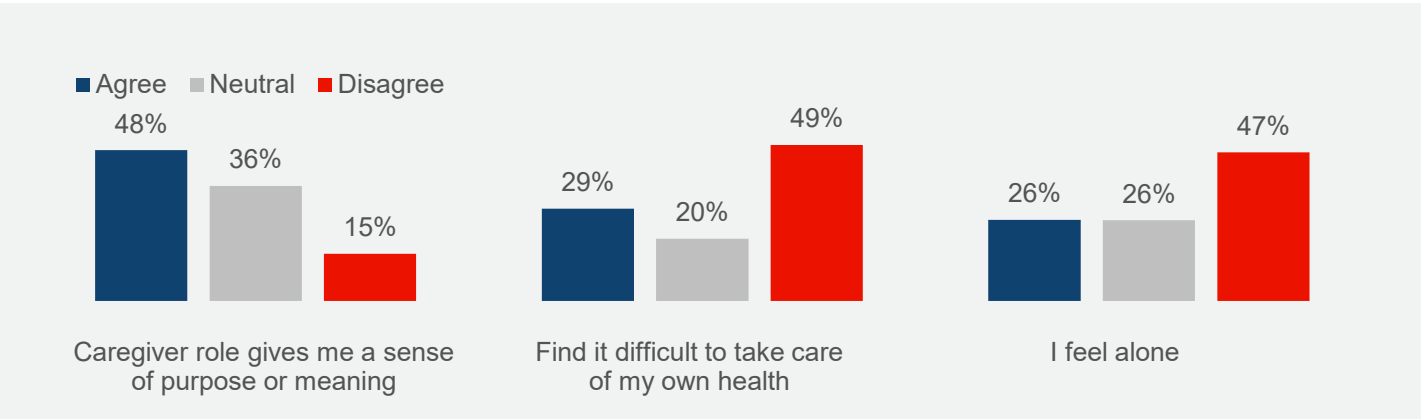
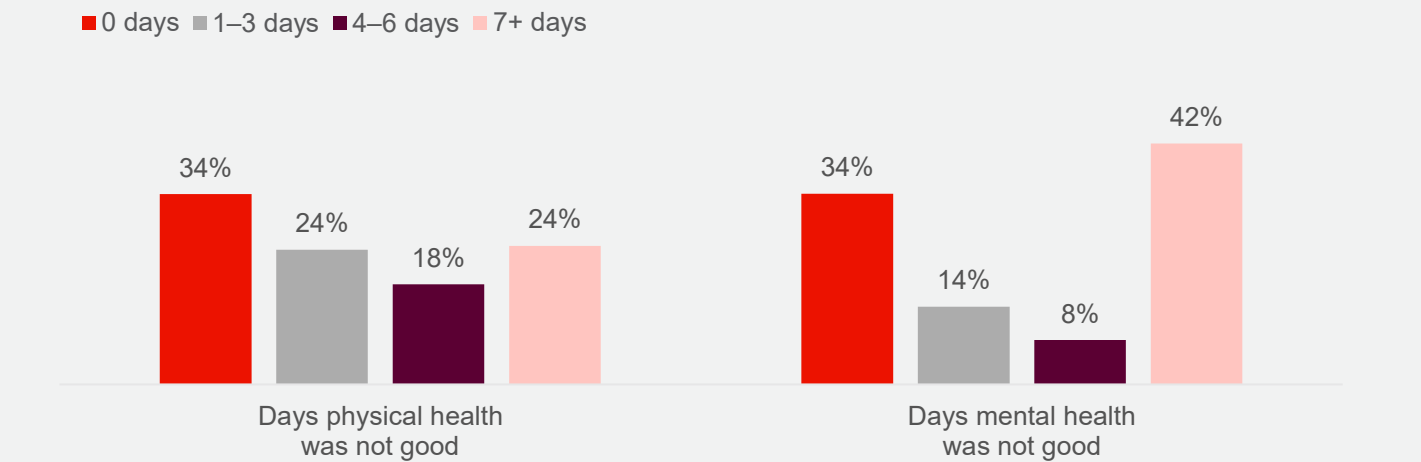


Stress and Strain Felt by Indiana Caregivers



One quarter of family caregivers experience seven or more days a month of poor physical health. Over one in three caregivers (36%) experience high emotional stress while caregiving. Three in ten (29%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (26%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Indiana

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	13%
Did not graduate from high school	10%	Has health insurance coverage	91%
Graduated from high school	28%	Has been a student while caregiving	5%
Some college or associate's degree	35%	Has a disability or handicap that limits them	18%
Bachelor's degree or higher	27%	Has internet access in home	93%
Marital status		Place of residence	
Married/living with partner	72%	Rural	30%
Single/never married	11%	Urban	36%
Widowed	4%	Suburban	34%
Separated/divorced	11%	Living situation	
Household income		Lives alone	7%
<\$25,000	13%	Lives with others	93%
\$25,000-\$49,999	18%		
\$50,000-\$99,999	32%		
\$100,000+	37%		

Methodology

For full methodology, see the Methodology Appendix of this report. The data herein reflects 133 caregivers in Indiana, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.7%.

Iowa

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

More than half a million (657,000) adults in Iowa provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (27%) adults across the state.

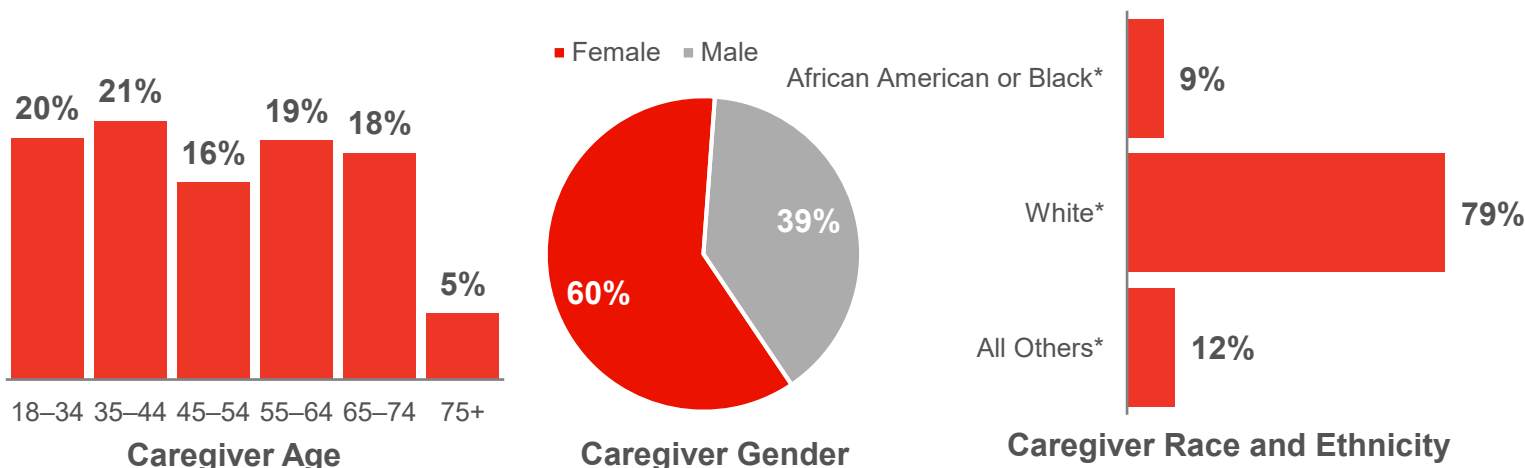
Most family caregivers in Iowa care for an adult (93%) — often a parent (37%). Seventeen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (76%). Two in five caregivers live in a household with income under \$50,000 (39%). Two in five caregivers (39%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in four caregivers live with a disability. Three in ten family caregivers live with their care recipient (31%).

On average, family caregivers are **51 years old** and care for someone **64 years old** in Iowa.

Six in ten family caregivers work while also caregiving (62%).

Most family caregivers in Iowa provide care to someone due to a long-term physical condition (65%).

Demographics of Family Caregivers in Iowa



*Non-Hispanic

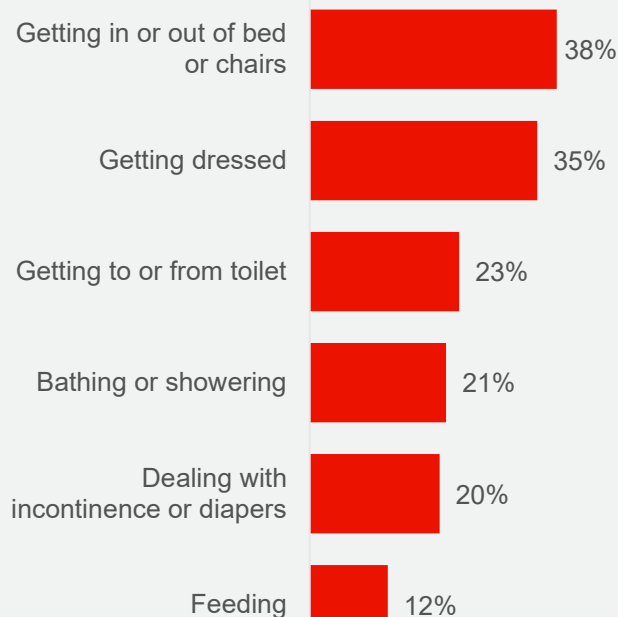
What Family Caregivers Do

Over half of family caregivers in Iowa (55%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

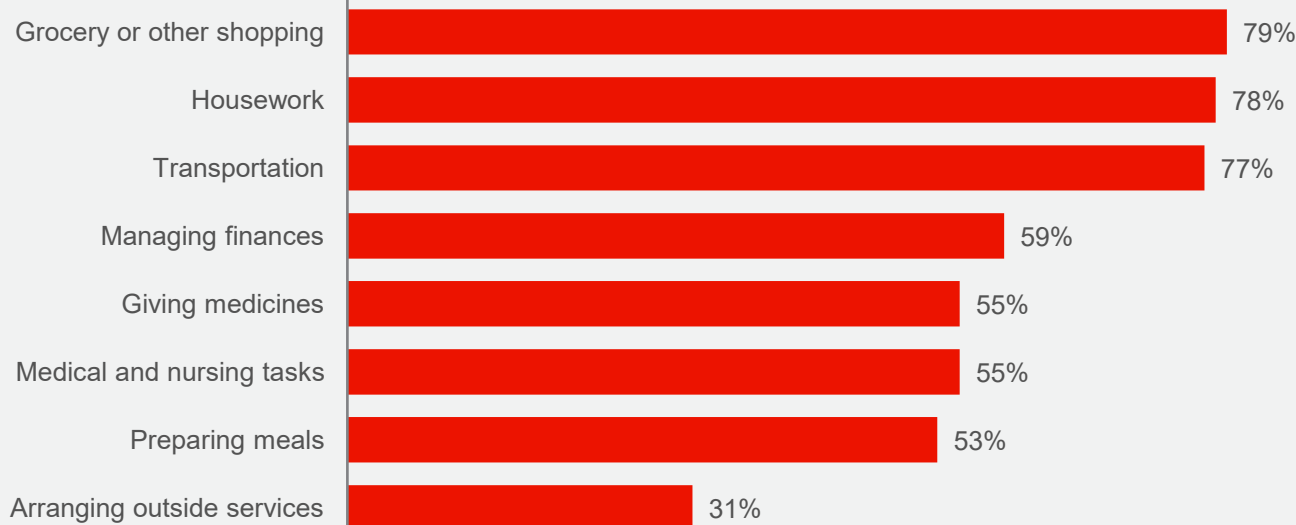
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

16% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Iowa Family Caregivers Help with Many Activities of Daily Living



Iowa Family Caregivers Help with Many Instrumental Activities of Daily Living



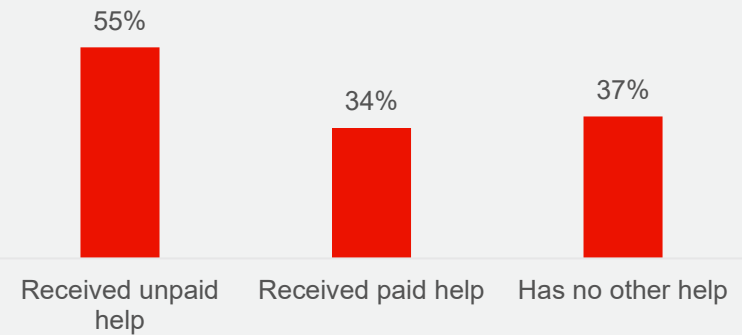
One-third of family caregivers (35%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

14% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Iowa Family Caregivers Receive



48% of caregivers have been providing care for three years or longer.

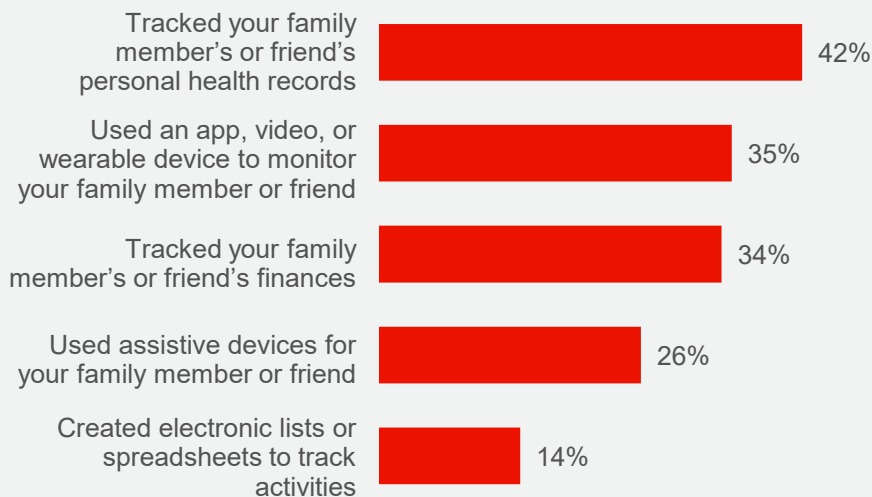
Over half of family caregivers (55%) help with medical and nursing tasks.

Family caregivers in Iowa are key in managing health care:

- 66% monitor the severity of their care recipient's condition.
- 66% communicate with health care professionals about their family member's or friend's care.
- 51% advocate for them with health care providers, community services, or government agencies.

While nearly **four in ten (36%) family caregivers** would find respite care helpful, **nine in ten (89%)** have never used such services.

Two-thirds of family caregivers (65%) use at least one of the technology solutions asked about in our survey.



One in five family caregivers (19%) have been asked by health care providers about care needed for their care recipient, and **11% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over half of family caregivers (54%) in Iowa have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, using up personal savings, and taking on more debt.

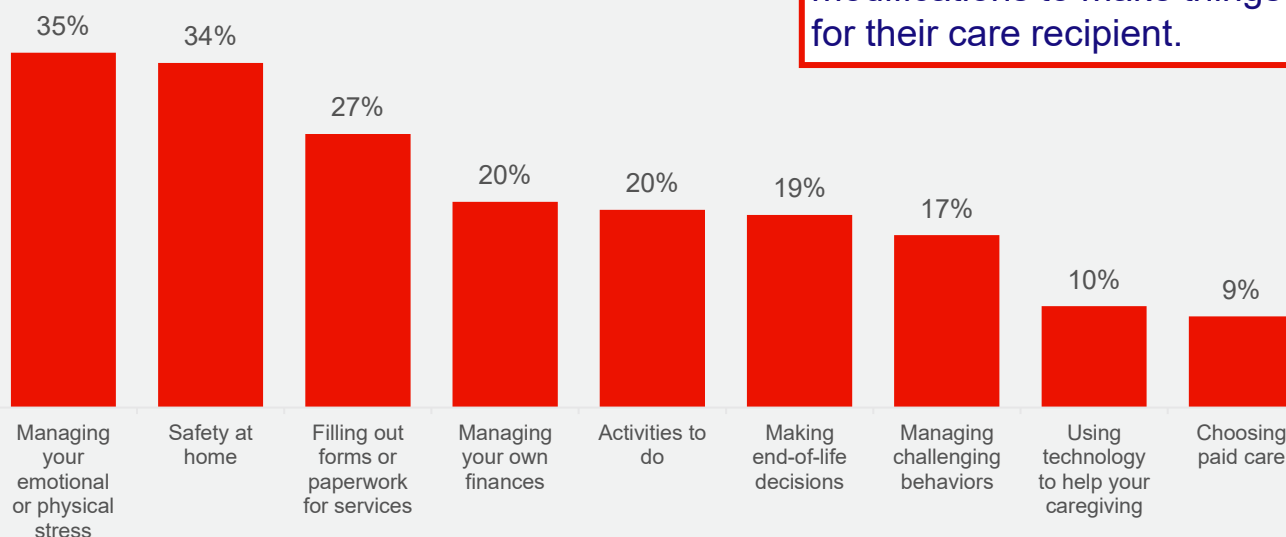
Three in ten family caregivers (30%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Iowa Family Caregivers

Stopped saving	38%	Put off retirement	13%
Used up personal short-term savings	36%	Moved to less expensive home	13%
Took on more debt	24%	Used long-term savings	13%
Left bills unpaid or paid late	21%	Missed/late paying student loan	8%
Could not afford basic expenses	21%	Filed for bankruptcy	6%
Borrowed money from family/friends	19%	Was evicted or home foreclosed	5%
Had to start working or work more	14%		

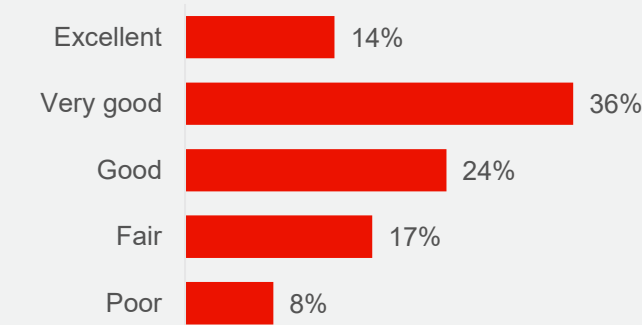
Information Needs of Family Caregivers

Four in ten family caregivers (39%) have made home modifications to make things easier for their care recipient.



Well-Being of Family Caregivers

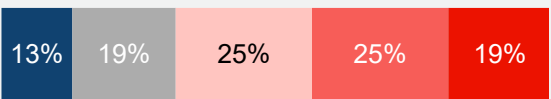
Self-Reported Health Status of Family Caregivers



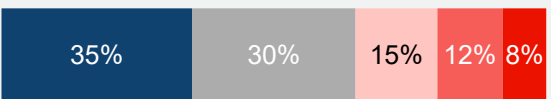
Stress and Strain Felt by Iowa Caregivers

1=no strain/stress 5=very much a strain/stress
1 2 3 4 5

Emotionally stressful



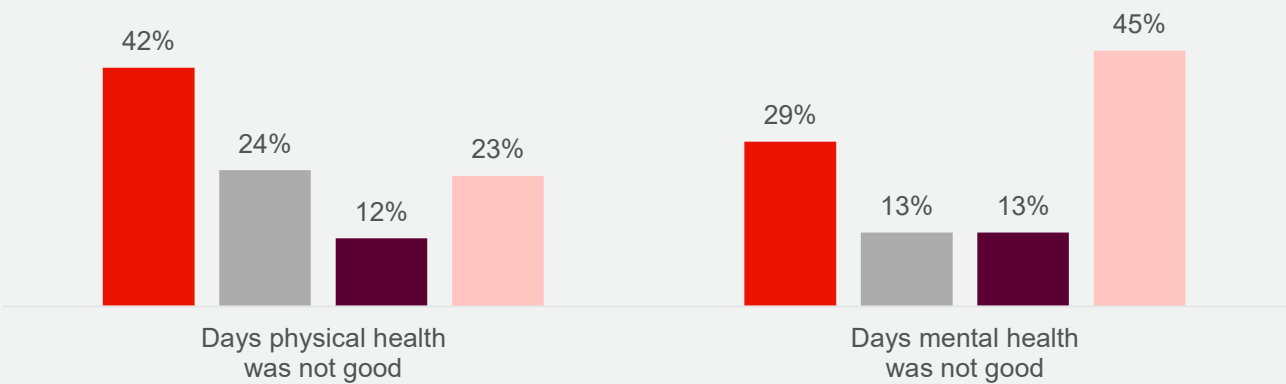
Physical strain



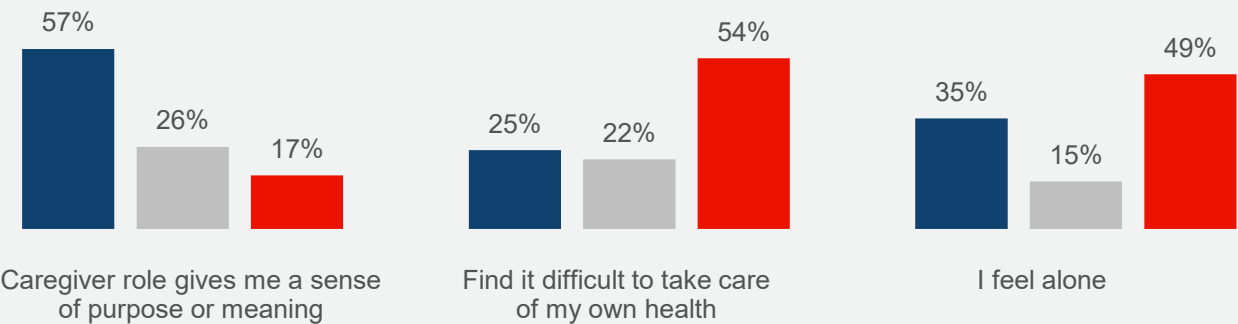
One quarter of family caregivers experience seven or more days a month of poor physical health. Over four in ten caregivers (43%) experience high emotional stress while caregiving. One quarter (25%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Just over one-third (35%) feel alone while caregiving.

Caregivers Healthy Days Measure

0 days 1–3 days 4–6 days 7+ days



Agree Neutral Disagree



Demographic Characteristics of Family Caregivers in Iowa

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	39%	Served in US Armed Forces	6%
Education		Cares for someone who served in the US Armed Forces	18%
Did not graduate from high school	6%	Has health insurance coverage	94%
Graduated from high school	20%	Has been a student while caregiving	17%
Some college or associate's degree	48%	Has a disability or handicap that limits them	24%
Bachelor's degree or higher	26%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	76%	Rural	30%
Single/never married	13%	Urban	53%
Widowed	5%	Suburban	17%
Separated/divorced	5%	Living situation	
Household income		Lives alone	13%
<\$25,000	20%	Lives with others	87%
\$25,000-\$49,999	19%		
\$50,000-\$99,999	26%		
\$100,000+	35%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 115 caregivers in Iowa, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±12.3%.

Kansas

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

More half a million (647,000) adults in Kansas provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (29%) adults across the state.

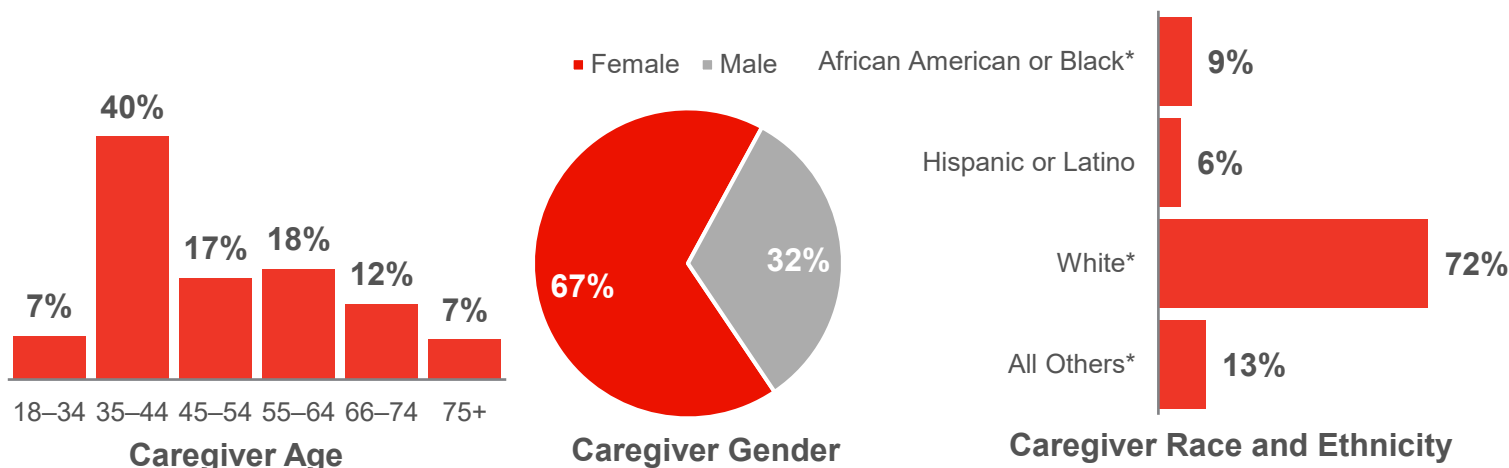
Most family caregivers in Kansas care for an adult (94%) — often a parent (38%). Thirteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (62%). One in three caregivers live in a household with income under \$50,000 (33%). Over one-third of caregivers (38%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. Two in five family caregivers live with their care recipient (40%).

On average, family caregivers are **50 years old** and care for someone **61 years old** in Kansas.

Six in ten family caregivers work while also caregiving (61%).

Most family caregivers in Kansas provide care to someone due to a long-term physical condition (67%).

Demographics of Family Caregivers in Kansas



*Non-Hispanic

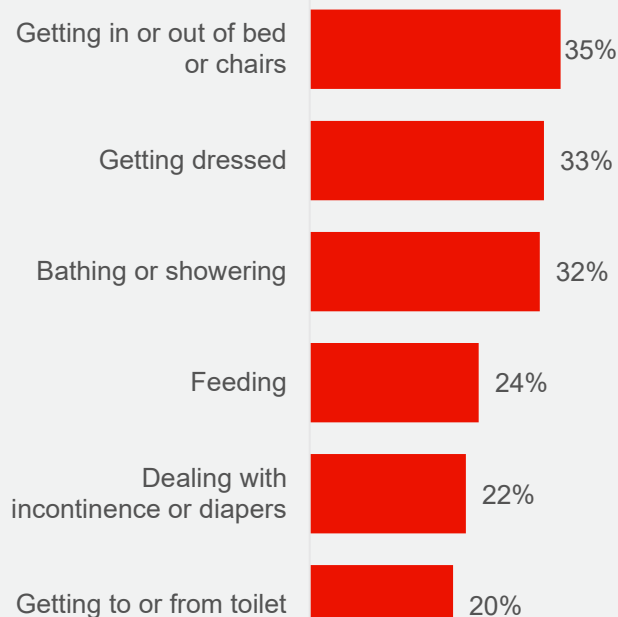
What Family Caregivers Do

Three in five family caregivers in Kansas (59%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

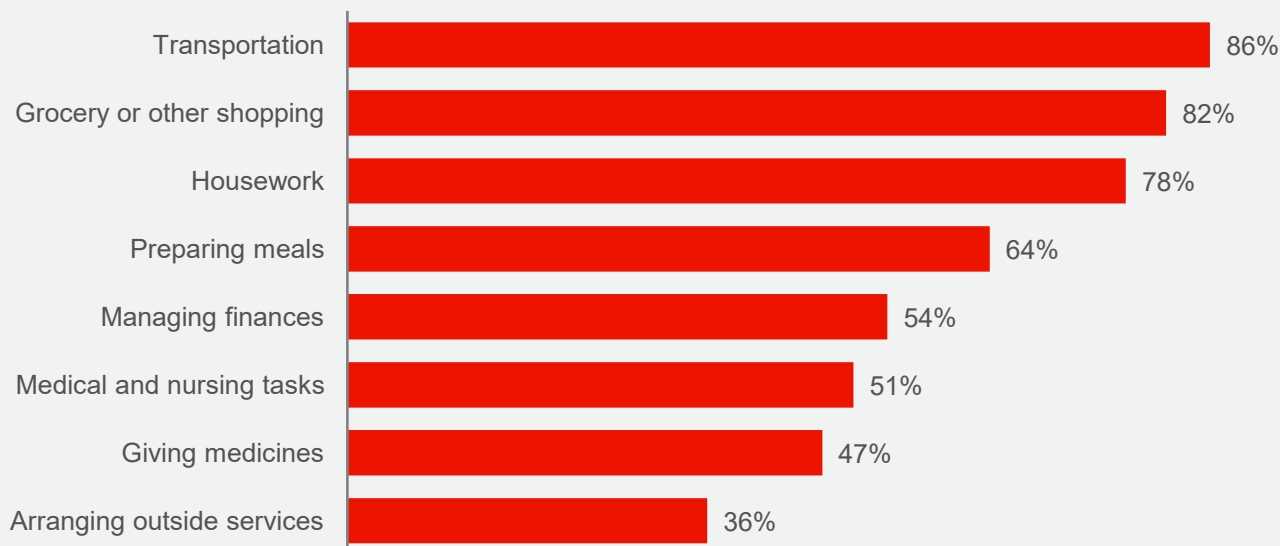
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

9% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Kansas Family Caregivers Help with Many Activities of Daily Living



Kansas Family Caregivers Help with Many Instrumental Activities of Daily Living



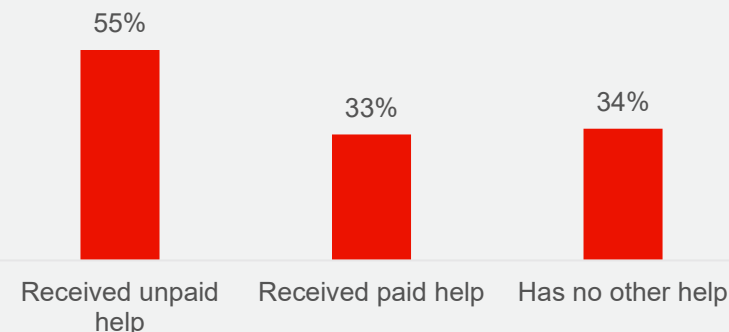
Nearly half of family caregivers (48%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

35% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Kansas Family Caregivers Receive



41% of caregivers have been providing care for three years or longer.

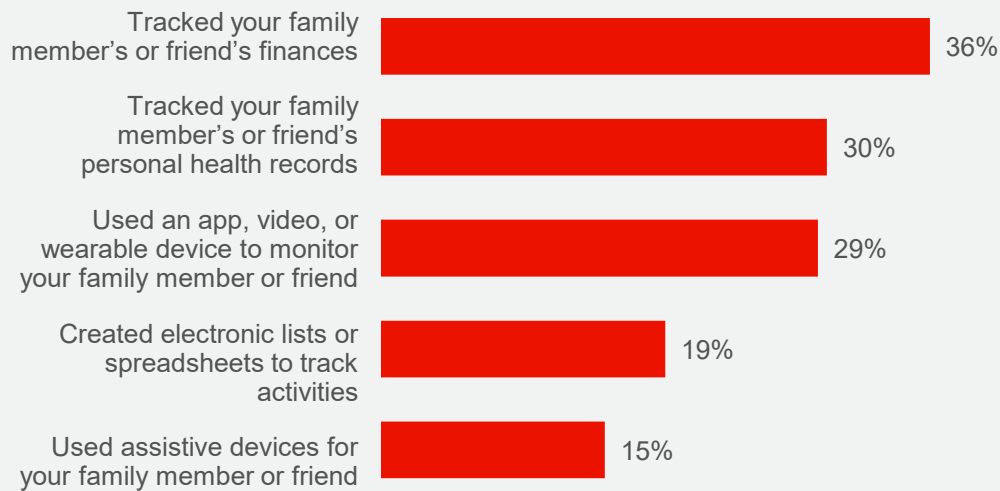
Half of family caregivers (51%) help with medical and nursing tasks.

Family caregivers in Kansas are key in managing health care:

- 64% monitor the severity of their care recipient's condition.
- 56% 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.

While **four in ten (43%) family caregivers** would find respite care helpful, **nine in ten (91%)** have never used such services.

Six in ten family caregivers (62%) use at least one of the technology solutions asked about in our survey.



Nearly one quarter of family caregivers (23%) have been asked by health care providers about care needed for their care recipient, and **7% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over half of family caregivers (55%) in Kansas have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, taking on more debt, or leaving bills unpaid.

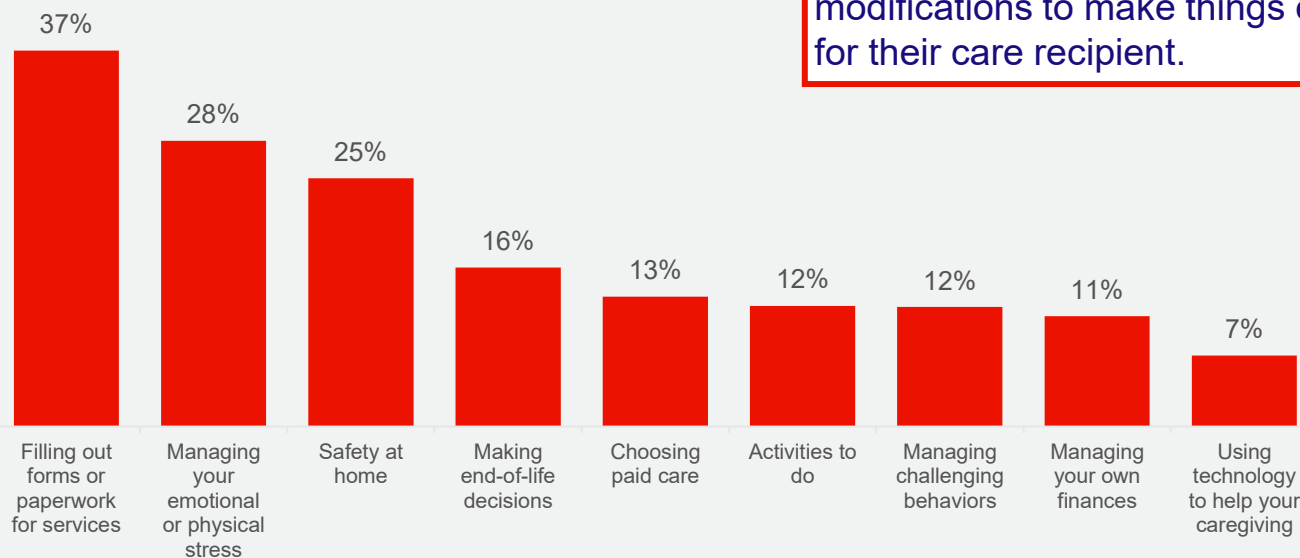
One-third of family caregivers (32%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Kansas Family Caregivers

Stopped saving	27%	Had to start working or work more	8%
Took on more debt	22%	Moved to less expensive home	7%
Left bills unpaid or paid late	21%	Filed for bankruptcy	6%
Used up personal short-term savings	21%	Used long-term savings	6%
Borrowed money from family/friends	20%	Put off retirement	6%
Could not afford basic expenses	13%	Was evicted or home foreclosed	5%

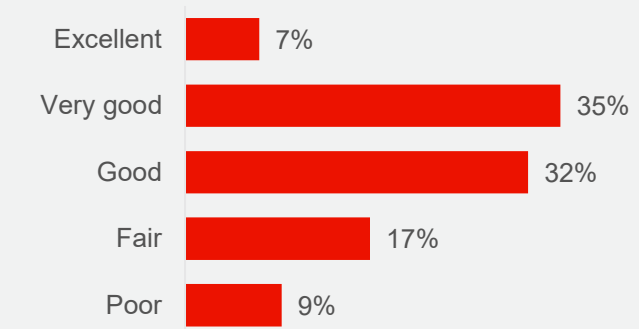
Information Needs of Family Caregivers

Over one-third of family caregivers (37%) have made home modifications to make things easier for their care recipient.

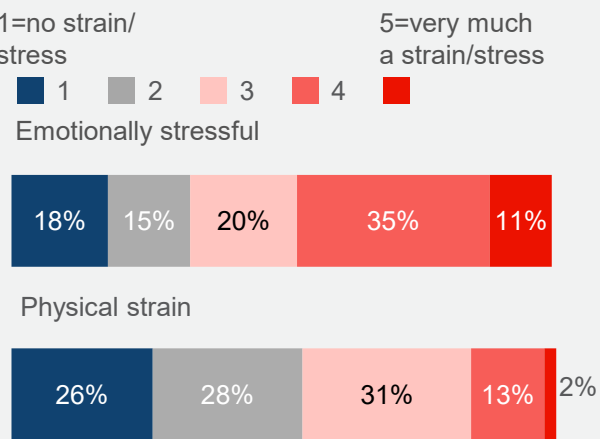


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

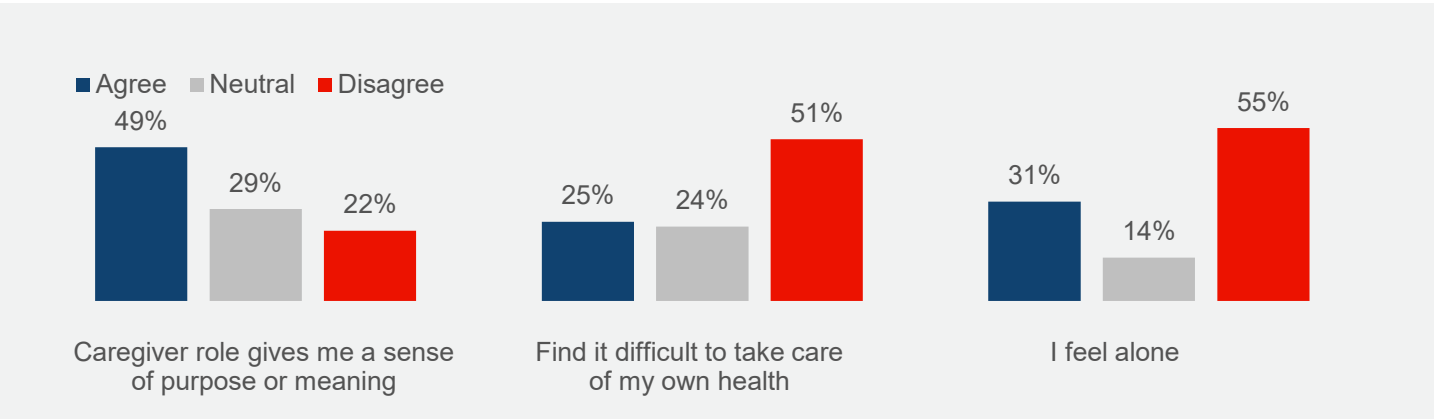
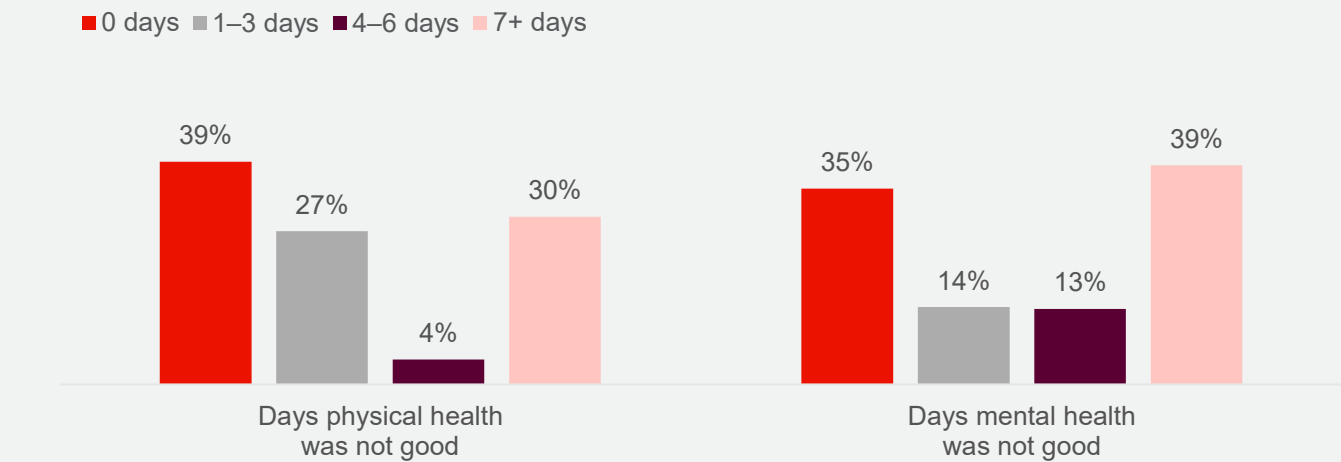


Stress and Strain Felt by Kansas Caregivers



Three in ten family caregivers experience seven or more days a month of poor physical health. Nearly half of caregivers (47%) experience high emotional stress while caregiving. One quarter (25%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Three in ten (31%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Kansas

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	38%	Cares for someone who served in the US Armed Forces	17%
Education		Has health insurance coverage	83%
High school graduate or less	26%	Has been a student while caregiving	8%
Some college or associate's degree	40%	Has a disability or handicap that limits them	22%
Bachelor's degree	17%	Has internet access in home	98%
Master's degree or above	17%	Place of residence	
Marital status		Rural	20%
Married/living with partner	62%	Urban	62%
Single/never married	19%	Suburban	18%
Widowed	4%	Living situation	
Separated/divorced	14%	Lives alone	14%
Household income		Lives with others	86%
<\$25,000	26%		
\$25,000-\$49,999	8%		
\$50,000-\$99,999	35%		
\$100,000+	31%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 116 caregivers in Kansas, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.4%.

Kentucky

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

Nearly 1 million (987,000) adults in Kentucky provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (28%) adults across the state.

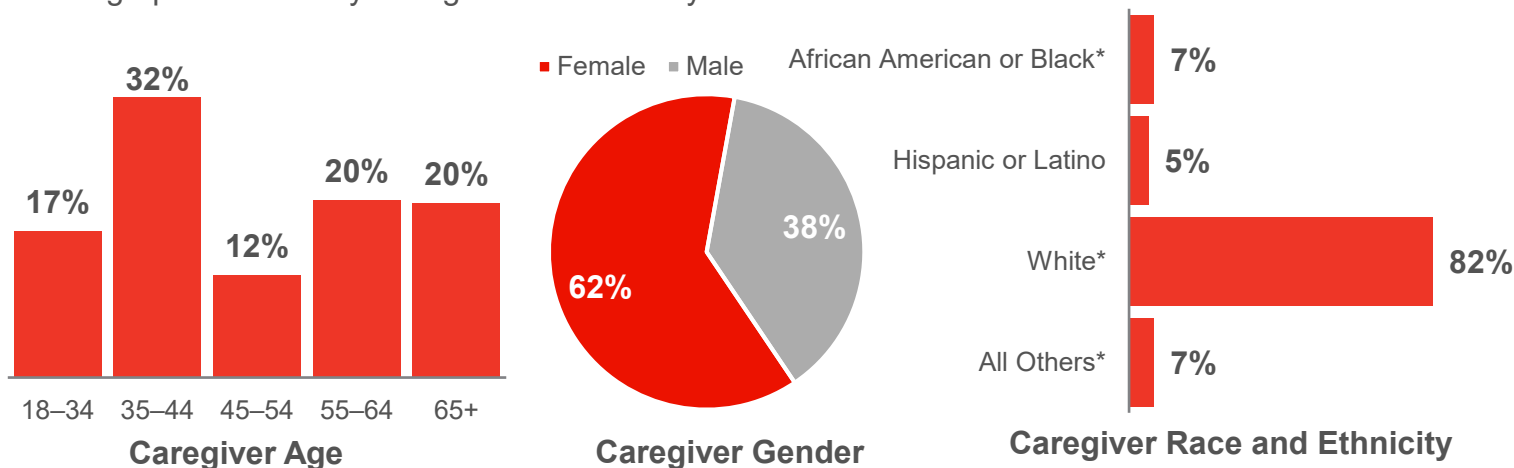
Most family caregivers in Kentucky care for an adult (92%) — often a parent (38%). Twenty-one percent care for a child with complex medical needs. Most caregivers are married or living with a partner (61%). Two in five caregivers live in a household with income under \$50,000 (40%). Over a quarter of caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in four caregivers live with a disability. Nearly half of family caregivers live with their care recipient (45%).

On average, family caregivers are **49 years old** and care for someone **61 years old** in Kentucky.

Half of family caregivers work while also caregiving.

Most family caregivers in Kentucky provide care to someone due to a long-term physical condition (59%).

Demographics of Family Caregivers in Kentucky



*Non-Hispanic

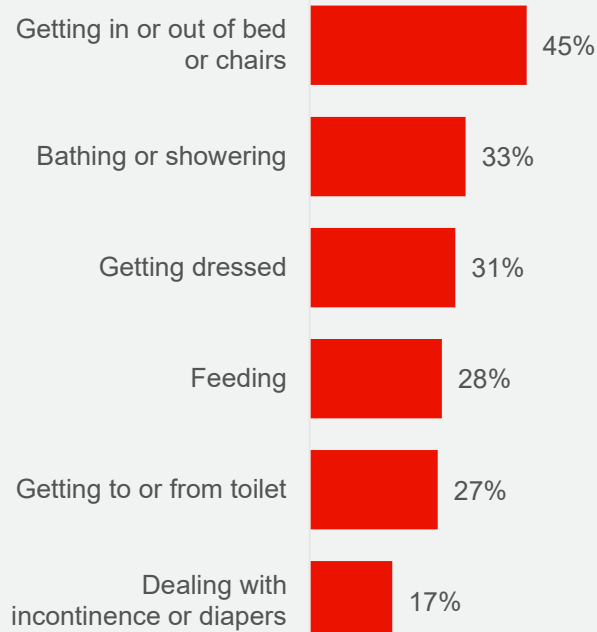
What Family Caregivers Do

Six in ten family caregivers in Kentucky (63%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

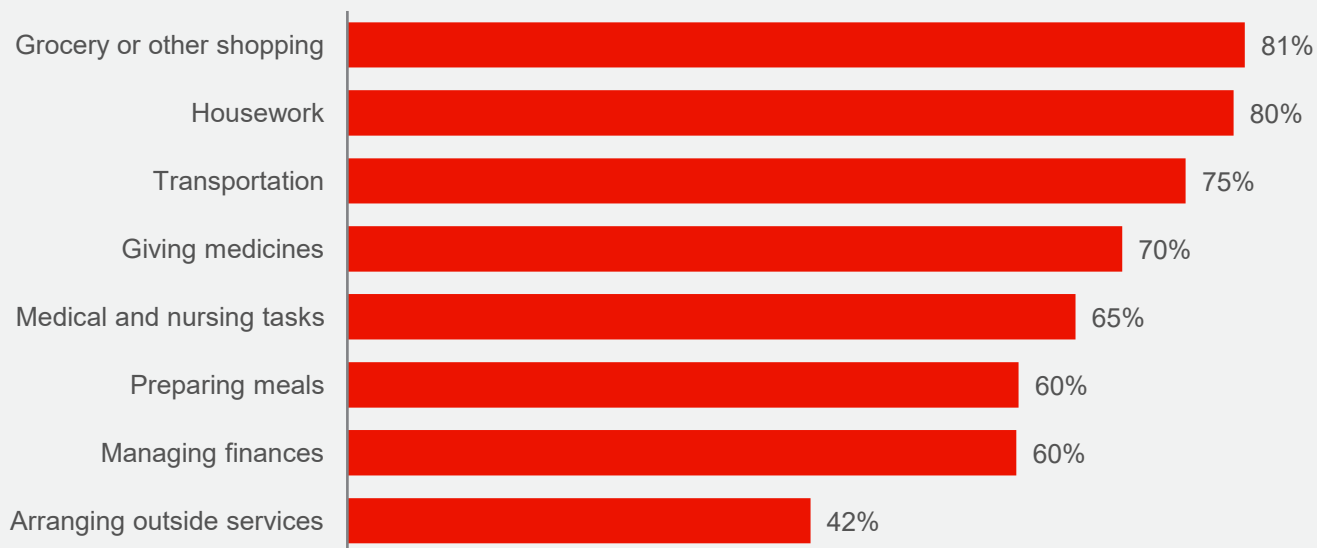
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

14% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Kentucky Family Caregivers Help with Many Activities of Daily Living



Kentucky Family Caregivers Help with Many Instrumental Activities of Daily Living



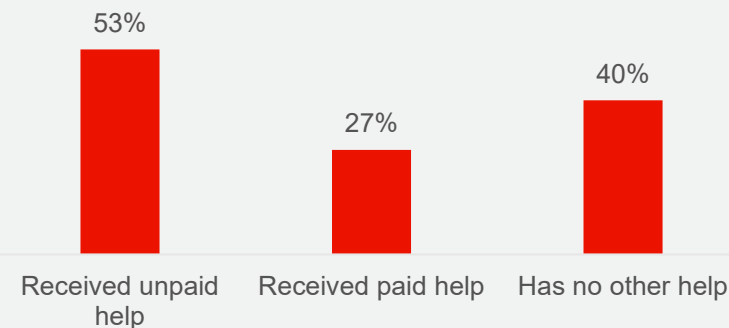
Nearly half of family caregivers (47%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

31% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Kentucky Family Caregivers Receive



43% of caregivers have been providing care for three years or longer.

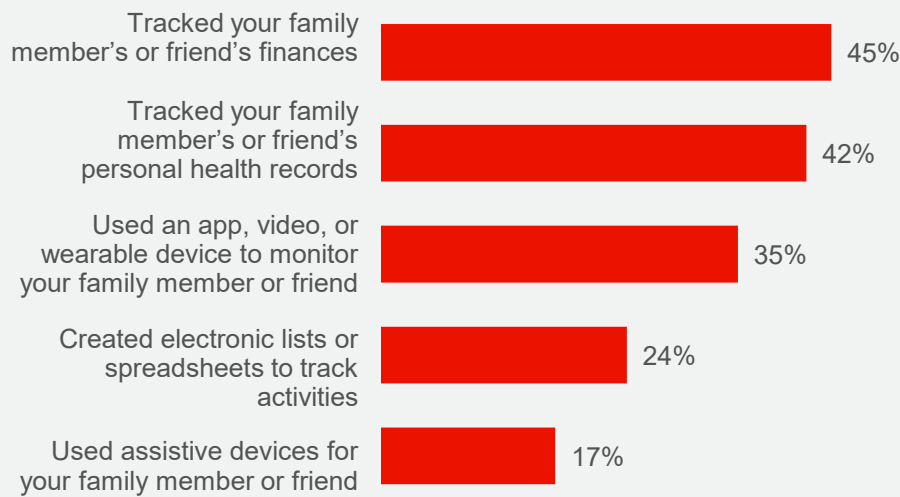
Two-thirds of family caregivers (65%) help with medical and nursing tasks.

Family caregivers in Kentucky are key in managing health care:

- 76% monitor the severity of their care recipient's condition.
- 72% communicate with health care professionals about their family member's or friend's care.
- 67% advocate for them with health care providers, community services, or government agencies.

While **four in ten (39%) family caregivers** would find respite care helpful, **nine in ten (91%)** have never used such services.

Seven in ten family caregivers (70%) use at least one of the technology solutions asked about in our survey.



Three in ten family caregivers (31%) have been asked by health care providers about care needed for their care recipient, and **10% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Half of family caregivers (52%) in Kentucky have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include using up personal savings, stopping saving, and taking on more debt.

One-third of family caregivers (34%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

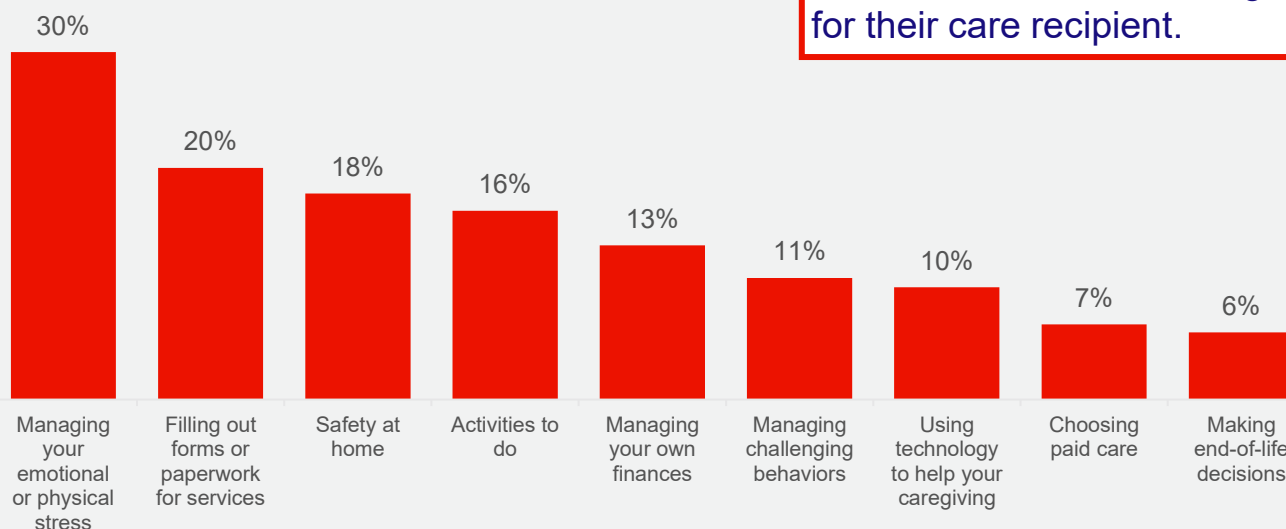
Financial Hardships Experienced by Kentucky Family Caregivers

Used up personal short-term savings	28%
Stopped saving	27%
Took on more debt	26%
Left bills unpaid or paid late	23%
Borrowed money from family/friends	20%
Had to start working or work more	16%

Could not afford basic expenses	14%
Used long-term savings	12%
Was evicted or home foreclosed	6%
Put off retirement	6%
Moved to less expensive home	3%

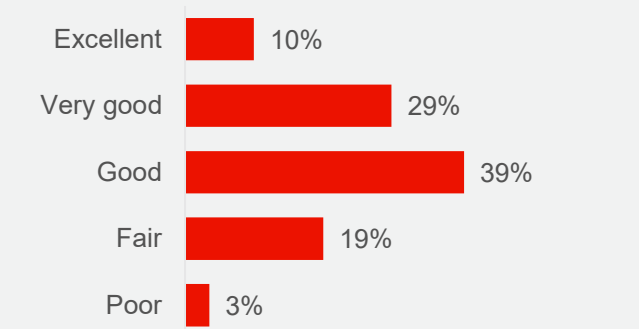
Information Needs of Family Caregivers

Over one-third of family caregivers (37%) have made home modifications to make things easier for their care recipient.

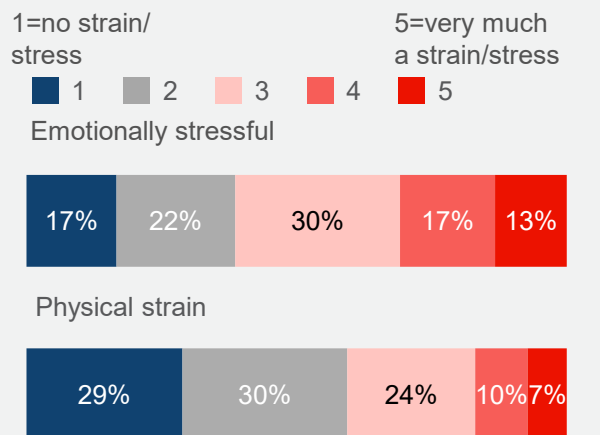


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

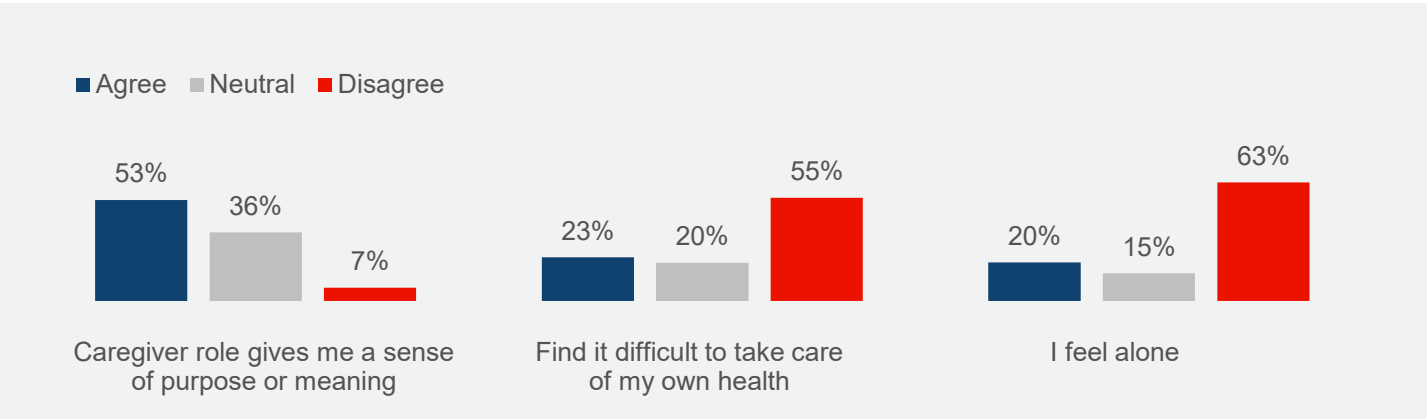
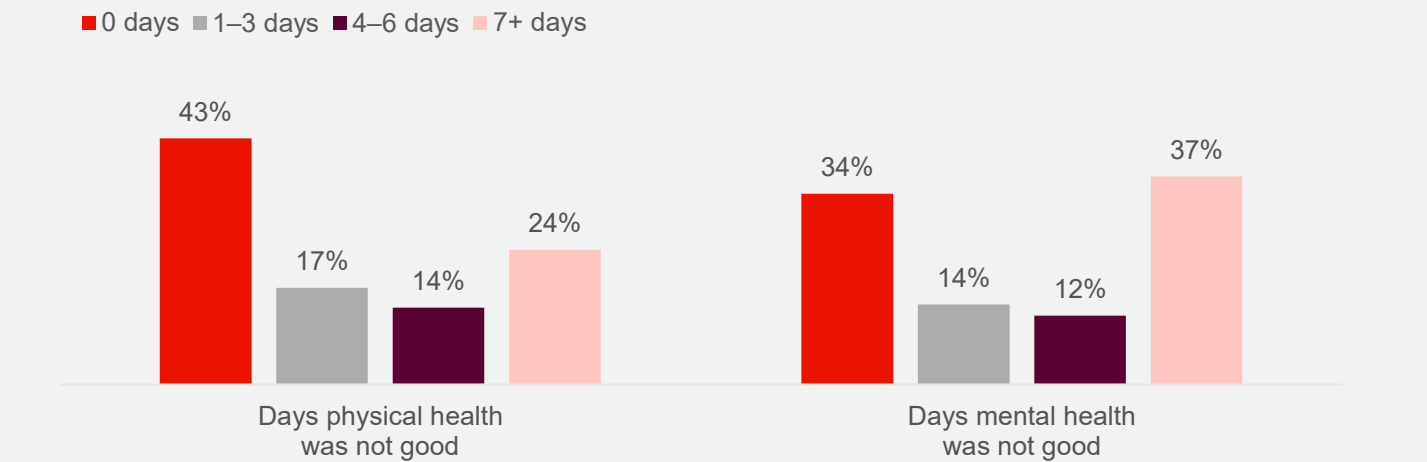


Stress and Strain Felt by Kentucky Caregivers



A quarter of family caregivers experience seven or more days a month of poor physical health. Three in ten caregivers (31%) experience high emotional stress while caregiving. Nearly one quarter (23%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Two in ten (20%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Kentucky

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Served in US Armed Forces	7%
Education		Cares for someone who served in the US Armed Forces	7%
Did not graduate from high school	9%	Has health insurance coverage	86%
Graduated from high school	39%	Has been a student while caregiving	8%
Some college or associate's degree	30%	Has a disability or handicap that limits them	27%
Bachelor's degree or higher	22%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	61%	Rural	49%
Single/never married	28%	Urban	21%
Widowed	4%	Suburban	31%
Separated/divorced	6%	Living situation	
Household income		Lives alone	11%
<\$25,000	28%	Lives with others	89%
\$25,000-\$49,999	12%		
\$50,000-\$99,999	33%		
\$100,000+	26%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 139 caregivers in Kentucky, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.9%.

Louisiana

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

Nearly 1 million (973,000) adults in Louisiana provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (28%) adults across the state.

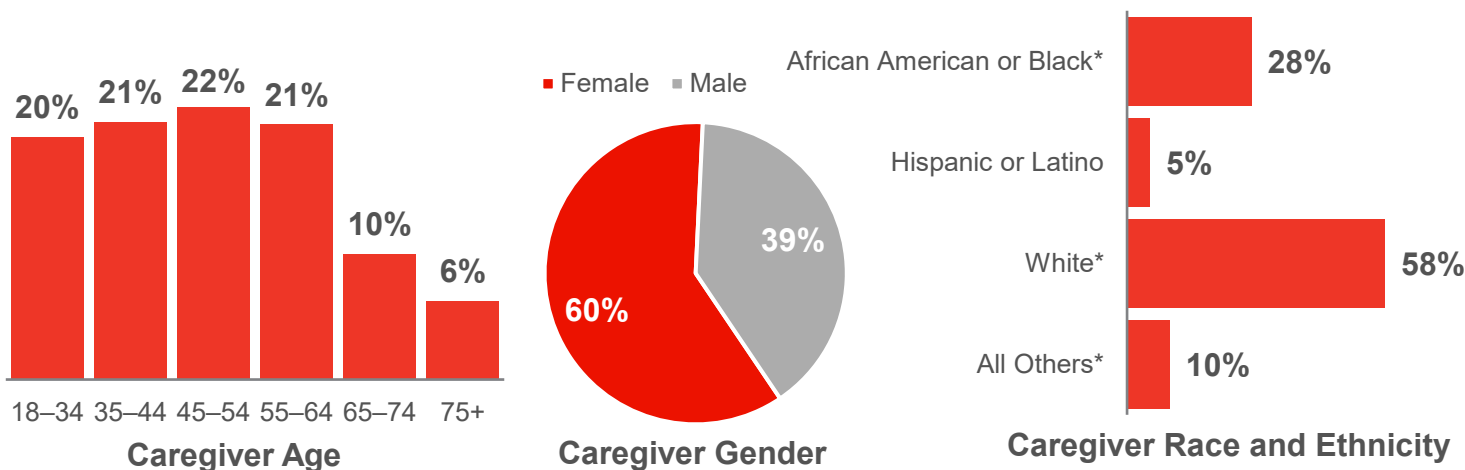
Most family caregivers in Louisiana care for an adult (92%) — often a parent (39%). Twenty percent care for a child with complex medical needs. Most caregivers are married or living with a partner (60%). Nearly half of caregivers live in a household with income under \$50,000 (45%). One-third of caregivers (34%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Nearly one quarter of caregivers live with a disability. Two in five family caregivers live with their care recipient (42%).

On average, family caregivers are **49 years old** and care for someone **66 years old** in Louisiana.

Six in ten family caregivers work while also caregiving (58%).

Most family caregivers in Louisiana provide care to someone due to a long-term physical condition (57%).

Demographics of Family Caregivers in Louisiana



*Non-Hispanic

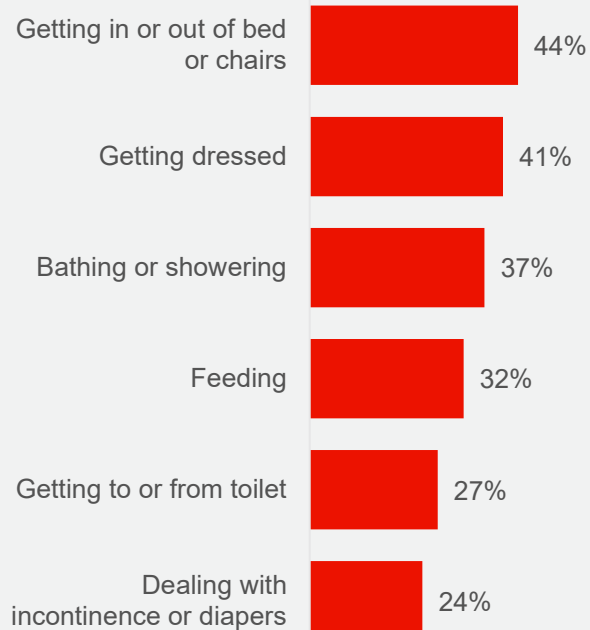
What Family Caregivers Do

Two-thirds of family caregivers in Louisiana (67%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

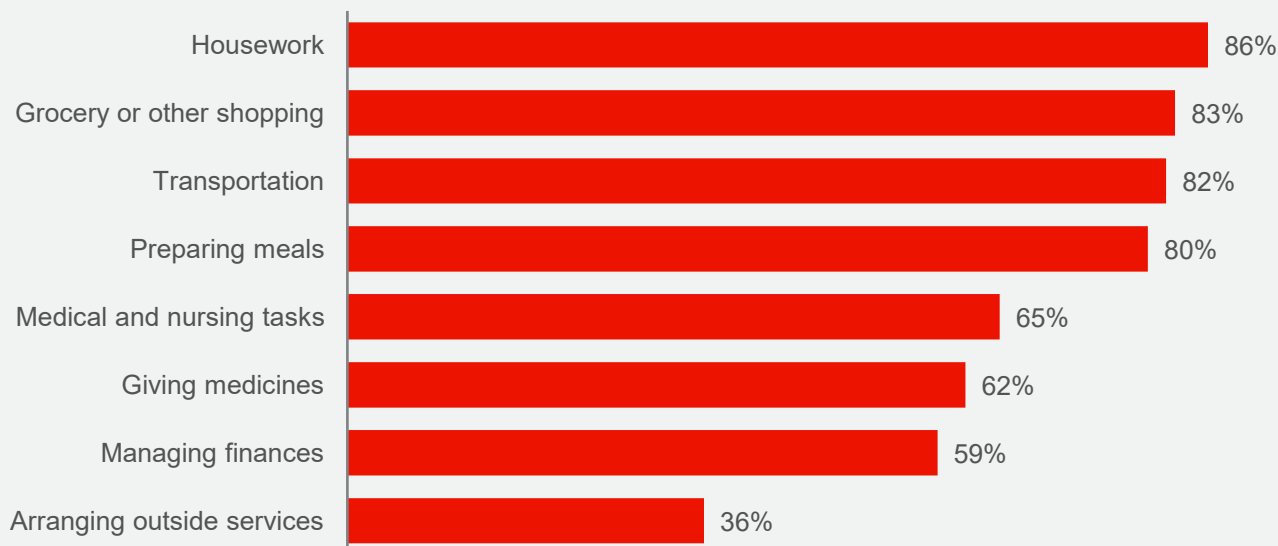
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

11% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Louisiana Family Caregivers Help with Many Activities of Daily Living



Louisiana Family Caregivers Help with Many Instrumental Activities of Daily Living



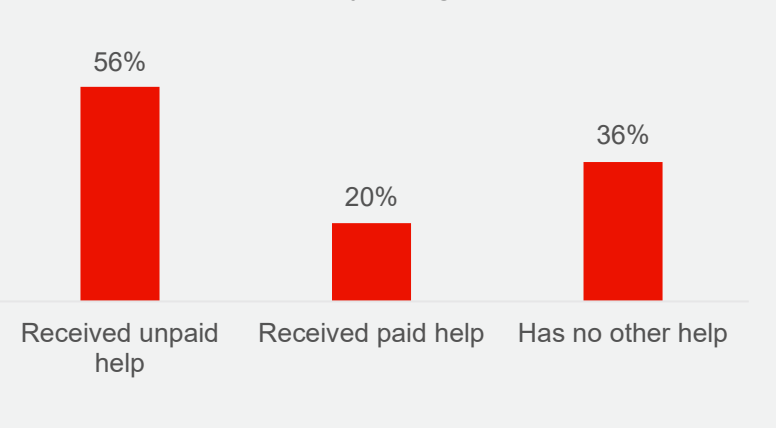
Half of family caregivers (55%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

35% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Louisiana Family Caregivers Receive



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

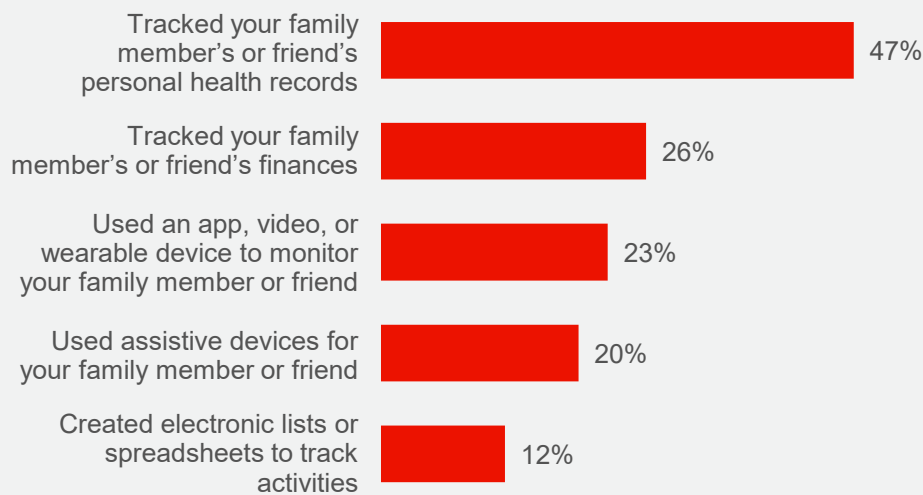
Two-thirds of family caregivers (65%) help with medical and nursing tasks.

Family caregivers in Louisiana are key in managing health care:

- 76% monitor the severity of their care recipient's condition.
- 70% communicate with health care professionals about their family member's or friend's care.
- 58% advocate for them with health care providers, community services, or government agencies.

While **three in ten (31%) family caregivers** would find respite care helpful, over **eight in ten (85%)** have never used such services.

Six in ten family caregivers (62%) use at least one of the technology solutions asked about in our survey.



One quarter of family caregivers (25%) have been asked by health care providers about care needed for their care recipient, and **12% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over half of family caregivers (55%) in Louisiana have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, using up savings, and leaving bills unpaid.

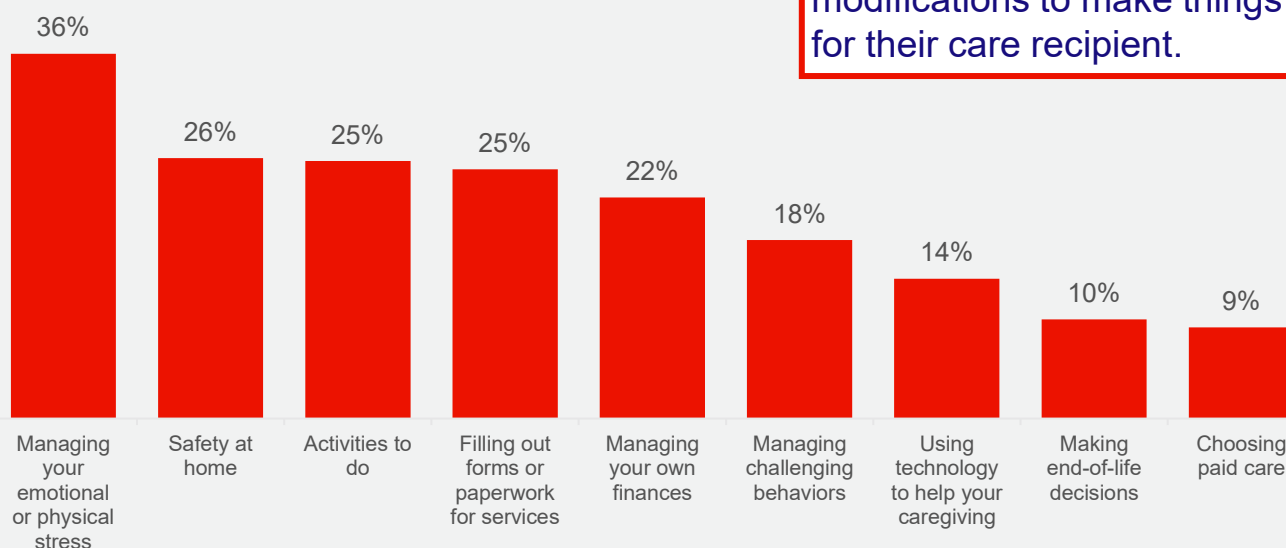
One in four family caregivers (26%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Louisiana Family Caregivers

Stopped saving	39%	Could not afford basic expenses	16%
Used up personal short-term savings	27%	Had to start working or work more	15%
Left bills unpaid or paid late	25%	Moved to less expensive home	12%
Used long-term savings	21%	Put off retirement	10%
Borrowed money from family/friends	20%	Missed/late paying student loan	7%
Took on more debt	20%	Was evicted or home foreclosed	4%

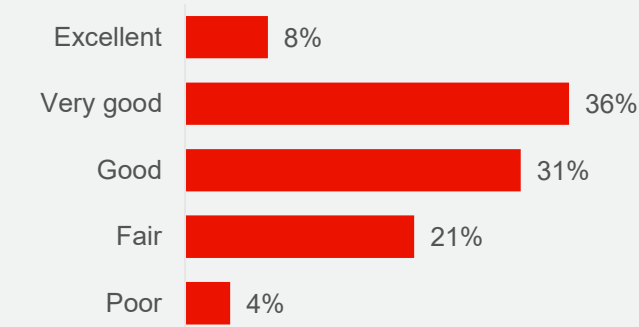
Information Needs of Family Caregivers

Four in ten family caregivers (41%) have made home modifications to make things easier for their care recipient.

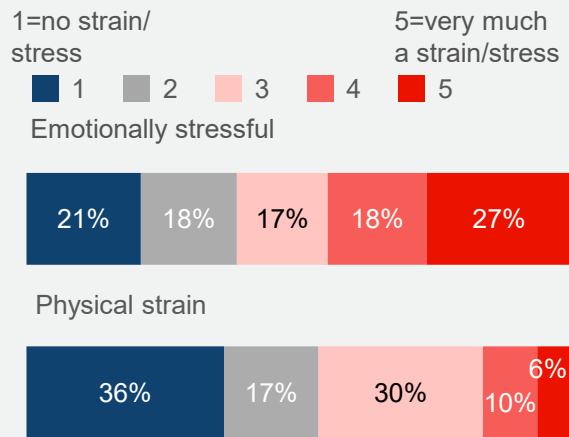


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

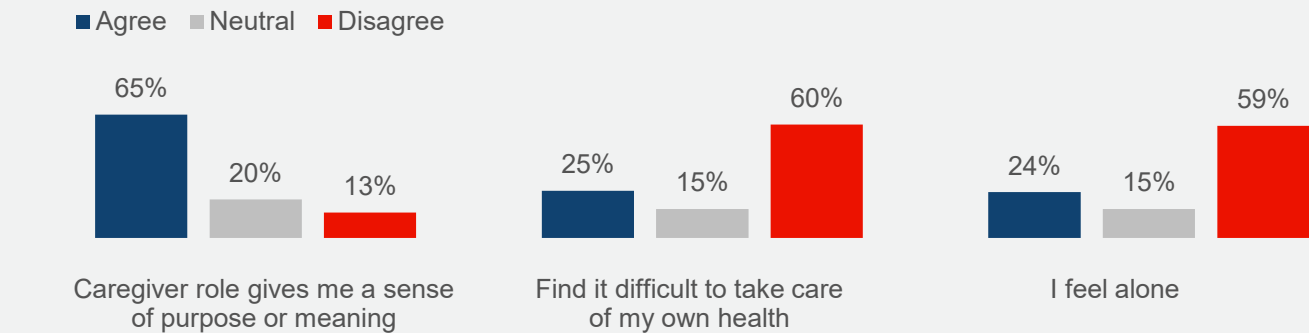
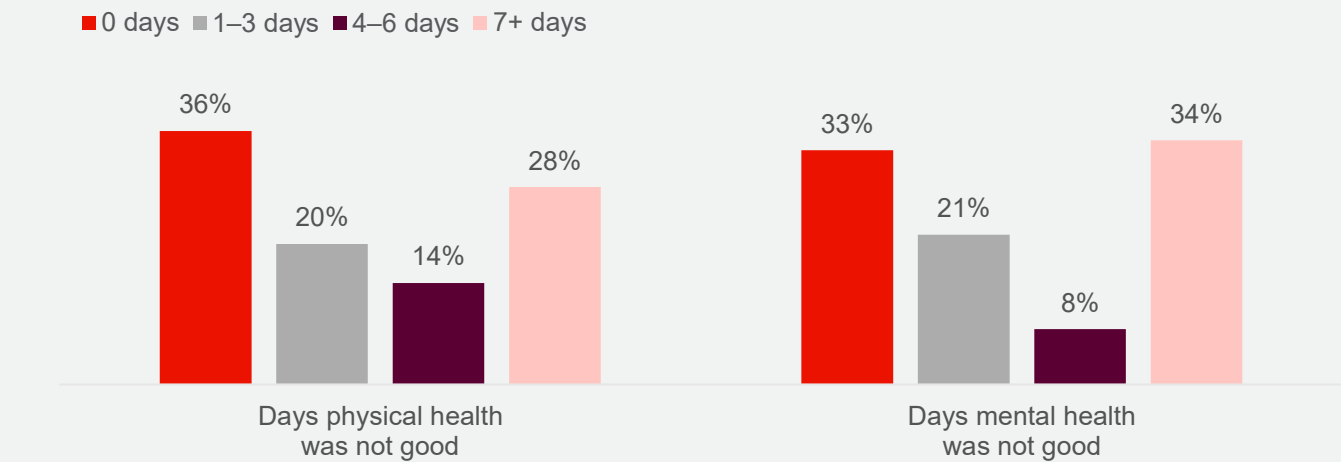


Stress and Strain Felt by Louisiana Caregivers



Nearly three in ten family caregivers experience seven or more days a month of poor physical health. Almost half of caregivers (45%) experience high emotional stress while caregiving. One quarter (25%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (24%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Louisiana

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	34%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	9%
Did not graduate from high school	12%	Has health insurance coverage	91%
Graduated from high school	37%	Has been a student while caregiving	10%
Some college or associate's degree	25%	Has a disability or handicap that limits them	23%
Bachelor's degree or higher	27%	Has internet access in home	92%
Marital status		Place of residence	
Married/living with partner	60%	Rural	31%
Single/never married	29%	Urban	34%
Widowed	3%	Suburban	35%
Separated/divorced	8%	Living situation	
Household income		Lives alone	19%
<\$25,000	24%	Lives with others	81%
\$25,000-\$49,999	21%		
\$50,000-\$99,999	34%		
\$100,000+	22%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 111 caregivers in Louisiana, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.7%.

Caregiving in the US 2025: Spotlight on Maine



In Maine, nearly three in ten adults (28%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 324,000 adults in Maine.

28% of adults **= 324,000** caregivers

Who Are Family Caregivers in New England*?

59%
Women



40%
Men

Caregiver average age is **52** years old



70%

have worked while caregiving

Care recipient average age is **70** years old



52%

care for a parent

26%

are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in New England*



44% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



43% report moderate to high levels of emotional stress



31% receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in New England* Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

65%

assist with activities of daily living such as bathing, dressing, and feeding

55%

help with medical and nursing tasks

40%

engage in high-intensity caregiving (more hours and higher complexity of care)

19%

provide at least 40 hours of care per week or constant care

*Due to limited data collection in Maine, detailed information about Maine's caregivers cannot be presented. The Census Bureau's designation of the New England Division includes Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

For full methodology, see Methodology Appendix of this report.

Maryland

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

More than 1 million (1,164,000) adults in Maryland provide care to a family member or friend with complex medical conditions or disabilities — one in four (24%) adults across the state.

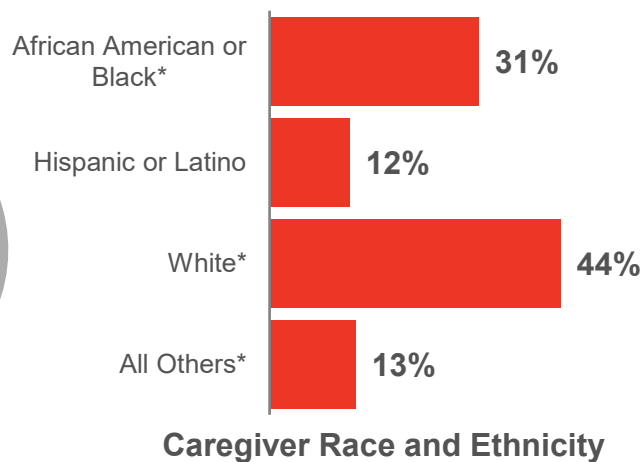
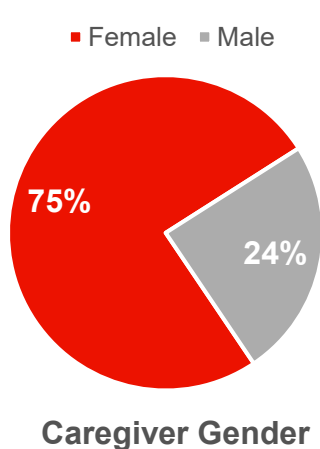
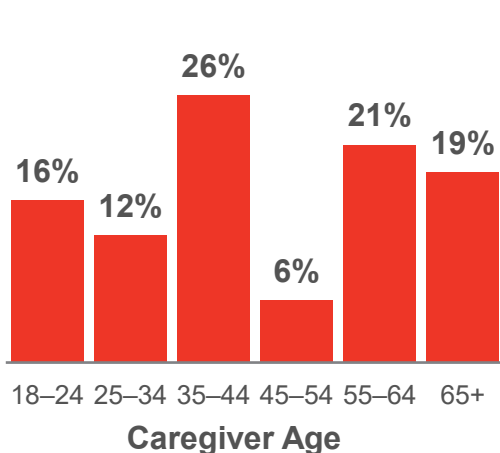
Most family caregivers in Maryland care for an adult (99%) — most often a parent (49%). Fifteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (62%). Three in ten caregivers live in a household with income under \$50,000 (30%). About a quarter of caregivers (23%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in ten caregivers live with a disability. Over four in ten family caregivers live with their care recipient (44%).

On average, family caregivers are **46 years old** and care for someone **67 years old** in Maryland.

Nearly two-thirds of family caregivers work while also caregiving (64%).

Most family caregivers in Maryland provide care to someone due to a long-term physical condition (70%).

Demographics of Family Caregivers in Maryland



*Non-Hispanic

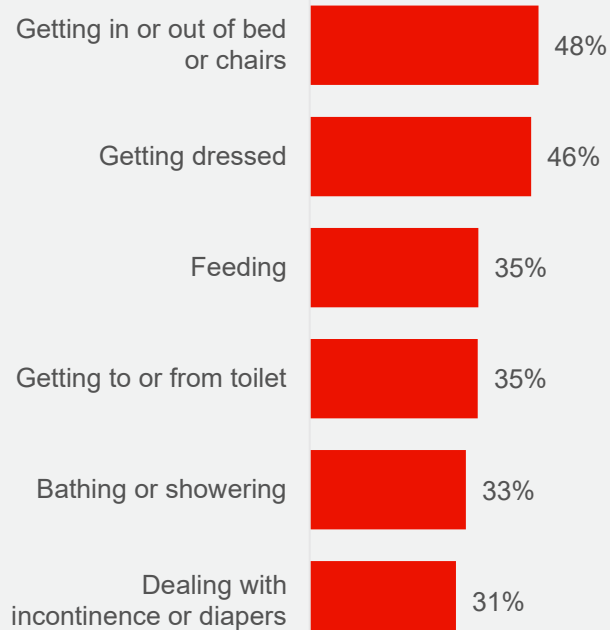
What Family Caregivers Do

Two in three family caregivers in Maryland (68%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

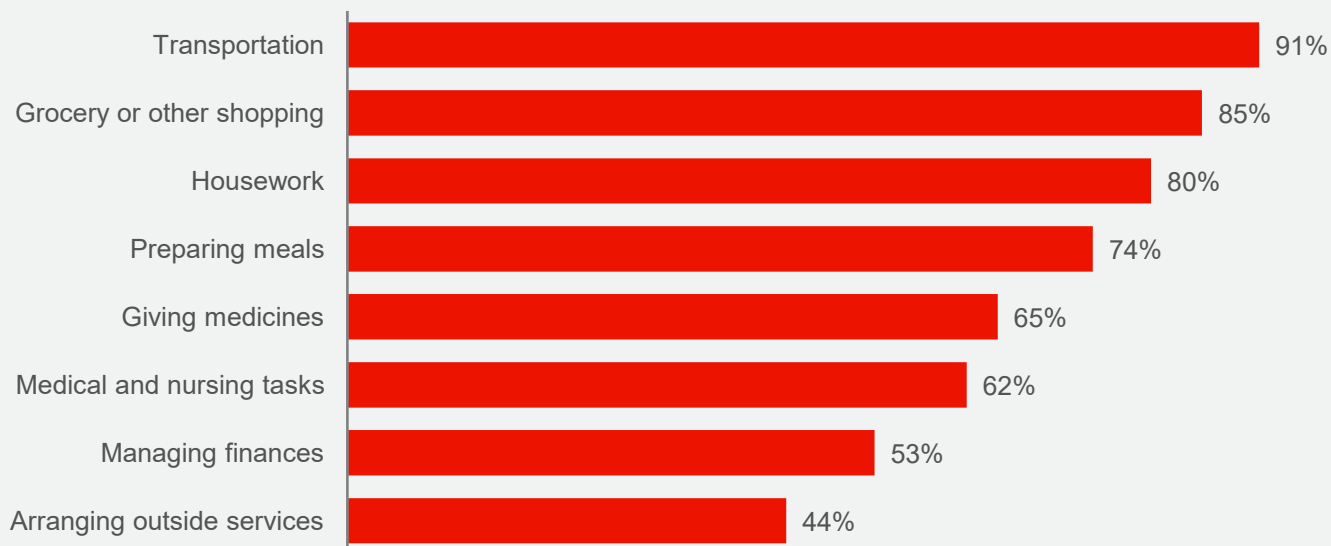
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

5% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Maryland Family Caregivers Help with Many Activities of Daily Living



Maryland Family Caregivers Help with Many Instrumental Activities of Daily Living



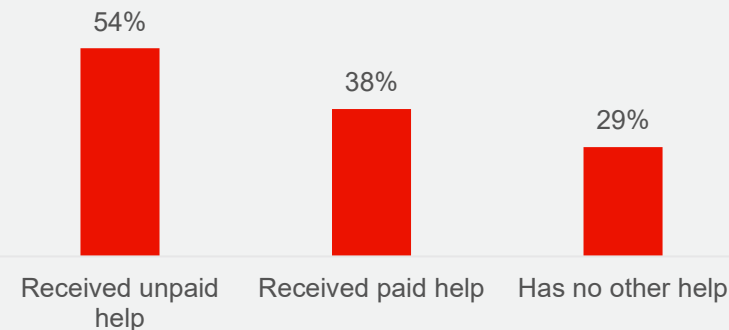
Nearly half of family caregivers (45%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

29% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Maryland Family Caregivers Receive



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

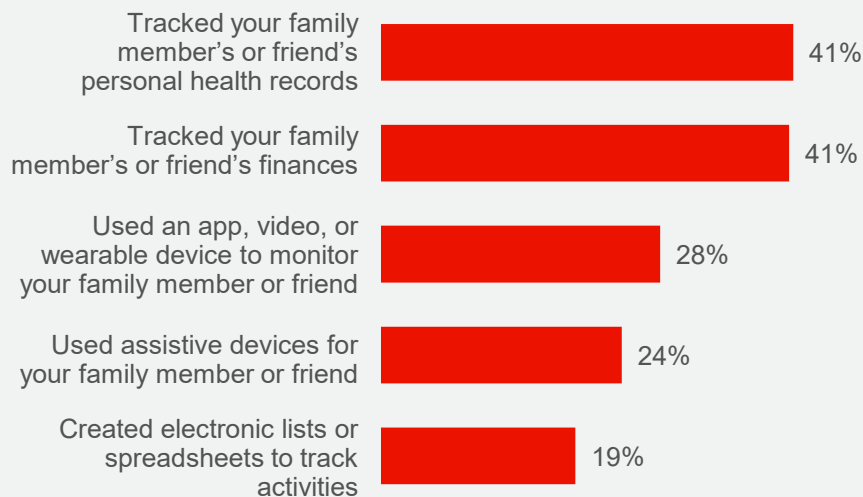
Six in ten family caregivers (62%) help with medical and nursing tasks.

Family caregivers in Maryland are key in managing health care:

- 81% monitor the severity of their care recipient's condition.
- 65% advocate for them with health care providers, community services, or government agencies.
- 65% communicate with health care professionals about their family member's or friend's care.

While nearly **four in ten (37%) family caregivers** would find respite care helpful, **eight in ten (80%)** have never used such services.

Six in ten family caregivers (62%) use at least one of the technology solutions asked about in our survey.



One in four family caregivers (27%) have been asked by health care providers about care needed for their care recipient, and **26% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

More than one-third of family caregivers (38%) in Maryland have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, using up personal savings, and leaving bills unpaid.

Four in ten family caregivers (39%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Maryland Family Caregivers

Stopped saving	29%	Used long-term savings	17%
Used up personal short-term savings	25%	Had to start working or work more	13%
Left bills unpaid or paid late	23%	Put off retirement	9%
Borrowed money from family/friends	20%	Moved to less expensive home	8%
Took on more debt	18%	Was evicted or home foreclosed	4%
Could not afford basic expenses	17%	Filed for bankruptcy	3%

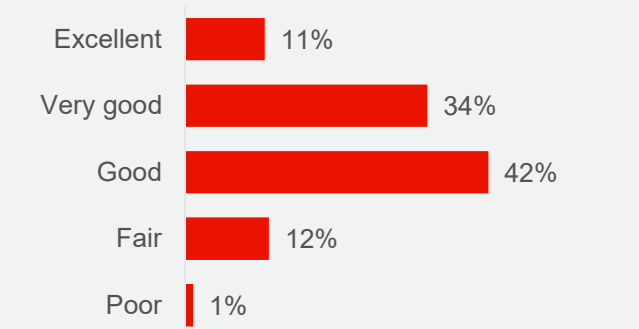
Information Needs of Family Caregivers

Four in ten family caregivers (40%) have made home modifications to make things easier for their care recipient.

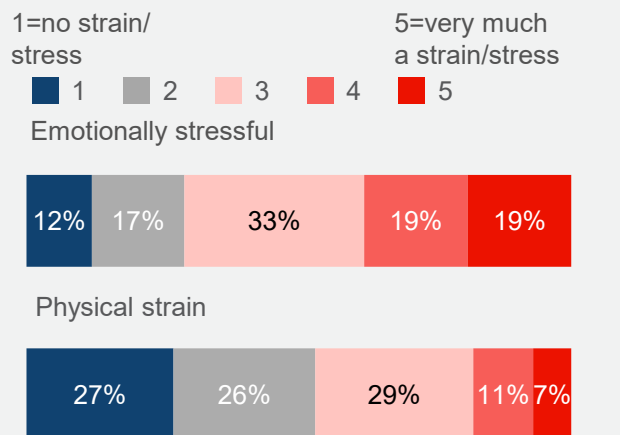


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

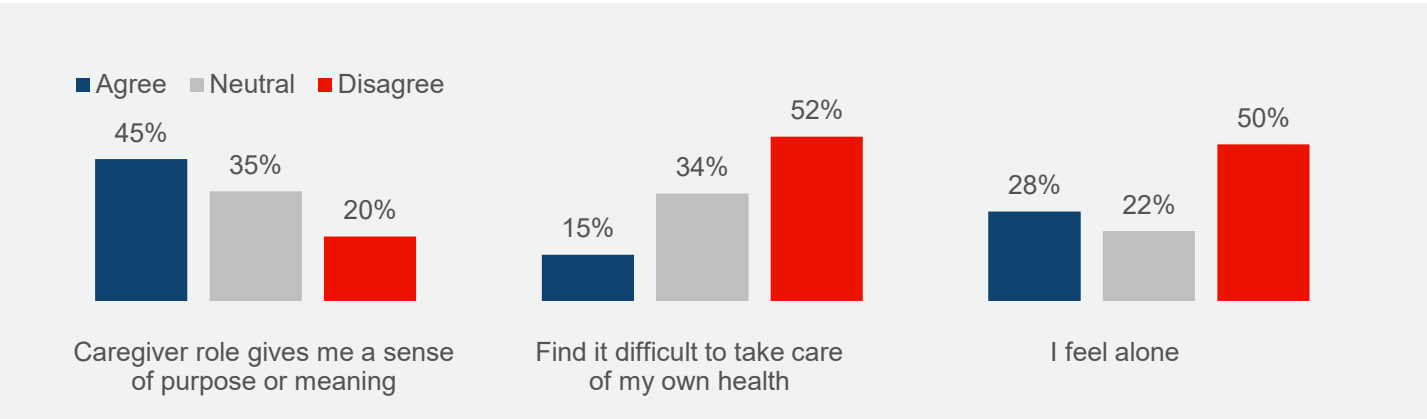
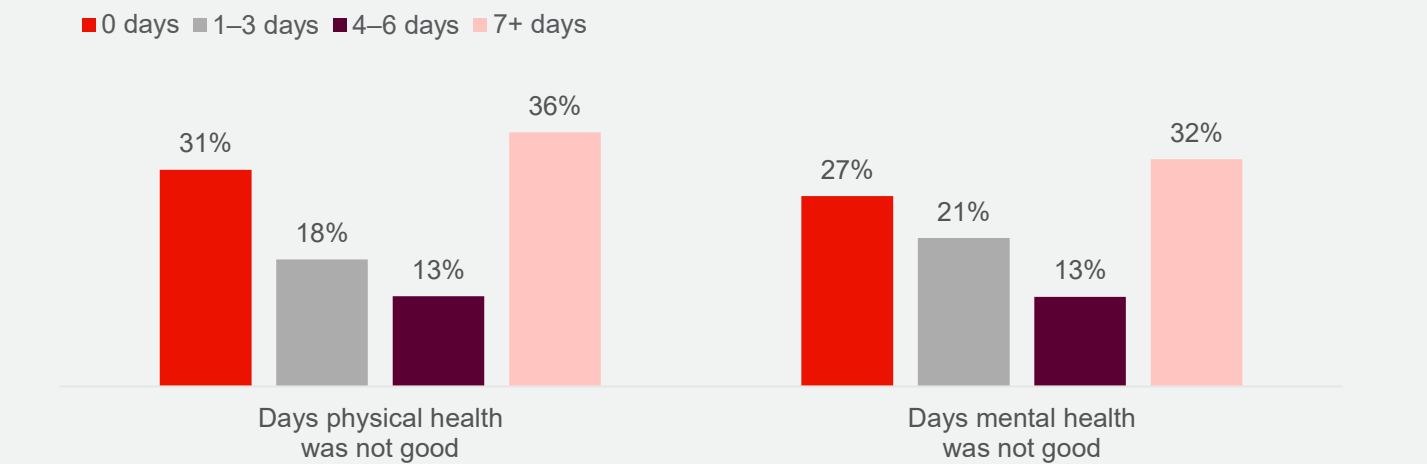


Stress and Strain Felt by Maryland Caregivers



One in three family caregivers experience seven or more days a month of poor physical health. Nearly four in ten caregivers (38%) experience high emotional stress while caregiving. One in six (15%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Just over one quarter (28%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Maryland

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	23%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	17%
High school graduate or less	33%	Has health insurance coverage	88%
Some college or associate's degree	34%	Has been a student while caregiving	9%
Bachelor's degree	12%	Has a disability or handicap that limits them	12%
Master's degree or above	21%	Has internet access in home	88%
Marital status		Place of residence	
Married/living with partner	62%	Rural	20%
Single/never married	21%	Urban	27%
Widowed	4%	Suburban	53%
Separated/divorced	10%	Living situation	
Household income		Lives alone	10%
<\$25,000	16%	Lives with others	91%
\$25,000-\$49,999	14%		
\$50,000-\$99,999	24%		
\$100,000+	46%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 112 caregivers in Maryland, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±12.3%.

Massachusetts

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

More than 1 million (1,445,000) adults in Massachusetts provide care to a family member or friend with complex medical conditions or disabilities — one quarter (26%) of adults across the state.

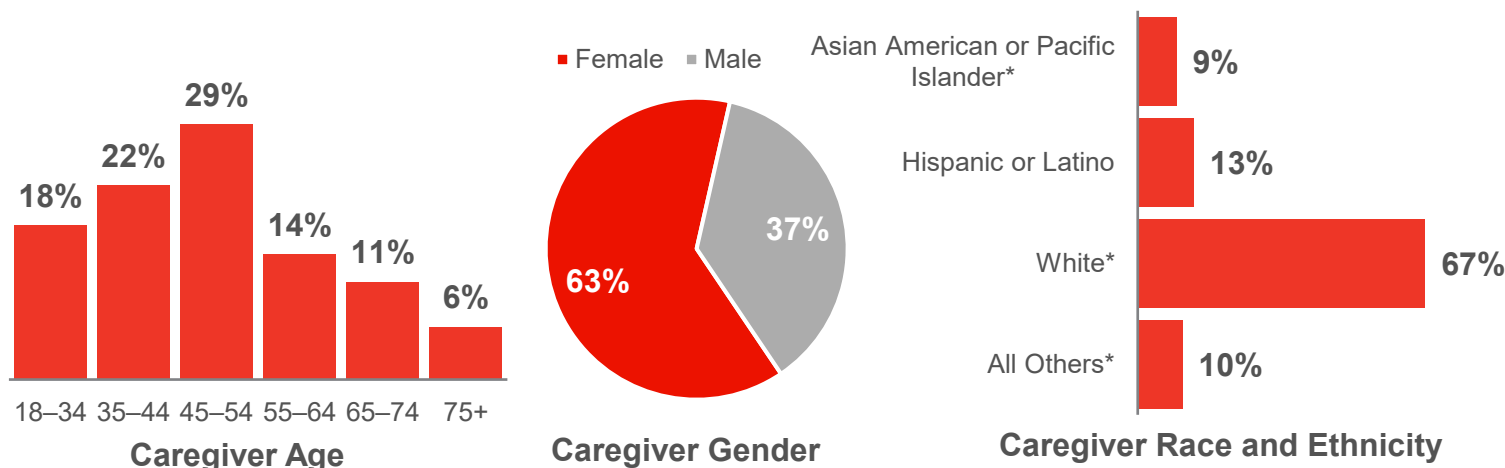
Most family caregivers in Massachusetts care for an adult (96%) — most often a parent (50%). Twenty-five percent care for a child with complex medical needs. Most caregivers are married or living with a partner (46%). One in four caregivers live in a household with income under \$50,000 (24%). Three in ten caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Fourteen percent of caregivers live with a disability. Four in ten family caregivers live with their care recipient (41%).

On average, family caregivers are **49 years old** and care for someone **67 years old** in Massachusetts.

Seven in ten family caregivers work while also caregiving (73%).

Most family caregivers in Massachusetts provide care to someone due to a long-term physical condition (64%).

Demographics of Family Caregivers in Massachusetts



*Non-Hispanic

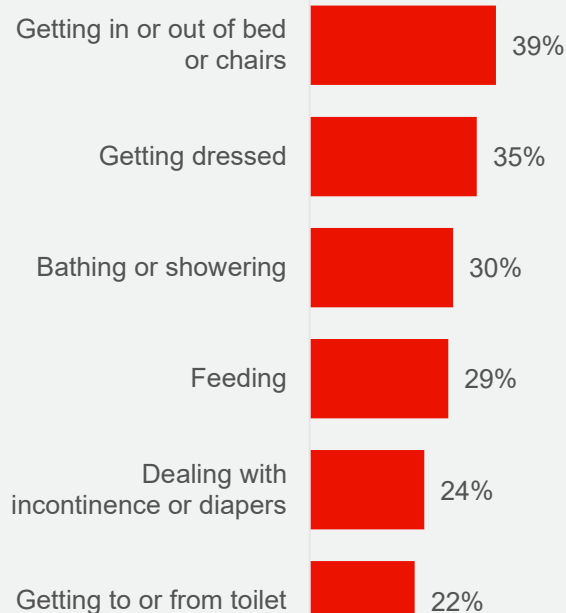
What Family Caregivers Do

Two-thirds of family caregivers in Massachusetts (65%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

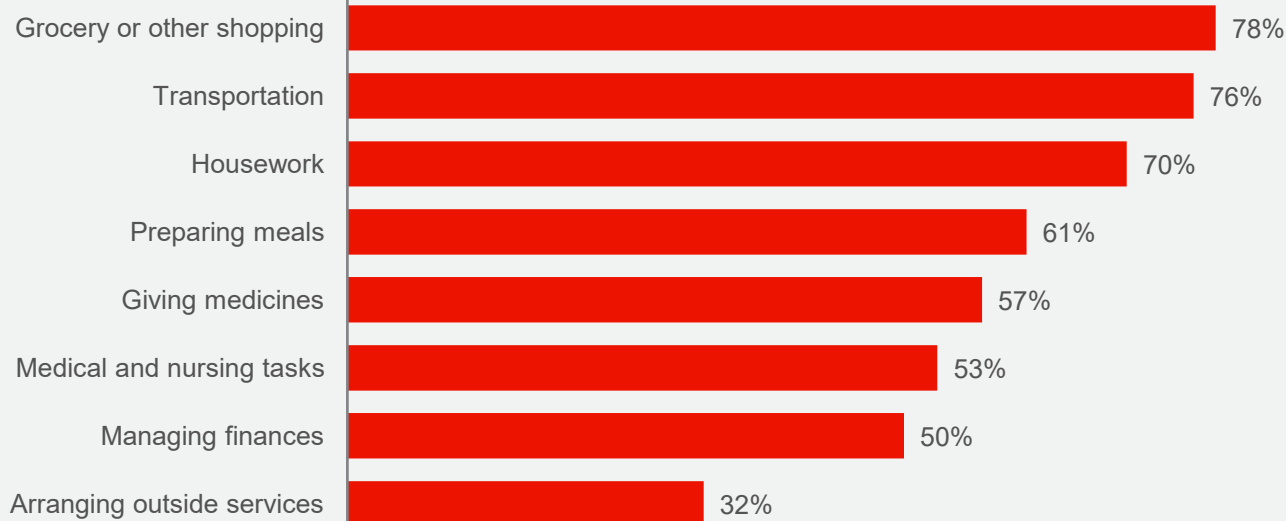
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

12% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Massachusetts Family Caregivers Help with Many Activities of Daily Living



Massachusetts Family Caregivers Help with Many Instrumental Activities of Daily Living



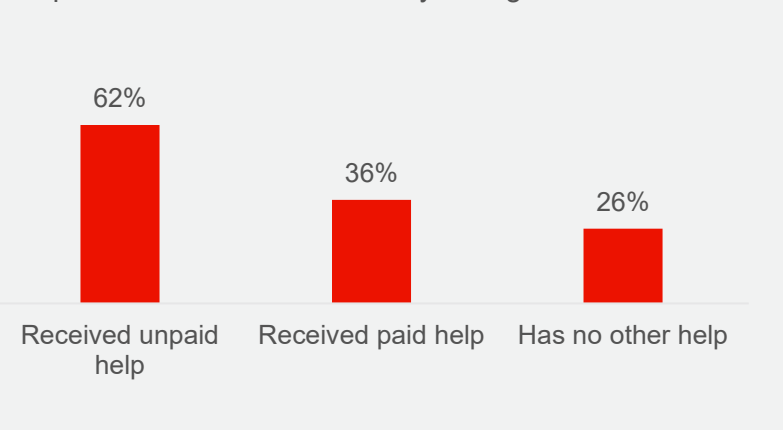
One-third of family caregivers (38%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

15% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Massachusetts Family Caregivers Receive



40% of caregivers have been providing care for three years or longer.

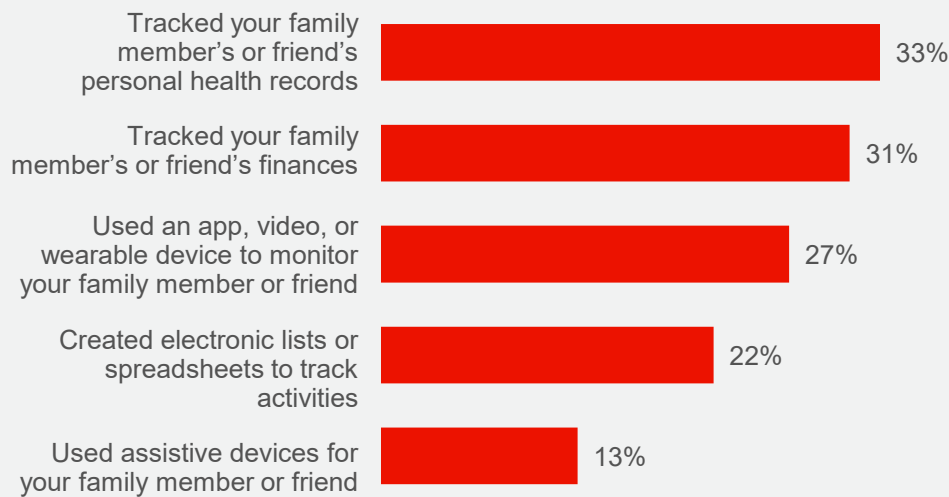
Half of family caregivers (53%) help with medical and nursing tasks.

Family caregivers in Massachusetts are key in managing health care:

- 69% monitor the severity of their care recipient's condition.
- 64% advocate for them with health care providers, community services, or government agencies.
- 62% communicate with health care professionals about their family member's or friend's care.

While nearly **four in ten (36%) family caregivers** would find respite care helpful, over **seven in ten (74%)** have never used such services.

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



One-third of family caregivers (35%) have been asked by health care providers about care needed for their care recipient, and **20% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (40%) in Massachusetts have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, taking on more debt, and leaving bills unpaid.

One in five family caregivers (22%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Massachusetts Family Caregivers

Stopped saving	24%	Had to start working or work more	9%
Took on more debt	22%	Borrowed money from family/friends	9%
Left bills unpaid or paid late	21%	Put off retirement	7%
Used up personal short-term savings	21%	Moved to less expensive home	5%
Could not afford basic expenses	12%	Missed/late paying student loan	3%
Used long-term savings	11%		

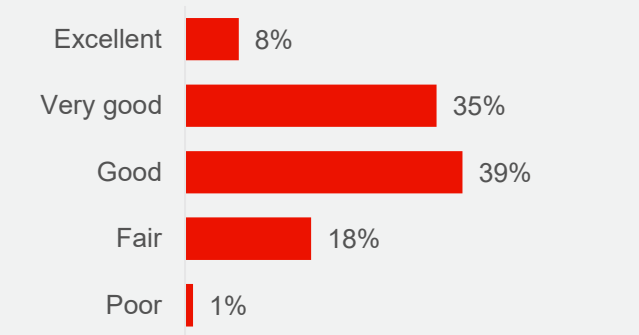
Information Needs of Family Caregivers

Four in ten family caregivers (40%) have made home modifications to make things easier for their care recipient.



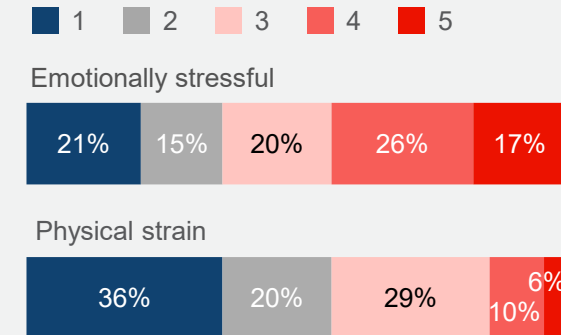
Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers



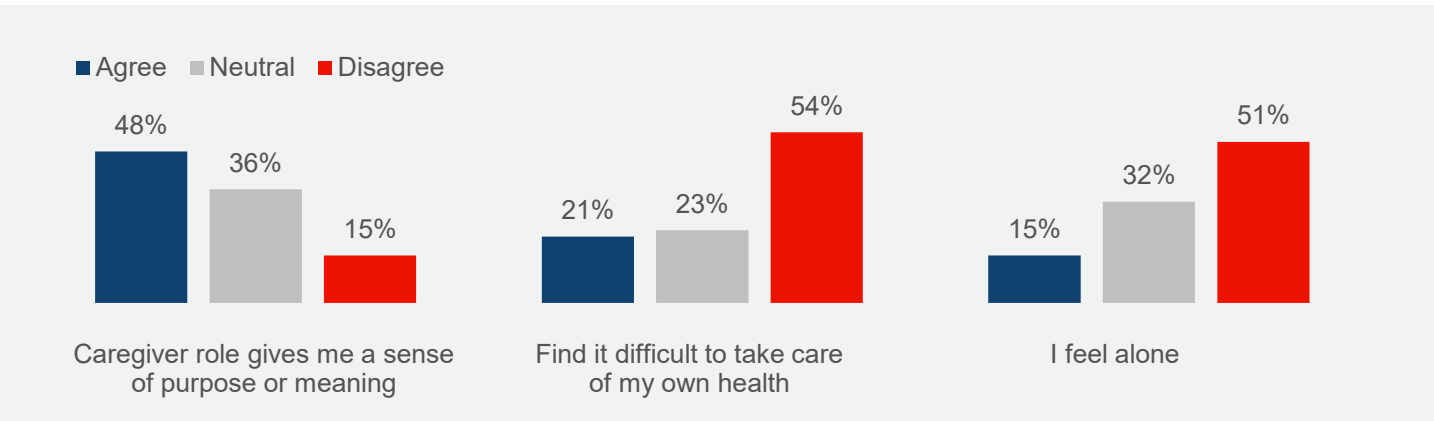
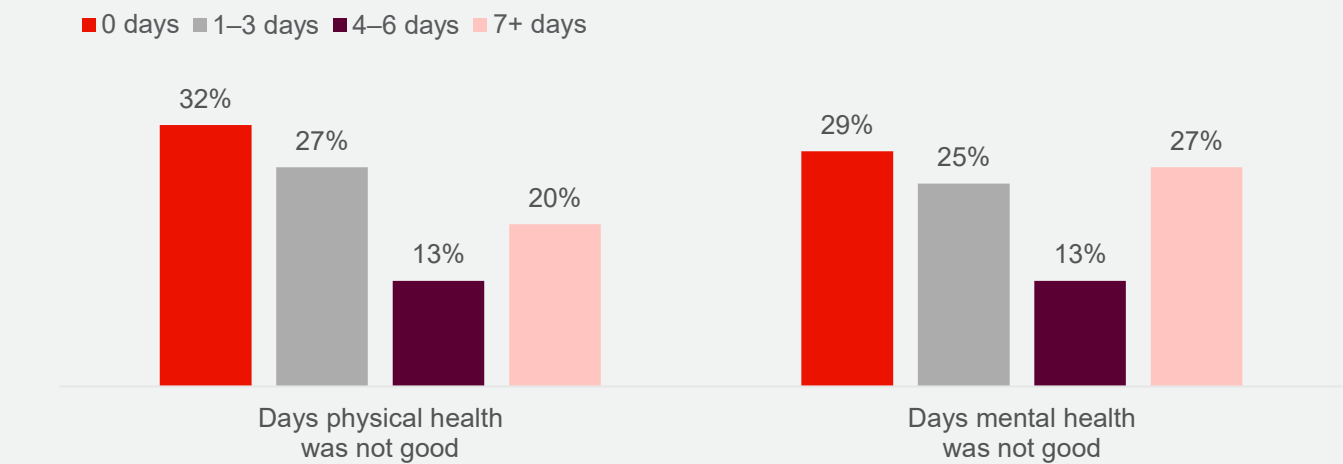
Stress and Strain Felt by Massachusetts Caregivers

1=no strain/stress 5=very much a strain/stress



Two in ten family caregivers experience seven or more days a month of poor physical health. Over four in ten caregivers (43%) experience high emotional stress while caregiving. One in five (21%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One in six (15%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Massachusetts

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Cares for someone who served in the US Armed Forces	7%
Education		Has health insurance coverage	92%
High school graduate or less	29%	Has been a student while caregiving	11%
Some college or associate's degree	29%	Has a disability or handicap that limits them	14%
Bachelor's degree	21%	Has internet access in home	96%
Master's degree or above	22%	Place of residence	
Marital status		Rural	11%
Married/living with partner	46%	Urban	22%
Single/never married	37%	Suburban	67%
Widowed	4%	Living situation	
Separated/divorced	11%	Lives alone	16%
Household income		Lives with others	84%
<\$25,000	13%		
\$25,000-\$49,999	11%		
\$50,000-\$99,999	23%		
\$100,000+	53%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 113 caregivers in Massachusetts, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.2%.

Michigan

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

More than 1.5 million (1,597,000) adults in Michigan provide care to a family member or friend with complex medical conditions or disabilities — one in five (20%) adults across the state.

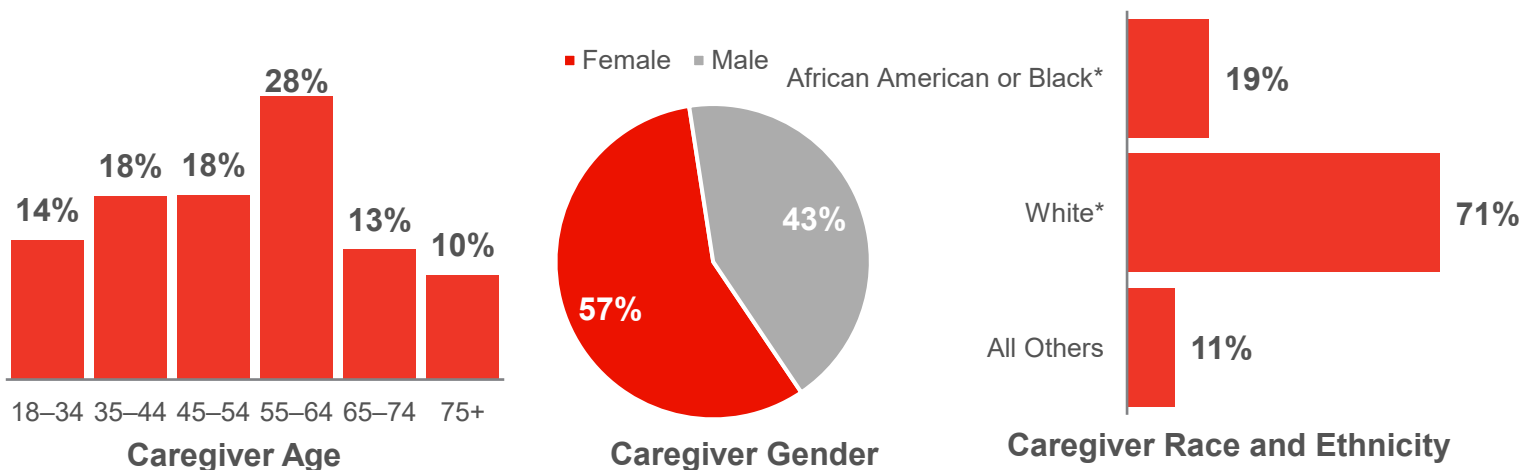
Most family caregivers in Michigan care for an adult (97%) — most often a parent (50%). Nine percent care for a child with complex medical needs. Most caregivers are married or living with a partner (58%). Over one in three caregivers live in a household with income under \$50,000 (37%). Three in ten caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One quarter of caregivers live with a disability. Four in ten family caregivers live with their care recipient (43%).

On average, family caregivers are **53 years old** and care for someone **69 years old** in Michigan.

Half of family caregivers work while also caregiving (53%).

Most family caregivers in Michigan provide care to someone due to a long-term physical condition (67%).

Demographics of Family Caregivers in Michigan



*Non-Hispanic

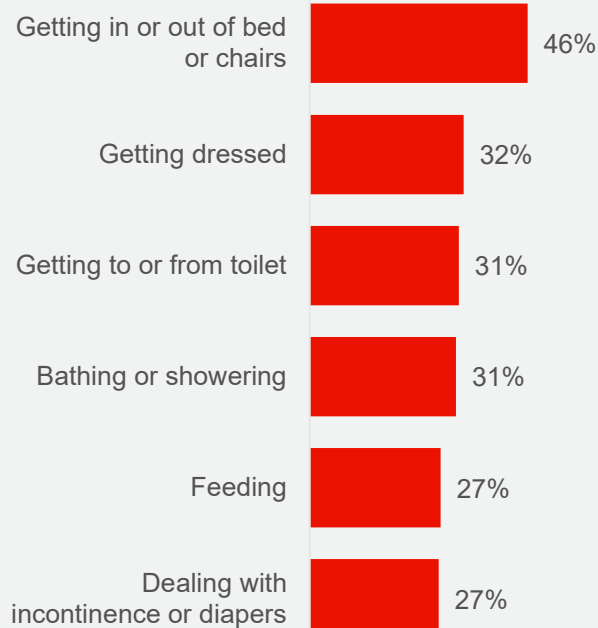
What Family Caregivers Do

Six in ten family caregivers in Michigan (63%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

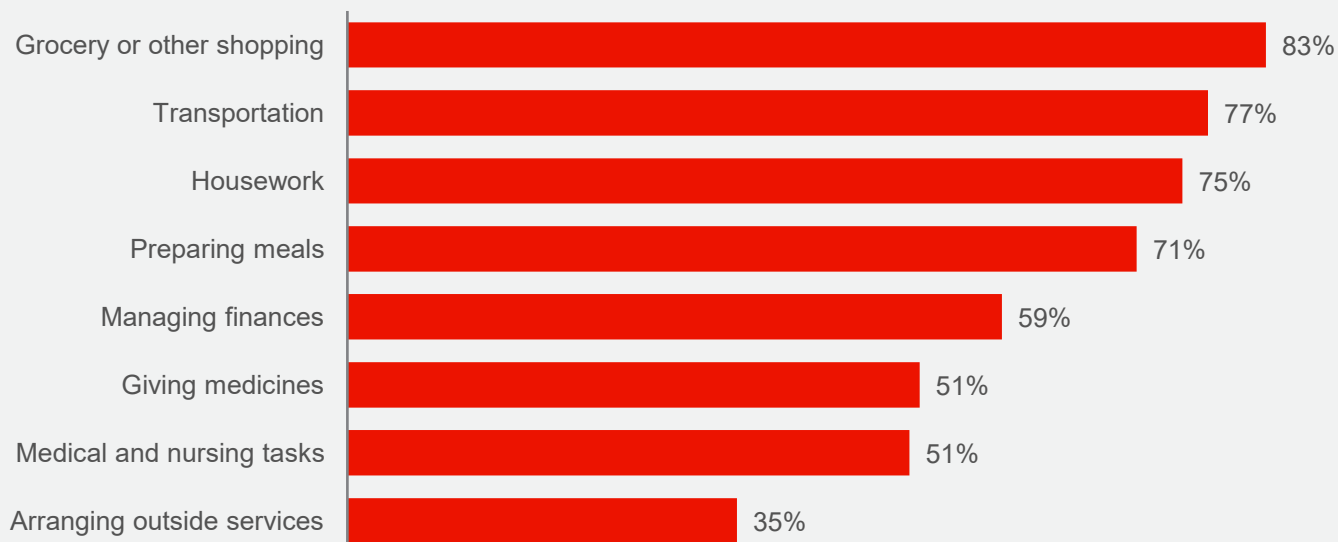
Nearly all (97%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

5% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Michigan Family Caregivers Help with Many Activities of Daily Living



Michigan Family Caregivers Help with Many Instrumental Activities of Daily Living



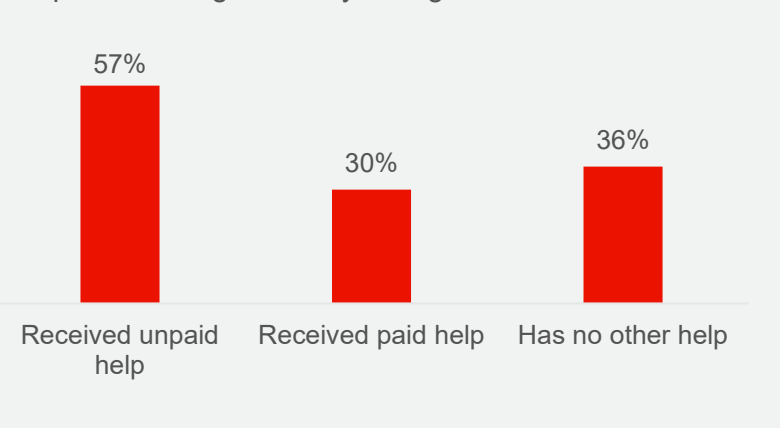
Nearly four in ten family caregivers (40%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

24% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Michigan Family Caregivers Receive



45% of caregivers have been providing care for three years or longer.

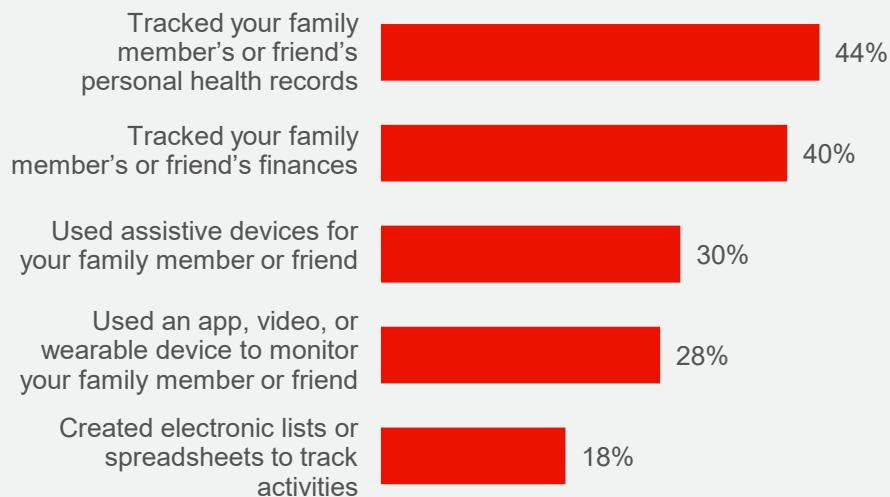
Half of family caregivers (51%) help with medical and nursing tasks.

Family caregivers in Michigan are key in managing health care:

- 79% monitor the severity of their care recipient's condition.
- 69% communicate with health care professionals about their family member's or friend's care.
- 66% advocate for them with health care providers, community services, or government agencies.

While **four in ten (39%) family caregivers** would find respite care helpful, **nine in ten (89%)** have never used such services.

Seven in ten family caregivers (70%) use at least one of the technology solutions asked about in our survey.



One-third of family caregivers (32%) have been asked by health care providers about care needed for their care recipient, and **18% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (46%) in Michigan have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, taking on more debt, and using up personal savings.

One in five family caregivers (21%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Michigan Family Caregivers

Stopped saving	35%	Used long-term savings	11%
Took on more debt	23%	Put off retirement	8%
Used up personal short-term savings	21%	Had to start working or work more	7%
Left bills unpaid or paid late	21%	Missed/late paying student loan	4%
Borrowed money from family/friends	20%	Moved to less expensive home	3%
Could not afford basic expenses	19%		

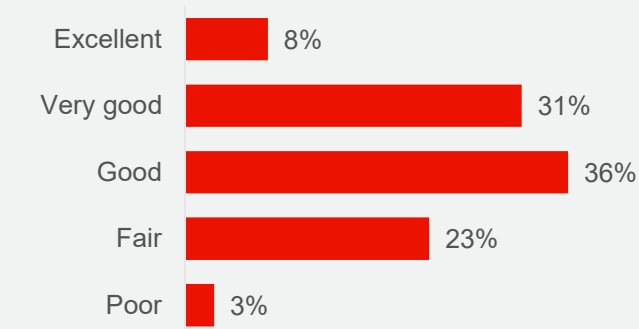
Information Needs of Family Caregivers

Four in ten family caregivers (41%) have made home modifications to make things easier for their care recipient.

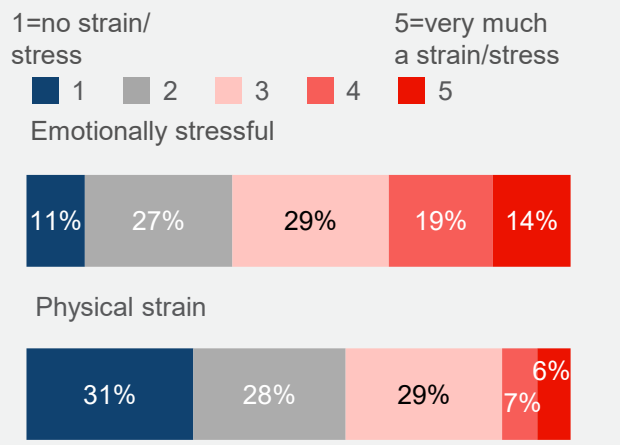


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

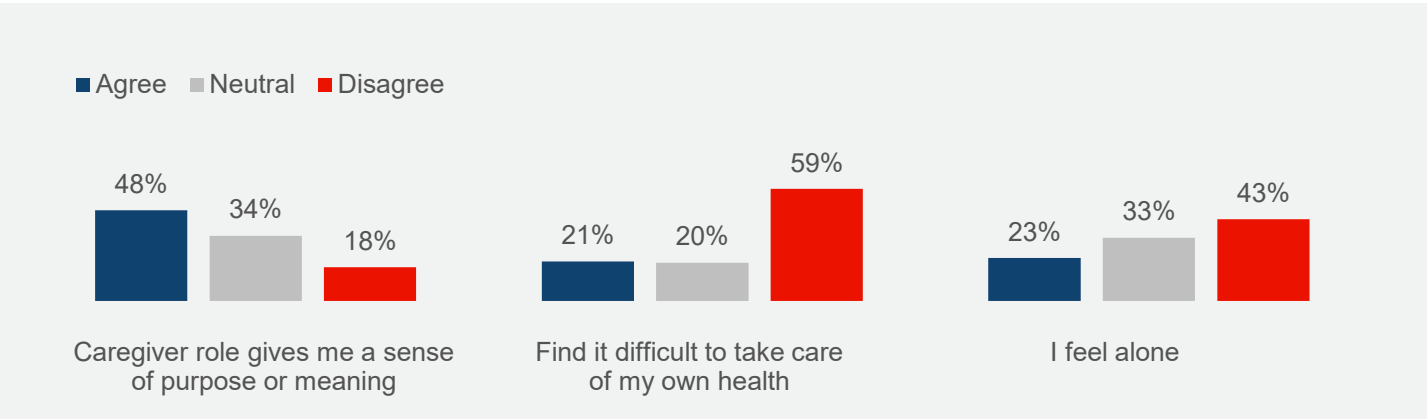
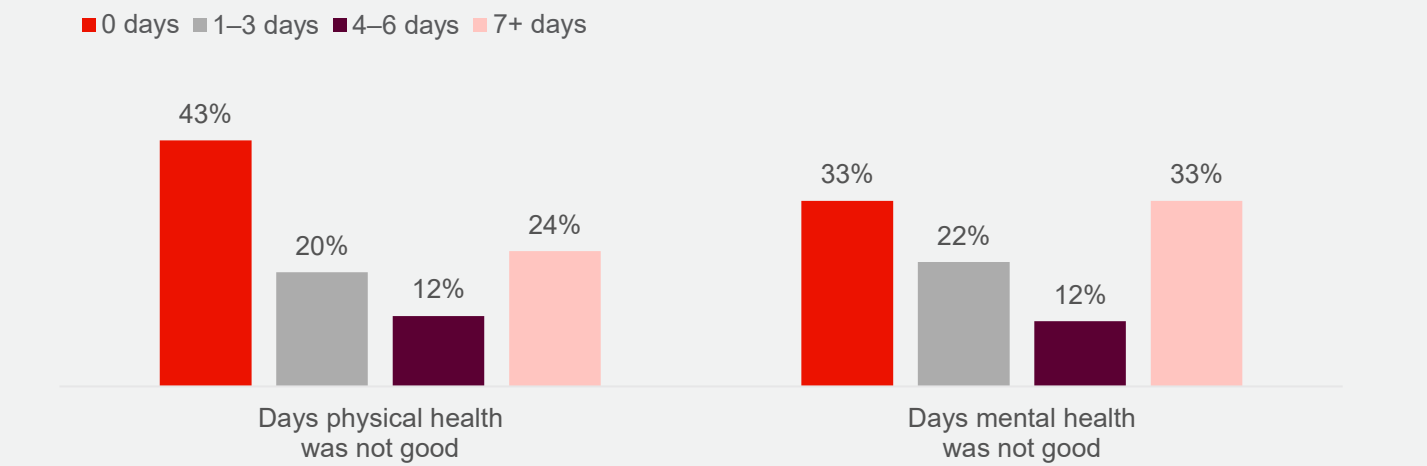


Stress and Strain Felt by Michigan Caregivers



One quarter of family caregivers experience seven or more days a month of poor physical health. One in three caregivers (33%) experience high emotional stress while caregiving. One in five (21%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (23%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Michigan

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	16%
Did not graduate from high school	4%	Has health insurance coverage	90%
Graduated from high school	24%	Has been a student while caregiving	6%
Some college or associate's degree	40%	Has a disability or handicap that limits them	26%
Bachelor's degree or higher	32%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	58%	Rural	24%
Single/never married	24%	Urban	31%
Widowed	3%	Suburban	46%
Separated/divorced	15%	Living situation	
Household income		Lives alone	12%
<\$25,000	17%	Lives with others	89%
\$25,000-\$49,999	20%		
\$50,000-\$99,999	29%		
\$100,000+	34%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 120 caregivers in Michigan, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.8%.

Minnesota

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

Nearly 1 million (931,000) adults in Minnesota provide care to a family member or friend with complex medical conditions or disabilities — one in five (21%) adults across the state.

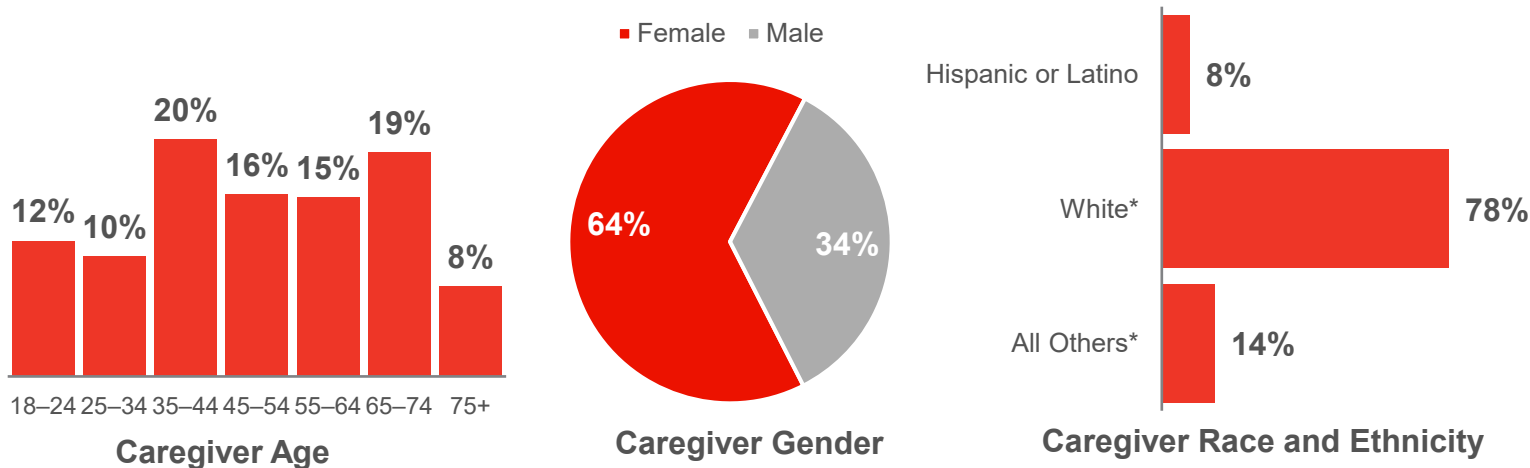
Most family caregivers in Minnesota care for an adult (92%) — most often a parent (42%). Seventeen percent care only for a child with complex medical needs. Most caregivers are married or living with a partner (56%). Two in ten caregivers live in a household with income under \$50,000 (22%). Three in ten caregivers (30%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Twelve percent of caregivers live with a disability.

On average, family caregivers are **50 years old** and care for someone **68 years old** in Minnesota.

Most family caregivers in Minnesota provide care to someone due to a long-term physical condition (65%).

One in three family caregivers live with their care recipient (32%), and half of caregivers (55%) who live separately from their care recipient are 20 minutes away or less.

Demographics of Family Caregivers in Minnesota



*Non-Hispanic

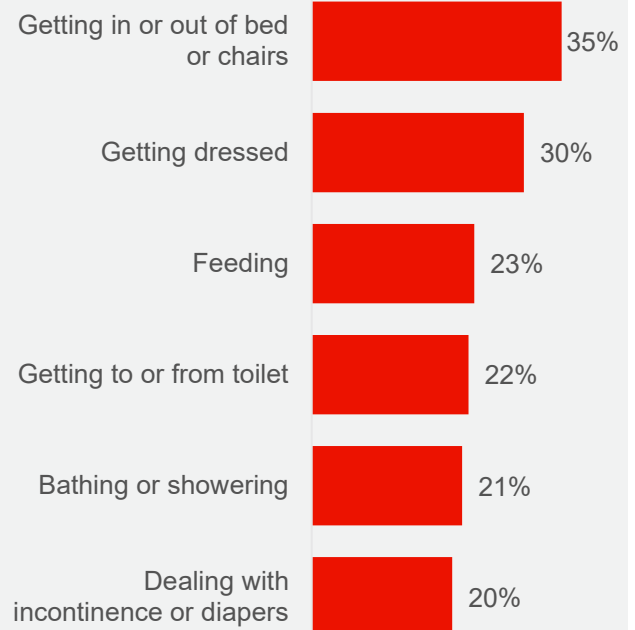
What Family Caregivers Do

Six in ten family caregivers in Minnesota (61%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

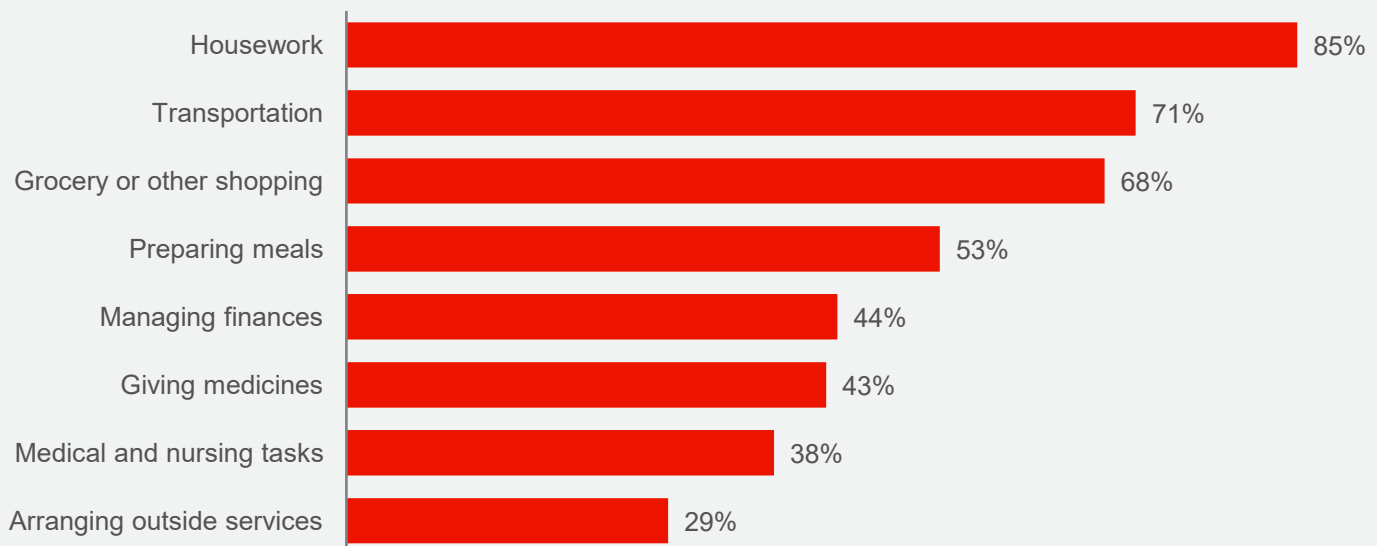
Nearly all family caregivers (99%) help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

About one in five family caregivers (17%) find these ADL tasks difficult. 12% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Minnesota Family Caregivers Help with Many Activities of Daily Living



Minnesota Family Caregivers Help with Many Instrumental Activities of Daily Living



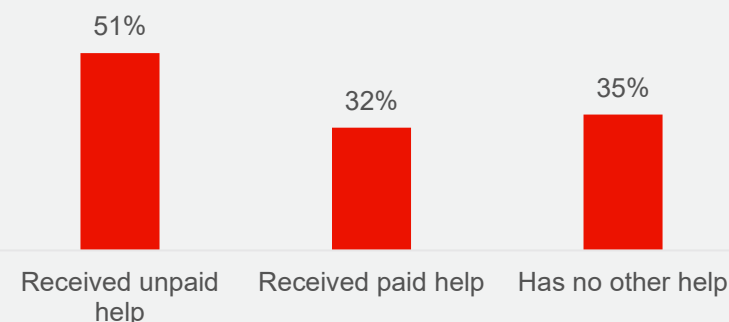
One in three family caregivers (36%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

23% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Minnesota Family Caregivers Receive



42% of caregivers have been providing care for three years or longer.

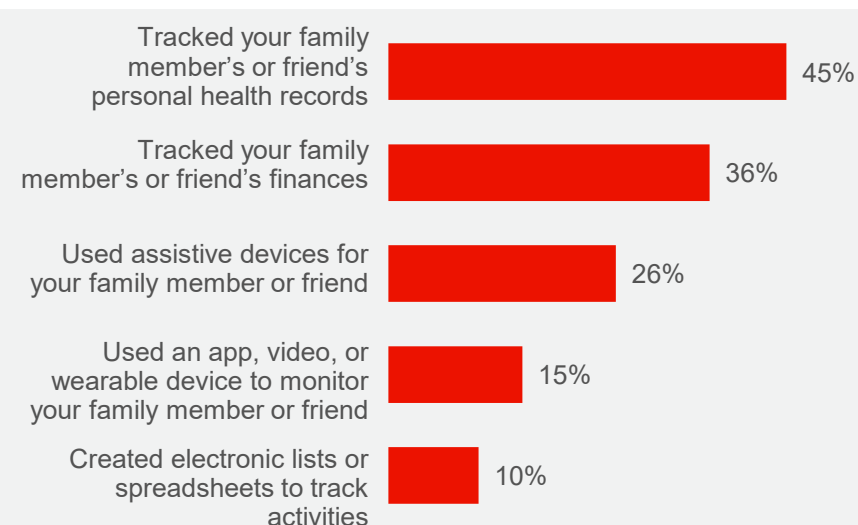
Four in ten (38%) family caregivers help with medical and nursing tasks.

Family caregivers in Minnesota are key in managing health care:

- 64% monitor the severity of their care recipient's condition.
- 61% communicate with health care professionals about their family member's or friend's care.
- 57% advocate for them with health care providers, community services, or government agencies.

Nearly four in ten (37%) family caregivers would find respite care helpful, yet **nine in ten (90%)** have never used such services.

Six in ten (59%) family caregivers use at least one of the technology solutions asked about in our survey.



One in five family caregivers (22%) have been asked by health care providers about care needed for their care recipient, and **11% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

One in three (34%) family caregivers in Minnesota 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.

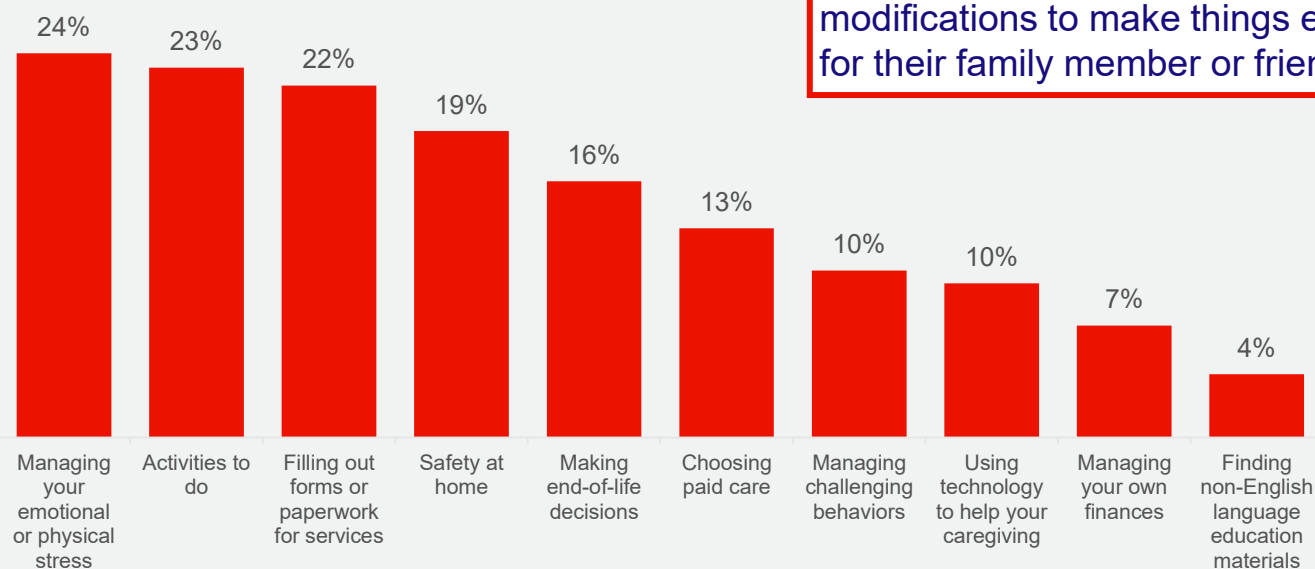
One in four family caregivers (24%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Minnesota Family Caregivers

Stopped saving	21%	Had to start working or work more	8%
Took on more debt	21%	Could not afford basic expenses	8%
Used up personal short-term savings	17%	Moved to less expensive home	7%
Left bills unpaid or paid late	14%	Missed student loans or paid late	5%
Borrowed money from family/friends	8%	Put off retirement	4%
Used long-term savings	8%		

Information Needs of Family Caregivers

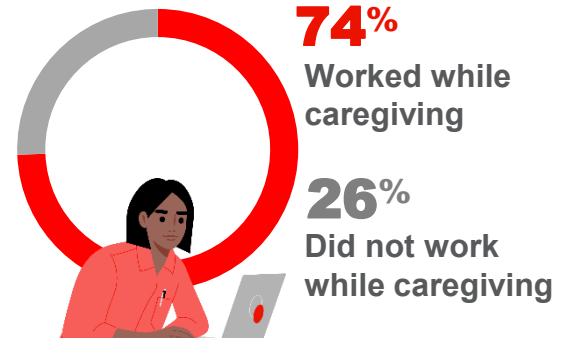
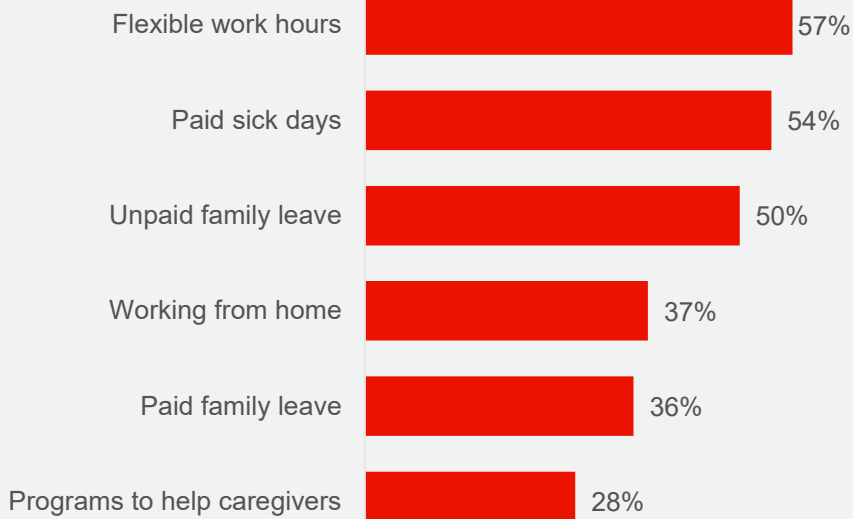
Three in ten family caregivers (31%) have made home modifications to make things easier for their family member or friend.



Working While Caregiving

Three in four family caregivers work while caregiving, and six in ten are full-time employees (working more than 30 hours a week). Six in ten working caregivers (62%) in Minnesota are hourly-wage employees.

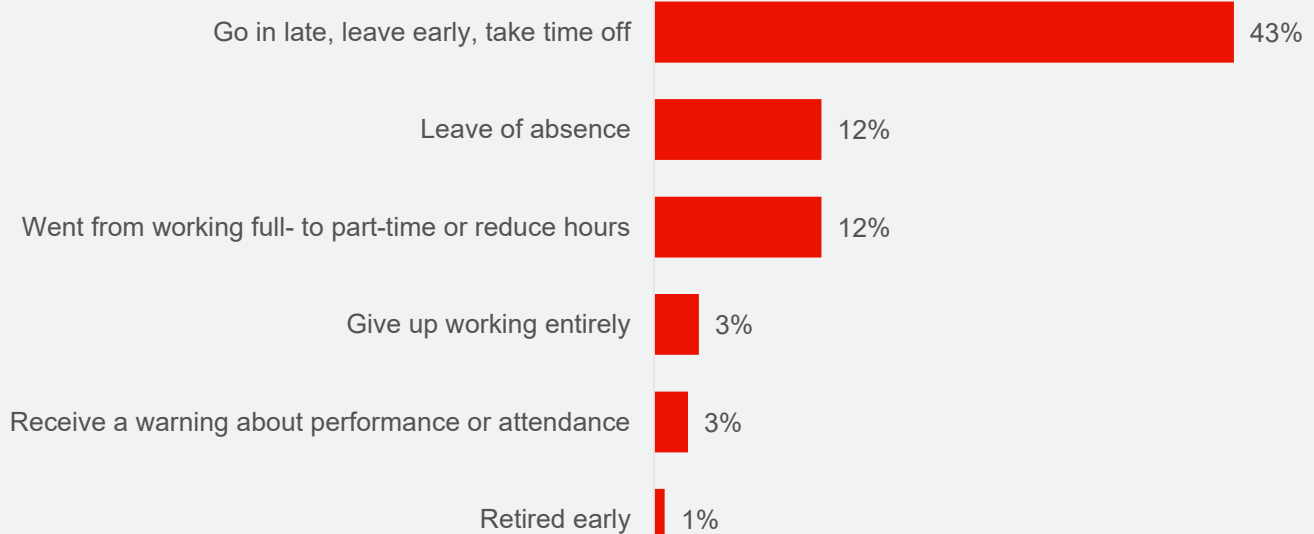
Workplace Benefits Offered to Minnesota Family Caregivers



26% of working caregivers have not told their supervisor that they are caregiving.

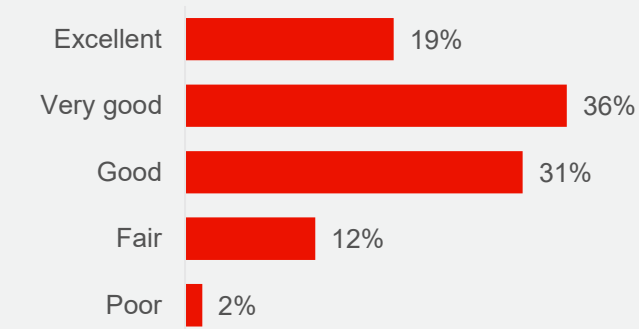
Support for working family caregivers has increased in recent years, but many workers still face challenges balancing care and paid employment.

Minnesota Family Caregivers Experience Work Disruptions

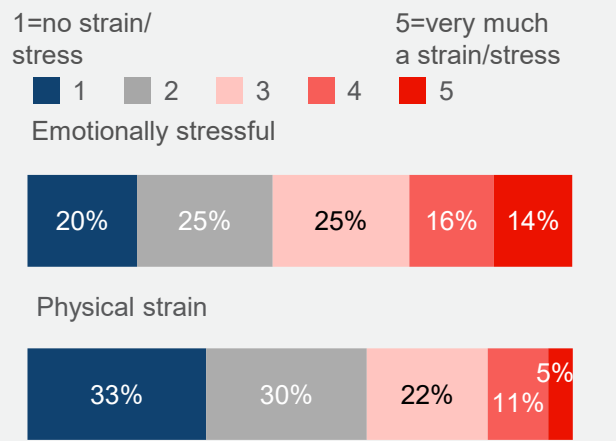


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

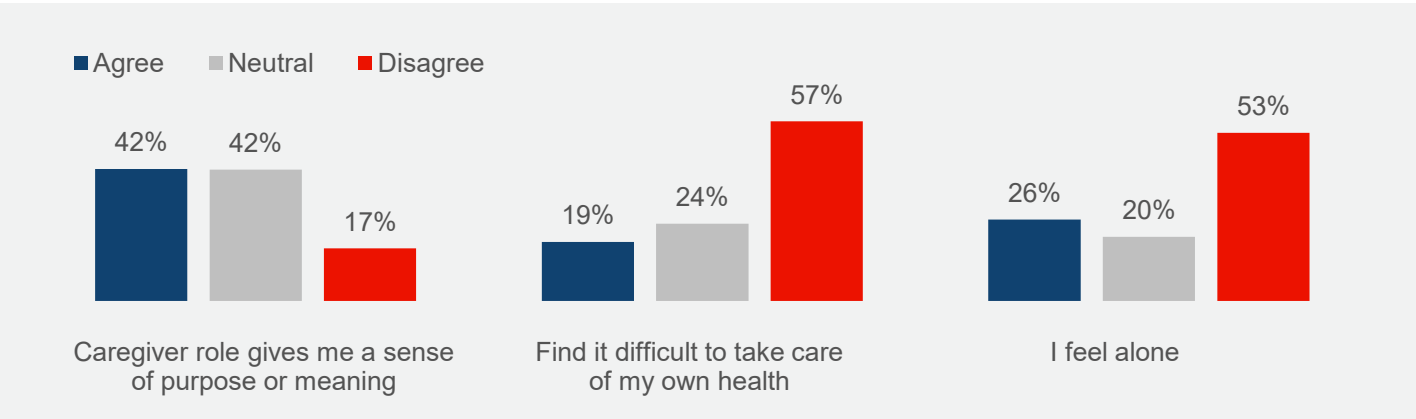
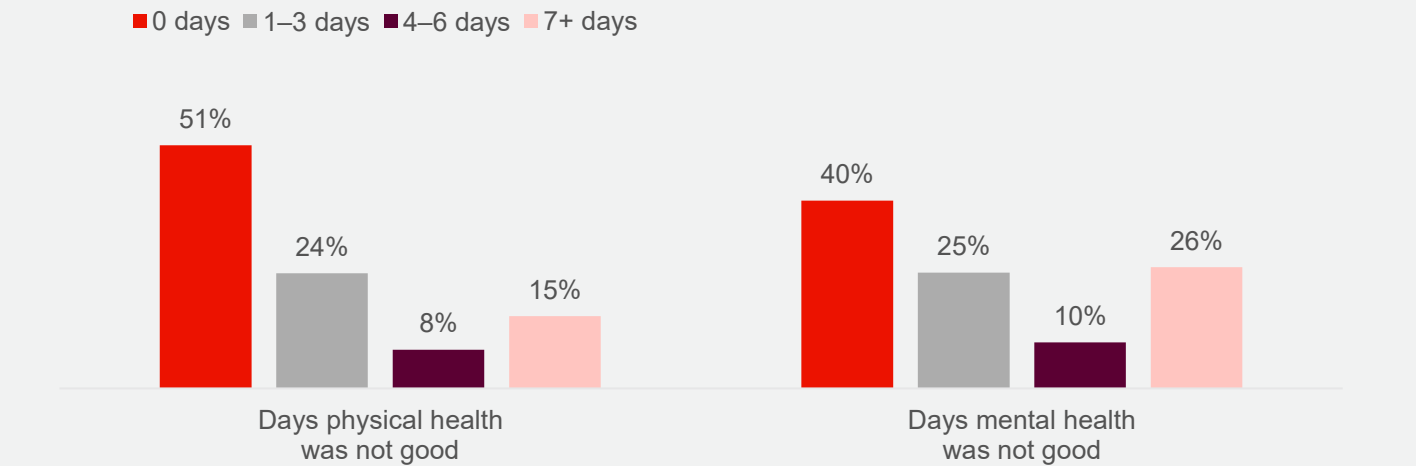


Stress and Strain Felt by Minnesota Caregivers



Fifteen percent of family caregivers experience seven or more days a month of poor physical health. Three in ten (30%) of caregivers experience high emotional stress while caregiving. One in five (19%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (26%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Minnesota

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	30%	Served in US Armed Forces	7%
Education		Cares for someone who served in the US Armed Forces	13%
Did not graduate from high school	6%	Has health insurance coverage	91%
Graduated from high school	21%	Has been a student while caregiving	14%
Some college or associate's degree	42%	Has a disability or handicap that limits them	12%
Bachelor's degree or higher	31%	Has internet access in home	99%
Marital status		Place of residence	
Married/living with partner	56%	Rural	21%
Single/never married	29%	Urban	32%
Widowed	5%	Suburban	47%
Separated/divorced	6%	Living situation	
Household income		Lives alone	11%
<\$25,000	7%	Lives with others	89%
\$25,000-\$49,999	15%		
\$50,000-\$99,999	31%		
\$100,000+	48%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 164 caregivers in Minnesota, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.1%.

Caregiving in the US 2025: Spotlight on Mississippi



In Mississippi, one third of adults (34%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 761,000 adults in Mississippi.

34% of adults **= 761,000** caregivers

Who Are Family Caregivers in the East South Central* Division?

64%
Women



35%
Men

Caregiver average age is **53** years old



56%

have worked while caregiving

Care recipient average age is **64** years old



38%

care for a parent

29% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the East South Central* Division



47%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



41%

receive no help with caregiving (either paid or unpaid)



39%

report moderate to high levels of emotional stress



What Are Family Caregivers in the East South Central* Division Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

68%

assist with activities of daily living such as bathing, dressing, and feeding

61%

help with medical and nursing tasks

50%

engage in high-intensity caregiving (more hours and higher complexity of care)

32%

provide at least 40 hours of care per week or constant care

*Due to limited data collection in Mississippi, detailed information about Mississippi's caregivers cannot be presented. The Census Bureau's designation of the East South Central Division includes Alabama, Kentucky, Mississippi, and Tennessee.

For full methodology, see Methodology Appendix of this report.

Missouri

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

More than 1 million (1,224,000) adults in Missouri provide care to a family member or friend with complex medical conditions or disabilities — one in four (25%) adults across the state.

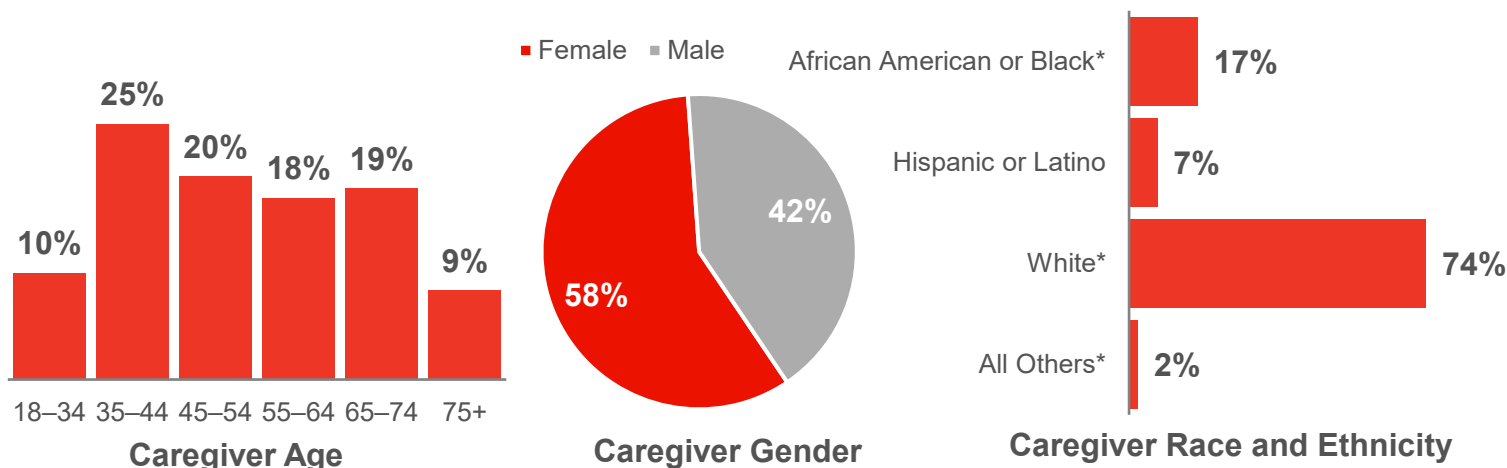
Most family caregivers in Missouri care for an adult (95%) — often a parent (38%). Nineteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (66%). Over one in three caregivers live in a household with income under \$50,000 (37%). Three in ten caregivers (30%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Nearly one in five caregivers live with a disability. Three in ten family caregivers live with their care recipient (31%).

On average, family caregivers are **53 years old** and care for someone **66 years old** in Missouri.

Over half of family caregivers work while also caregiving (55%).

Most family caregivers in Missouri provide care to someone due to a long-term physical condition (59%).

Demographics of Family Caregivers in Missouri



*Non-Hispanic

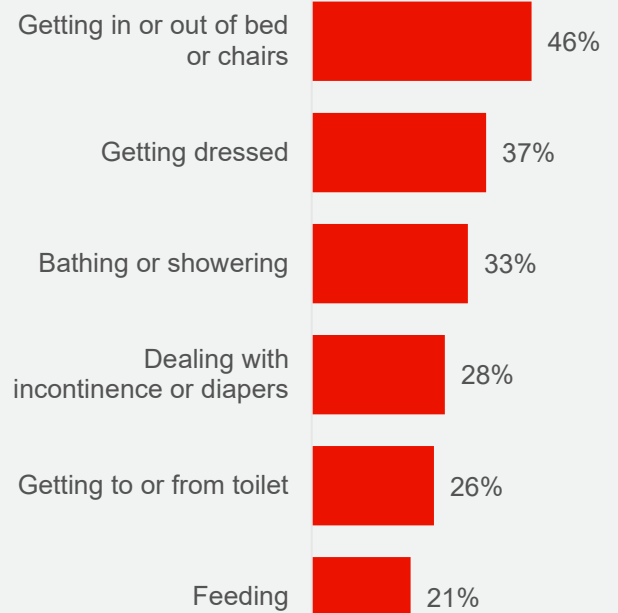
What Family Caregivers Do

Seven in ten family caregivers in Missouri (69%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

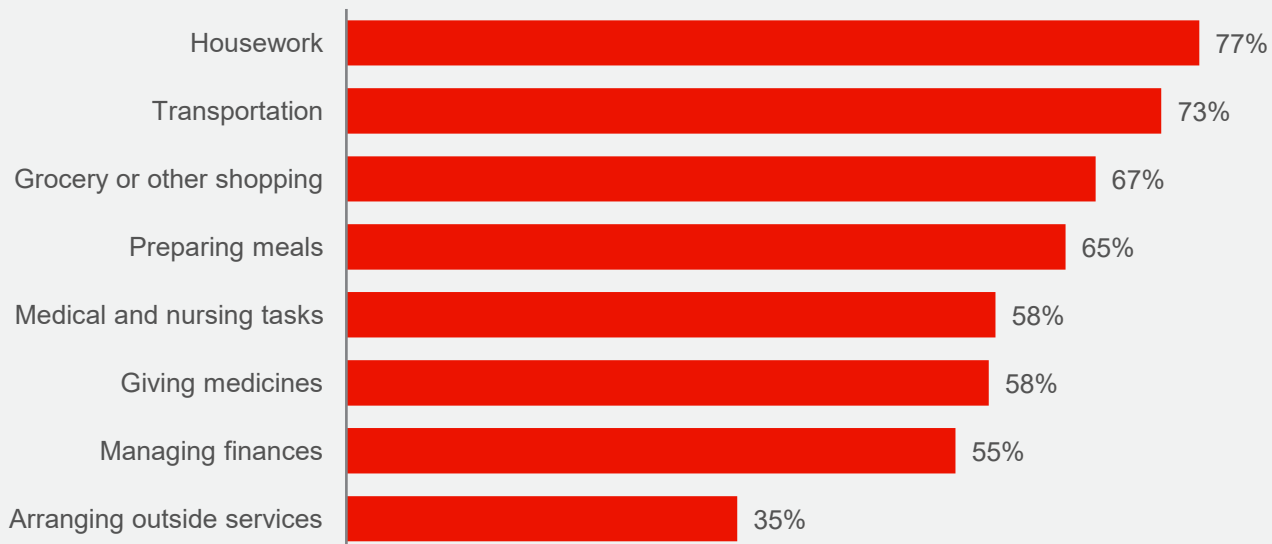
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

8% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Missouri Family Caregivers Help with Many Activities of Daily Living



Missouri Family Caregivers Help with Many Instrumental Activities of Daily Living



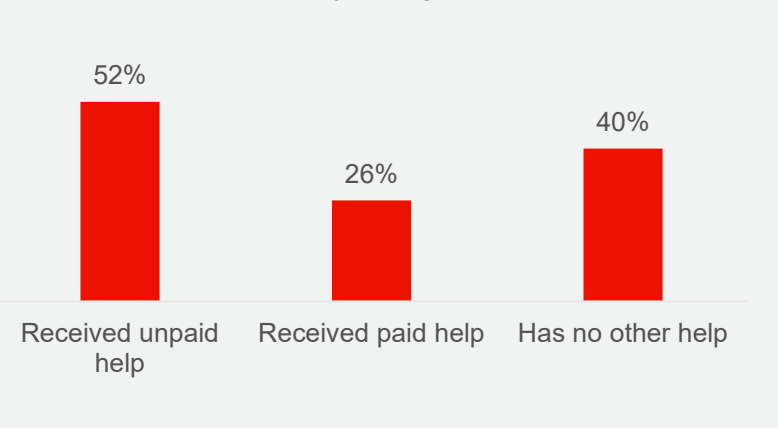
Four in ten family caregivers (42%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

26% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Missouri Family Caregivers Receive



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

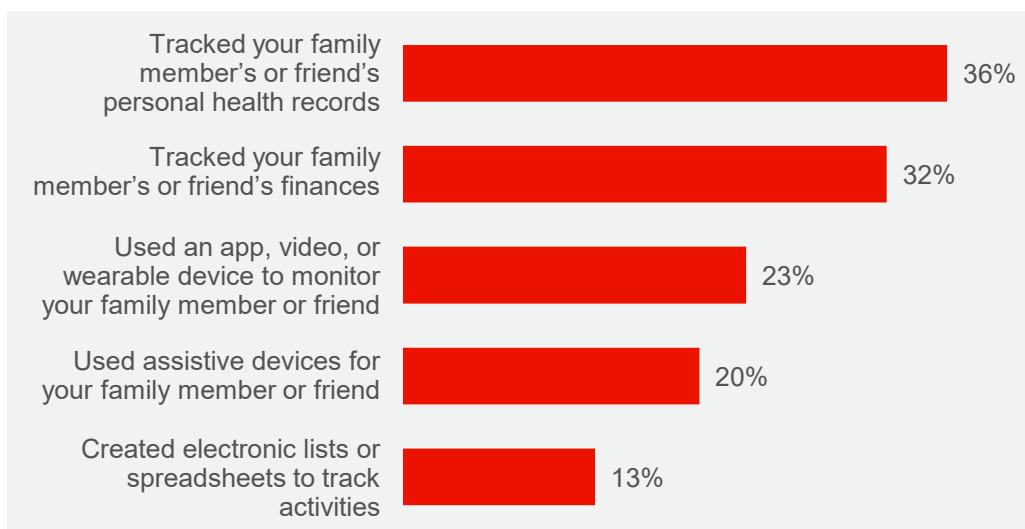
More than half of family caregivers (58%) help with medical and nursing tasks.

Family caregivers in Missouri are key in managing health care:

- 65% monitor the severity of their care recipient's condition.
- 60% communicate with health care professionals about their family member's or friend's care.
- 57% advocate for them with health care providers, community services, or government agencies.

While **three in ten (31%) family caregivers** would find respite care helpful, over **nine in ten (94%)** have never used such services.

Six in ten family caregivers (62%) use at least one of the technology solutions asked about in our survey.



Over one in four family caregivers (28%) have been asked by health care providers about care needed for their care recipient, and **12% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Half of family caregivers (49%) in Missouri have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, taking on more debt, and using up personal savings.

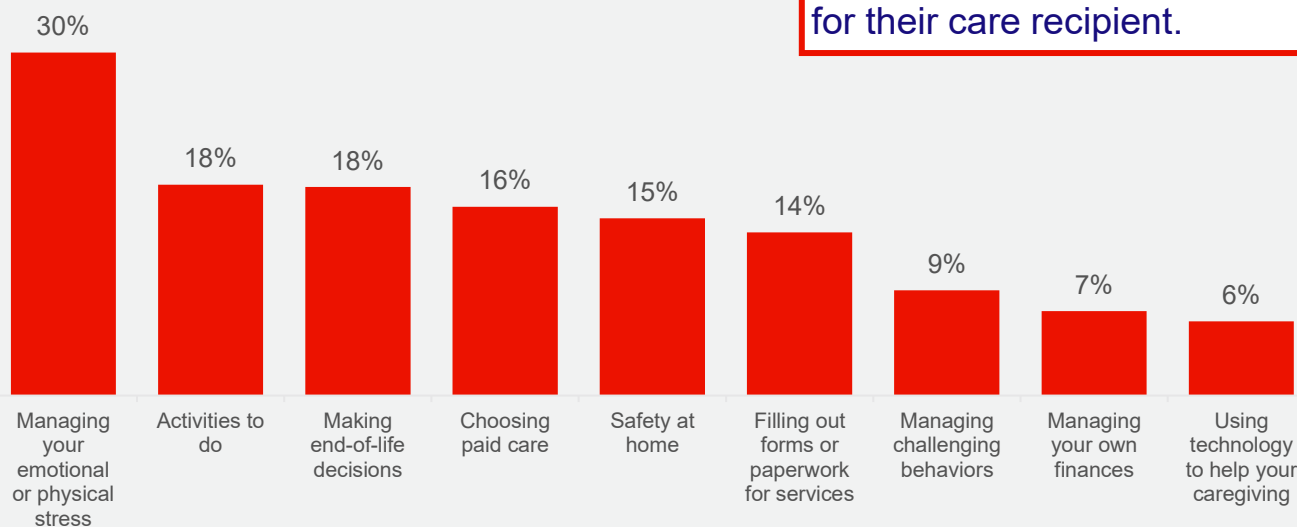
Nearly one in four family caregivers (23%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Missouri Family Caregivers

Stopped saving	30%	Moved to less expensive home	11%
Took on more debt	27%	Could not afford basic expenses	11%
Used up personal short-term savings	27%	Had to start working or work more	10%
Left bills unpaid or paid late	21%	Put off retirement	6%
Borrowed money from family/friends	14%	Missed/late paying student loan	5%
Used long-term savings	14%		

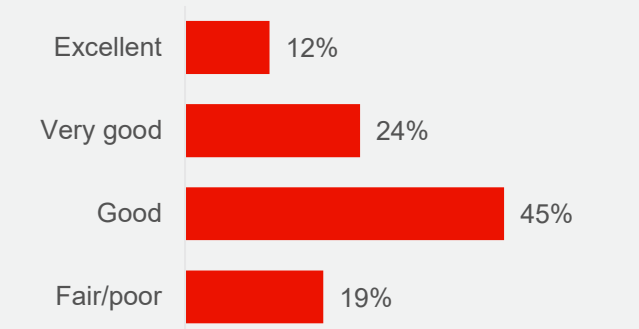
Information Needs of Family Caregivers

One in three family caregivers (34%) have made home modifications to make things easier for their care recipient.

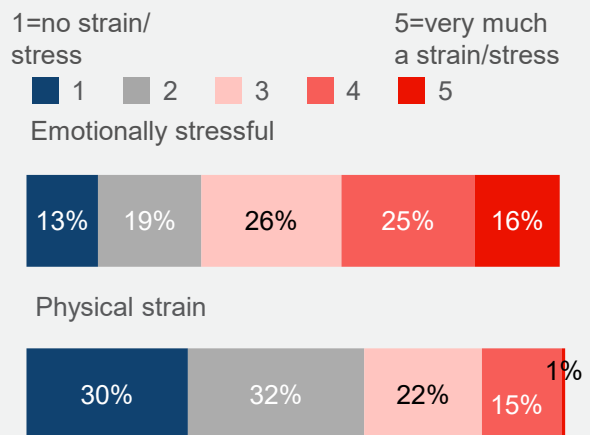


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

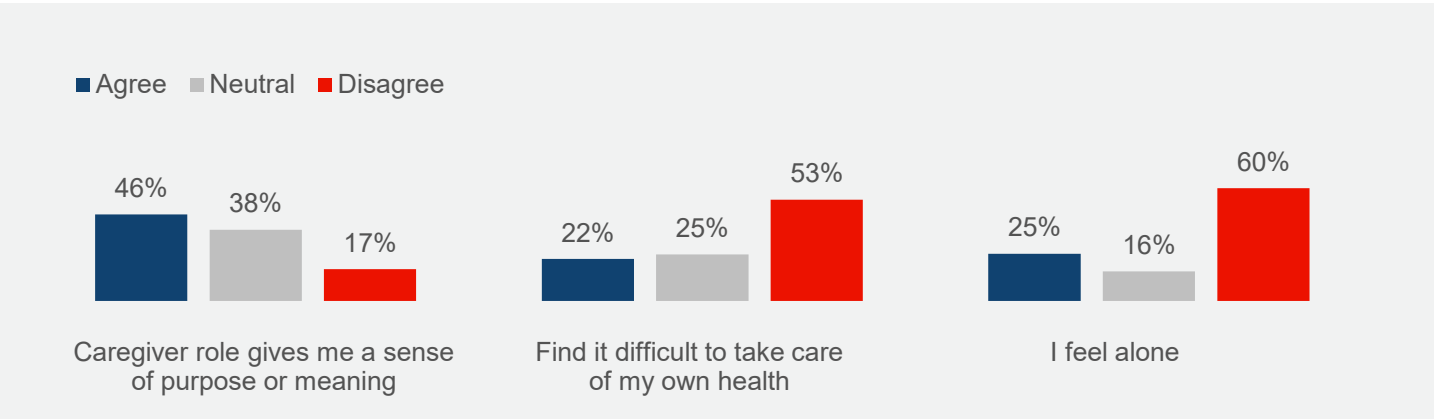
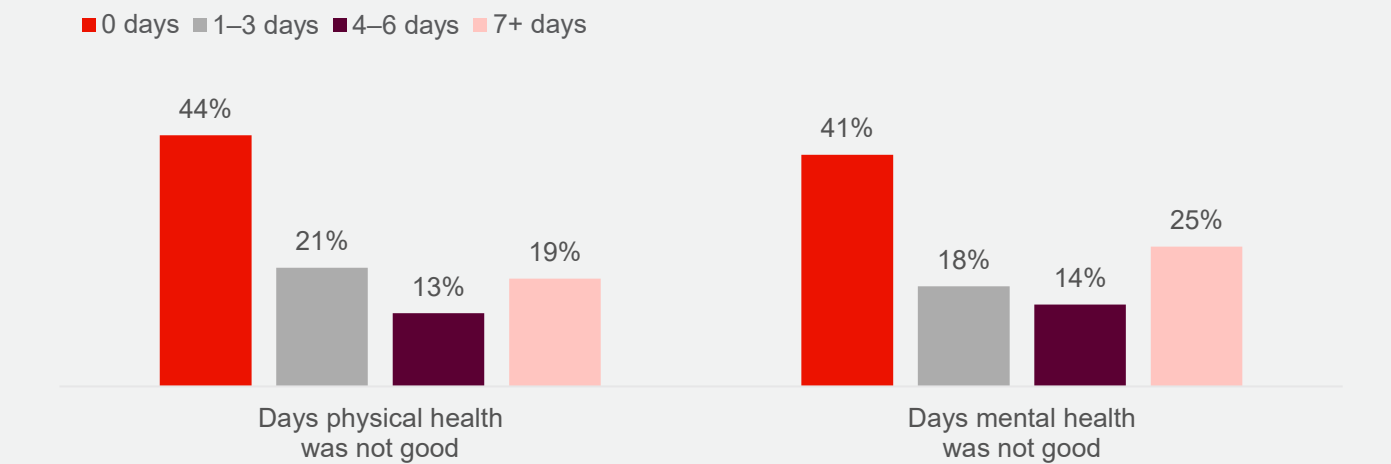


Stress and Strain Felt by Missouri Caregivers



One in five family caregivers experience seven or more days a month of poor physical health. Two in five caregivers (40%) experience high emotional stress while caregiving. Nearly one quarter (22%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (25%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Missouri

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	30%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	13%
Did not graduate from high school	18%	Has health insurance coverage	84%
Graduated from high school	24%	Has been a student while caregiving	7%
Some college or associate's degree	38%	Has a disability or handicap that limits them	17%
Bachelor's degree or higher	21%	Has internet access in home	93%
Marital status		Place of residence	
Married/living with partner	66%	Rural	32%
Single/never married	18%	Urban	27%
Widowed	6%	Suburban	41%
Separated/divorced	9%	Living situation	
Household income		Lives alone	15%
<\$25,000	16%	Lives with others	85%
\$25,000-\$49,999	20%		
\$50,000-\$99,999	29%		
\$100,000+	35%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 116 caregivers in Missouri, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.5%.

Caregiving in the US 2025: Spotlight on Montana



In Montana, one quarter of adults (24%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 214,000 adults in Montana.

24%* = **214,000**
of adults caregivers

Who Are Family Caregivers in the Mountain* Division?

66% Women **34%** Men



Caregiver average age is **54** years old



54% have worked while caregiving

Care recipient average age is **65** years old



46% care for a parent

24% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the Mountain* Division



47% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



45% report moderate to high levels of emotional stress



37% receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in the Mountain* Division Doing?

100%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

63%

assist with activities of daily living such as bathing, dressing, and feeding

49%

help with medical and nursing tasks

45%

engage in high-intensity caregiving (more hours and higher complexity of care)

29%

provide at least 40 hours of care per week or constant care

*Due to limited data collection in Montana, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Montana's caregivers cannot be presented. The Census Bureau's designation of the Mountain Division includes Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah, and Wyoming.

For full methodology, see Methodology Appendix of this report.

Caregiving in the US 2025: Spotlight on Nebraska



In Nebraska, one in five adults (21%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 312,000 adults in Nebraska.

21% **=** **312,000**
of adults caregivers

Who Are Family Caregivers in the West North Central* Division?

67%
Women



32%
Men

Caregiver average age is **53** years old



62%

have worked while caregiving

Care recipient average age is **66** years old



42%

care for a parent

31%

are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the West North Central* Division



46%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



39%

report moderate to high levels of emotional stress



36%

receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in the West North Central* Division Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

62%

assist with activities of daily living such as bathing, dressing, and feeding

51%

help with medical and nursing tasks

40%

engage in high-intensity caregiving (more hours and higher complexity of care)

24%

provide at least 40 hours of care per week or constant care

*Due to limited data collection in Nebraska, detailed information about Nebraska's caregivers cannot be presented. The Census Bureau's designation of the West North Central Division includes Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, and South Dakota.

For full methodology, see Methodology Appendix of this report.

Caregiving in the US 2025: Spotlight on Nevada



In Nevada, one quarter of adults (24%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 603,000 adults in Nevada.

24% of adults = **603,000** caregivers

Who Are Family Caregivers in the Mountain* Division?

66% Women  **34%** Men 

Caregiver average age is **54** years old

 **54%** have worked while caregiving

Care recipient average age is **65** years old

 **46%** care for a parent

24% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the Mountain* Division

 **47%** experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses

 **45%** report moderate to high levels of emotional stress

 **37%** receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in the Mountain* Division Doing?

100% assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

63% assist with activities of daily living such as bathing, dressing, and feeding

49% help with medical and nursing tasks

45% engage in high-intensity caregiving (more hours and higher complexity of care)

29% provide at least 40 hours of care per week or constant care

*Due to limited data collection in Nevada, detailed information about Nevada's caregivers cannot be presented. The Census Bureau's designation of the Mountain Division includes Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah, and Wyoming.

For full methodology, see Methodology Appendix of this report.

Caregiving in the US 2025: Spotlight on New Hampshire



In New Hampshire, one quarter of adults (24%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 281,000 adults in New Hampshire.

24% of adults **= 281,000** caregivers

Who Are Family Caregivers in New England*?

59%
Women



40%
Men

Caregiver average age is **52** years old



70%

have worked while caregiving

Care recipient average age is **70** years old



52%

care for a parent

26% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in New England*



44% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



43% report moderate to high levels of emotional stress



31% receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in New England* Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

65%

assist with activities of daily living such as bathing, dressing, and feeding

55%

help with medical and nursing tasks

40%

engage in high-intensity caregiving (more hours and higher complexity of care)

19%

provide at least 40 hours of care per week or constant care

*Due to limited data collection in New Hampshire, detailed information about New Hampshire's caregivers cannot be presented. The Census Bureau's designation of the New England Division includes Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

For full methodology, see Methodology Appendix of this report.

New Jersey

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

Nearly 2 million (1,856,000) adults in New Jersey provide care to a family member or friend with complex medical conditions or disabilities — one quarter (26%) of adults across the state.

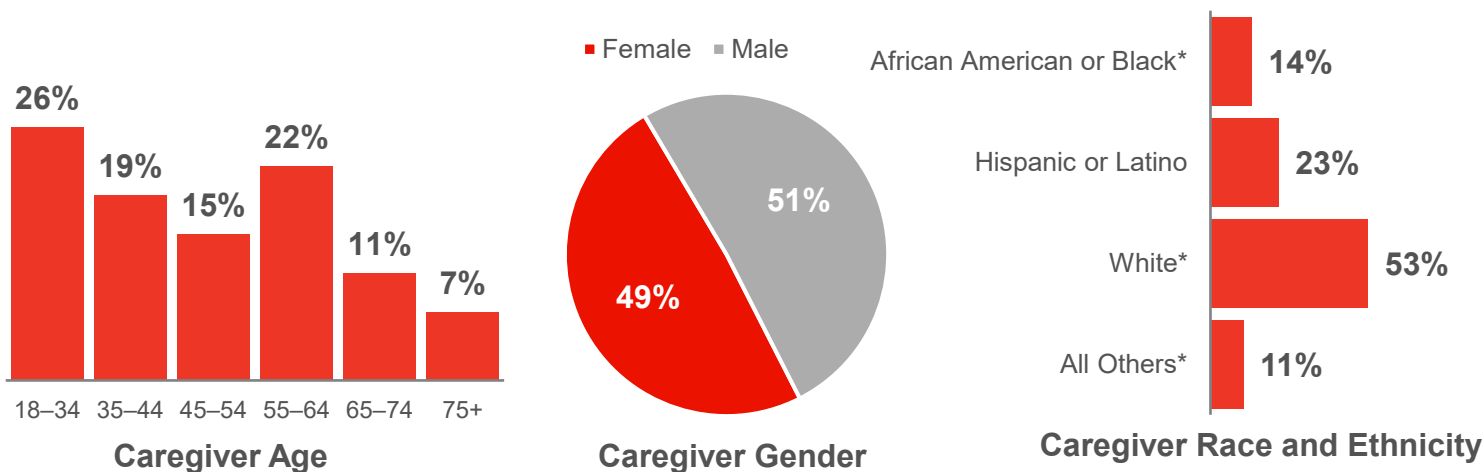
Most family caregivers in New Jersey care for an adult (95%) — most often a parent (47%). Seventeen percent care only for a child with complex medical needs. Most caregivers are married or living with a partner (70%). One in six caregivers live in a household with income under \$50,000 (17%). One quarter of caregivers (26%) 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 **71 years old** in New Jersey.

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

Many family caregivers live with their care recipient (37%), and nearly half of caregivers (48%) who live separately from their care recipient are 20 minutes away or less.

Demographics of Family Caregivers in New Jersey



*Non-Hispanic

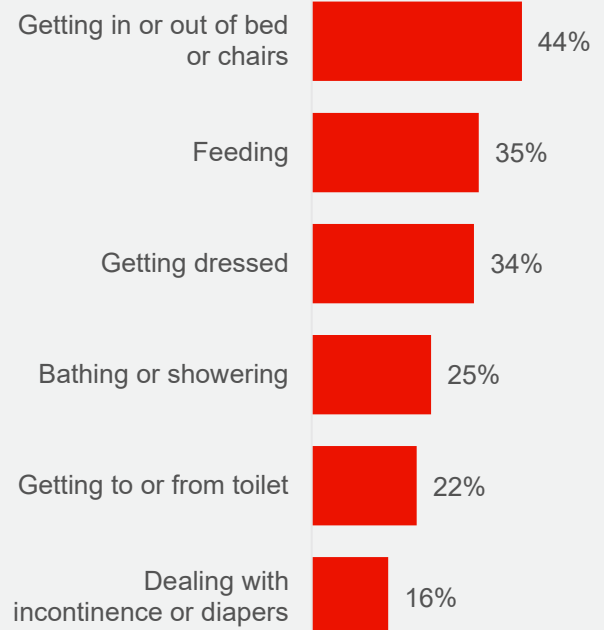
What Family Caregivers Do

Seven in ten family caregivers in New Jersey (70%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

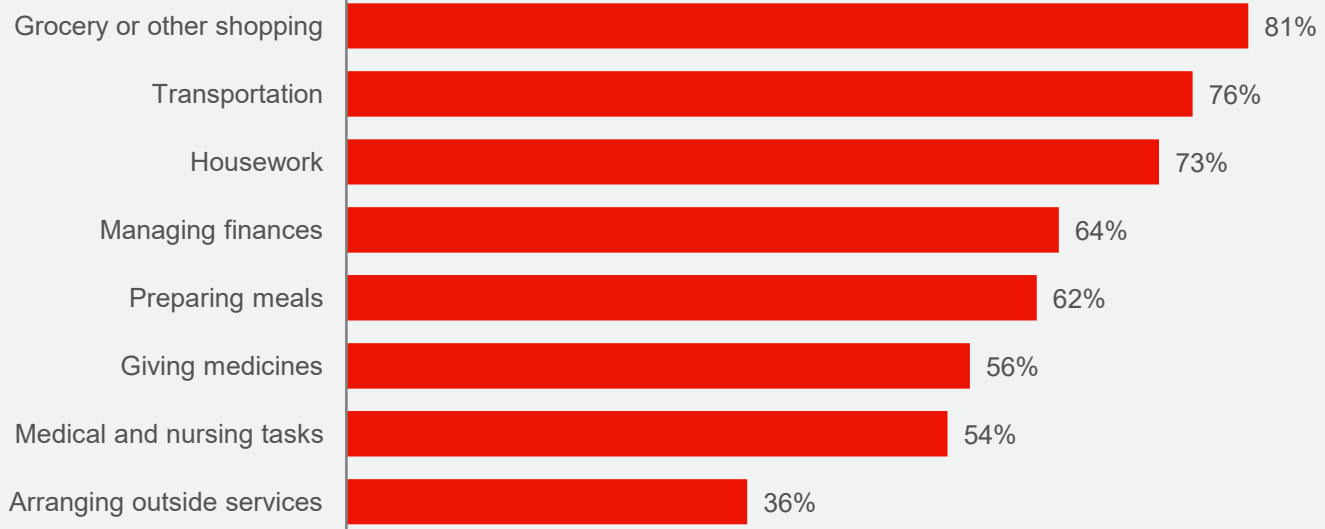
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

One in five family caregivers (21%) find ADL tasks difficult. 8% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

New Jersey Family Caregivers Help with Many Activities of Daily Living



New Jersey Family Caregivers Help with Many Instrumental Activities of Daily Living



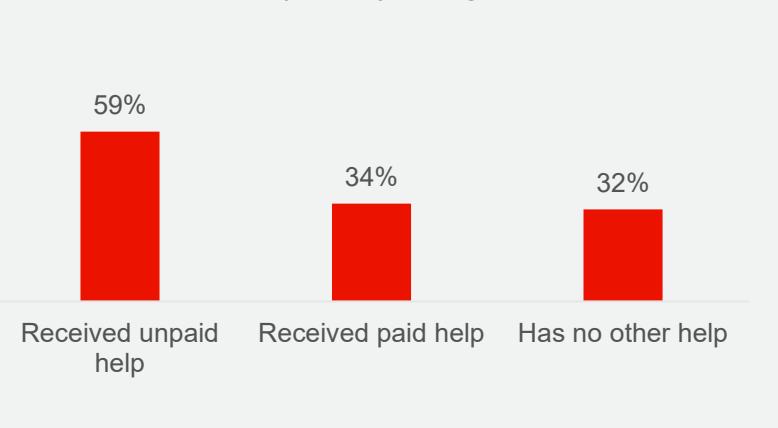
One-third of family caregivers (36%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

21% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That New Jersey Family Caregivers Receive



47% of caregivers have been providing care for three years or longer.

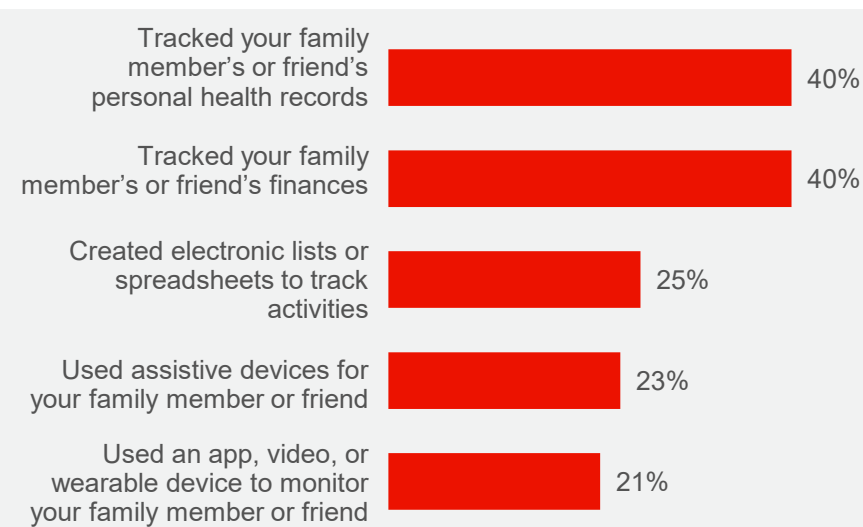
Over half (54%) of family caregivers help with medical and nursing tasks.

Family caregivers in New Jersey are key in managing health care:

- 64% monitor the severity of their care recipient's condition.
- 63% communicate with health care professionals about their family member's or friend's care.
- 62% advocate for them with health care providers, community services, or government agencies.

Two in five (43%) family caregivers would find respite care helpful, yet **four in five (84%)** have never used such services.

Three in five (62%) family caregivers use at least one of the technology solutions asked about in our survey.



Over one-third of family caregivers (38%) have been asked by health care providers about care needed for their care recipient, and **20% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Two in five (40%) family caregivers in New Jersey 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.

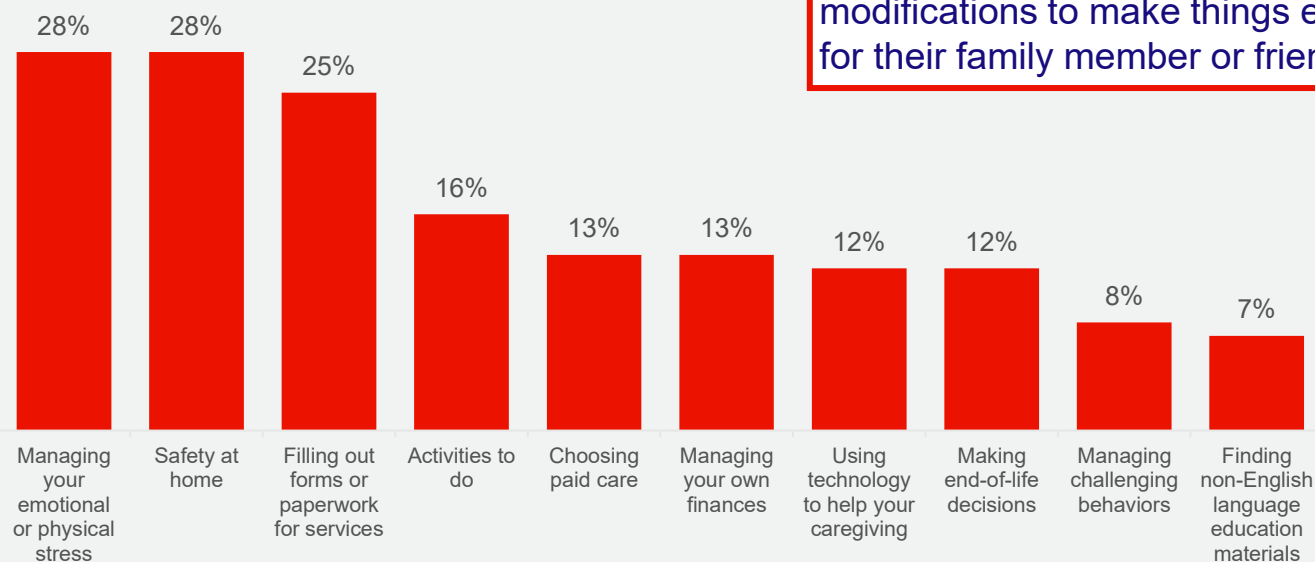
One in five family caregivers (21%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by New Jersey Family Caregivers

Used up personal short-term savings	27%	Had to start working or work more	11%
Stopped saving	26%	Could not afford basic expenses	11%
Took on more debt	24%	Put off retirement	9%
Left bills unpaid or paid late	20%	Missed or late paying student loan	8%
Borrowed money from family/friends	17%	Was evicted or had a home foreclosed	6%
Moved to less expensive home	16%	Filled for bankruptcy	5%
Used long-term savings	16%		

Information Needs of Family Caregivers

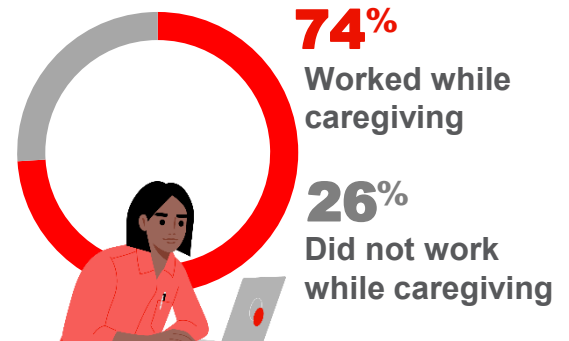
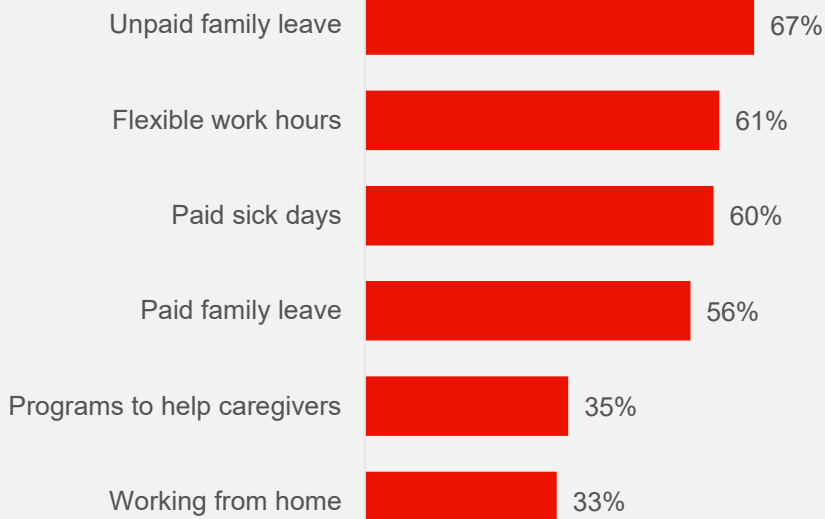
One-third of family caregivers (33%) have made home modifications to make things easier for their family member or friend.



Working While Caregiving

Three quarters of family caregivers work while caregiving, and three quarters are full-time employees (working more than 30 hours a week). Two in five working caregivers (41%) in New Jersey are hourly-wage employees.

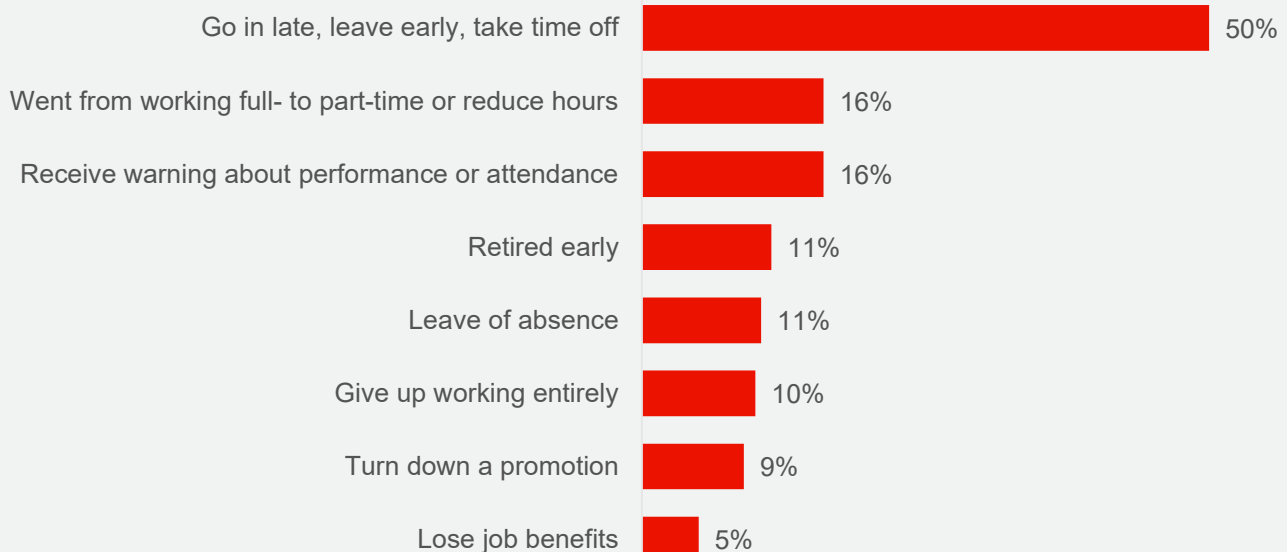
Workplace Benefits Offered to New Jersey Family Caregivers



39% of working caregivers have not told their supervisor that they are caregiving.

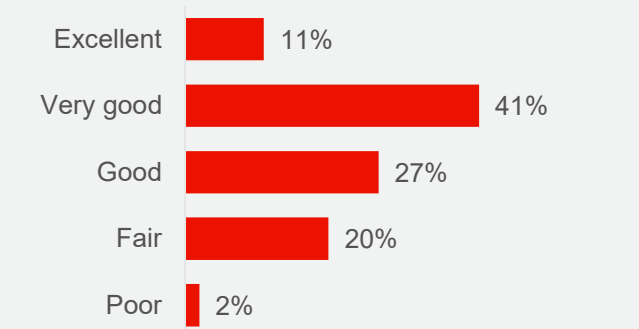
Support for working family caregivers has increased in recent years, but many workers still face challenges balancing care and paid employment.

New Jersey Family Caregivers Experience Work Disruptions

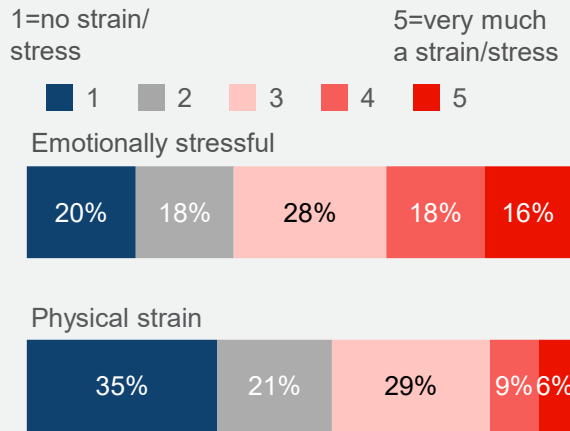


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

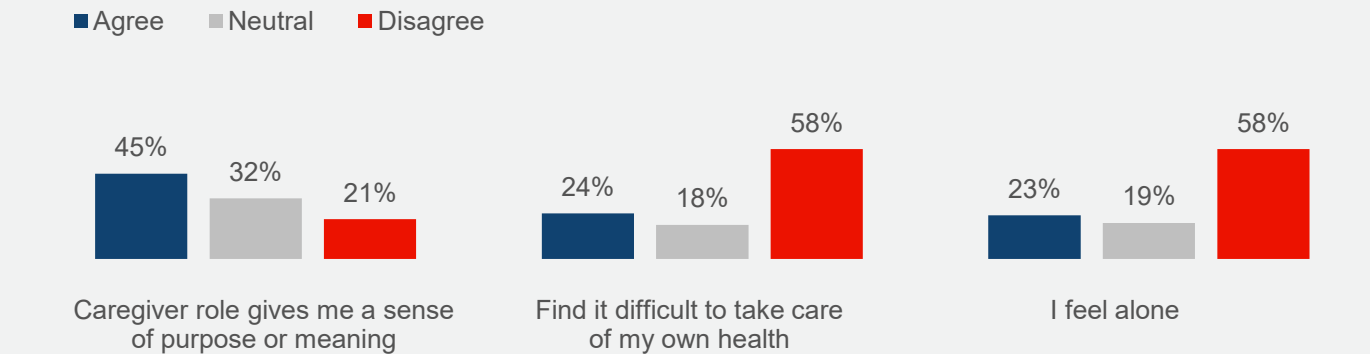
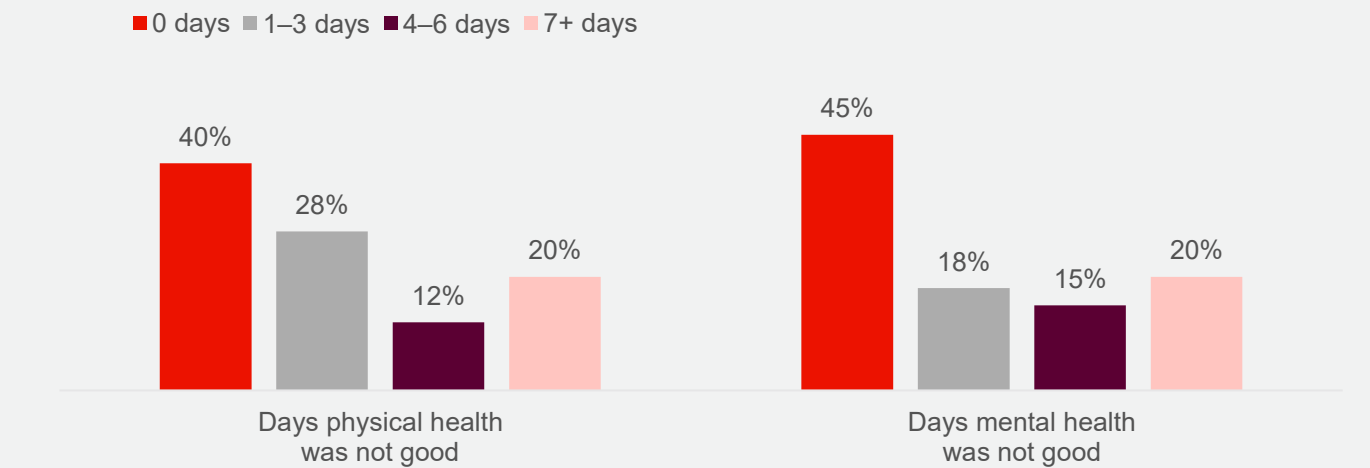


Stress and Strain Felt by New Jersey Caregivers



One in five family caregivers experience seven or more days a month of poor physical health. One-third (35%) of caregivers experience high emotional stress while caregiving. One quarter (24%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly one quarter (23%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in New Jersey

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	26%	Served in US Armed Forces	4%
Education		Cares for someone who served in the US Armed Forces	4%
Did not graduate from high school	3%	Has health insurance coverage	91%
Graduated from high school	36%	Has been a student while caregiving	14%
Some college or associate's degree	34%	Has a disability or handicap that limits them	16%
Bachelor's degree or higher	28%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	70%	Rural	6%
Single/never married	23%	Urban	13%
Widowed	3%	Suburban	81%
Separated/divorced	4%	Living situation	
Household income		Lives alone	10%
<\$25,000	12%	Lives with others	90%
\$25,000-\$49,999	5%		
\$50,000-\$99,999	25%		
\$100,000+	57%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 154 caregivers in New Jersey, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.8%.

Caregiving in the US 2025: Spotlight on New Mexico



In New Mexico, one quarter of adults (26%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 426,000 adults in New Mexico.

26% of adults **= 426,000** caregivers

What Are Family Caregivers in the Mountain* Division Doing?

100%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

63%

assist with activities of daily living such as bathing, dressing, and feeding

49%

help with medical and nursing tasks

45%

engage in high-intensity caregiving (more hours and higher complexity of care)

29%

provide at least 40 hours of care per week or constant care

Who Are Family Caregivers in the Mountain* Division?

66%
Women



34%
Men

Caregiver average age is **54** years old



54%

have worked while caregiving

Care recipient average age is **65** years old



46%

care for a parent

24%

are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the Mountain* Division



47%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



45%

report moderate to high levels of emotional stress



37%

receive no help with caregiving (either paid or unpaid)



*Due to limited data collection in New Mexico, detailed information about New Mexico's caregivers cannot be presented. The Census Bureau's designation of the Mountain Division includes Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah, and Wyoming. For full methodology, see Methodology Appendix of this report.

New York

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

More than 4 million (4,039,000) adults in New York provide care to a family member or friend with complex medical conditions or disabilities — one quarter (26%) of adults across the state.

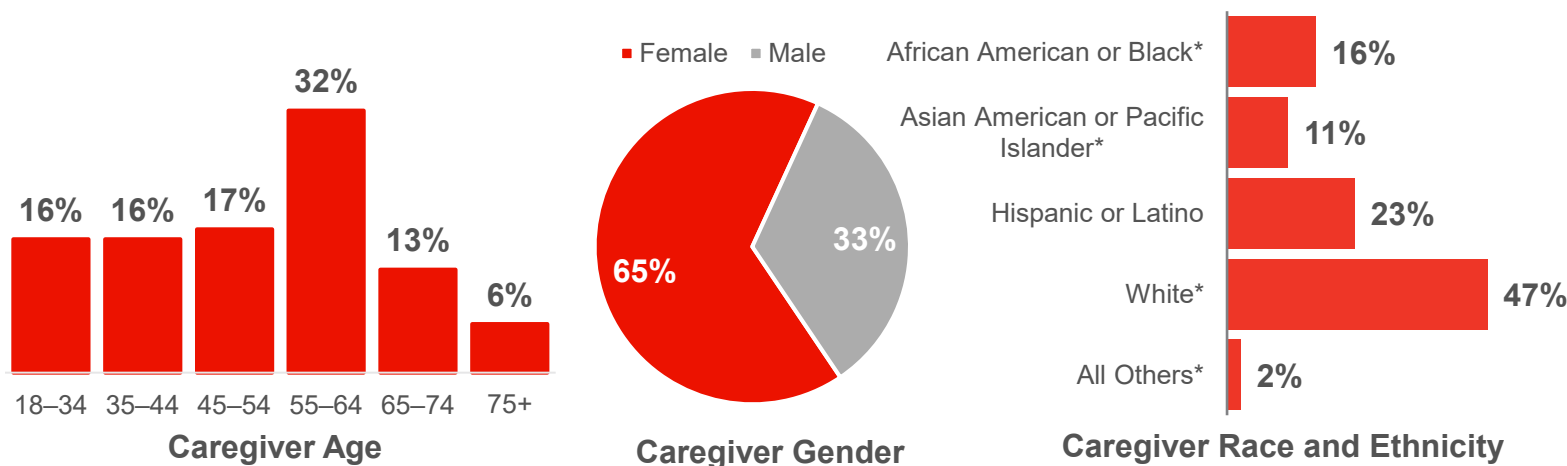
Most family caregivers in New York care for an adult (97%) — most often a parent (50%). Thirteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (64%). One quarter of caregivers live in a household with income under \$50,000 (23%). Nearly three in ten caregivers (28%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in ten caregivers live with a disability. One-third of family caregivers live with their care recipient (35%).

On average, family caregivers are **52 years old** and care for someone **69 years old** in New York.

Over six in ten family caregivers work while also caregiving (64%).

Half of family caregivers in New York provide care to someone due to a long-term physical condition (52%).

Demographics of Family Caregivers in New York



*Non-Hispanic

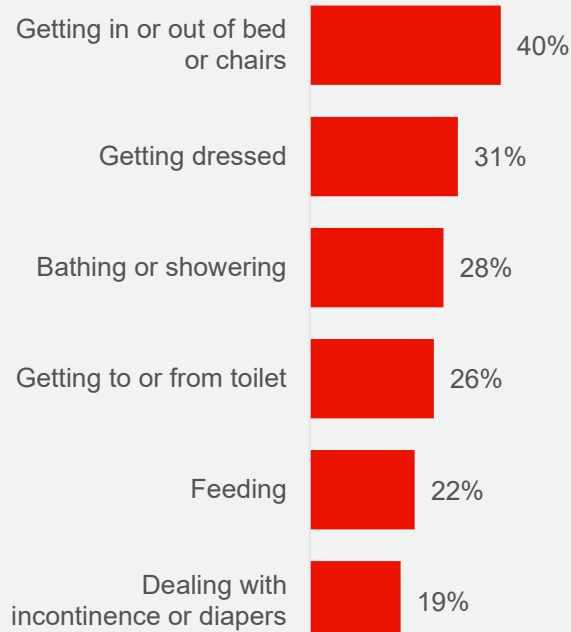
What Family Caregivers Do

Six in ten family caregivers in New York (59%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

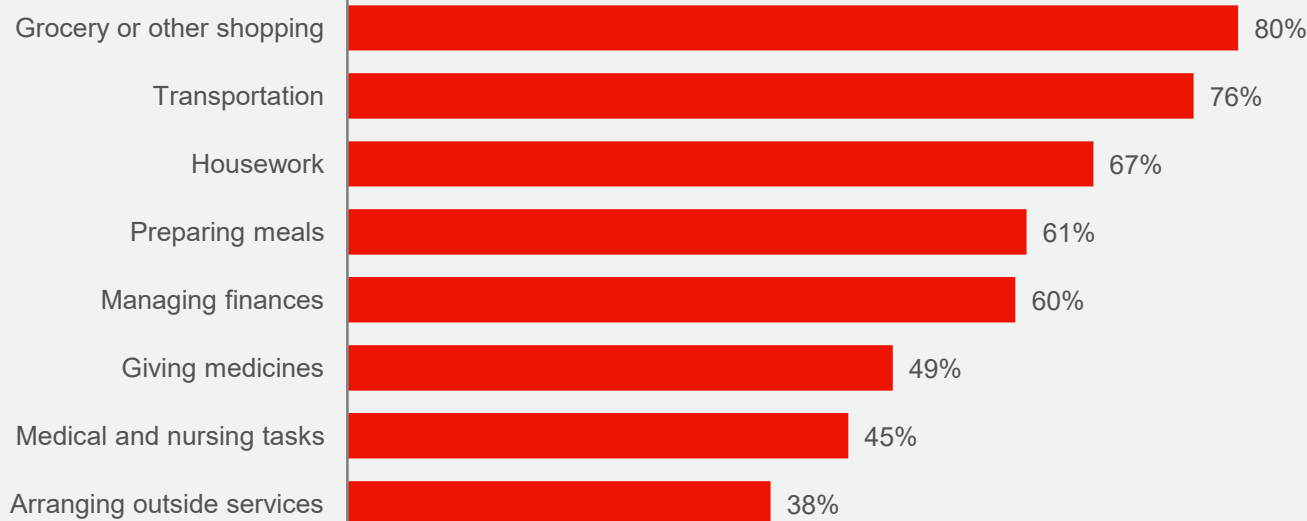
Nearly all (98%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

10% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

New York Family Caregivers Help with Many Activities of Daily Living



New York Family Caregivers Help with Many Instrumental Activities of Daily Living



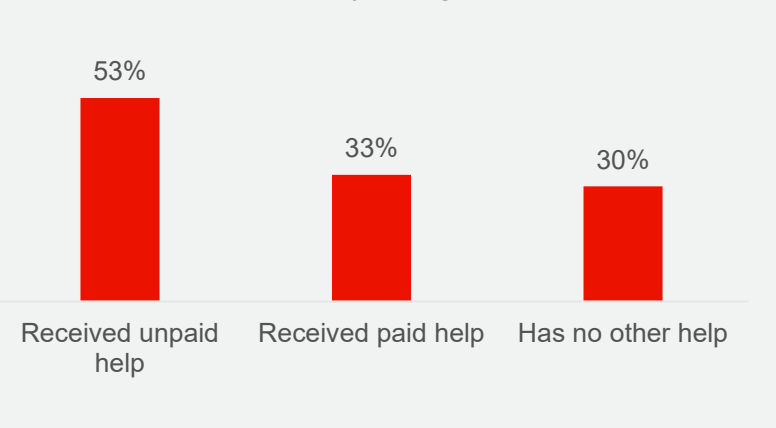
Two in five family caregivers (40%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

20% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That New York Family Caregivers Receive



51% of caregivers have been providing care for three years or longer.

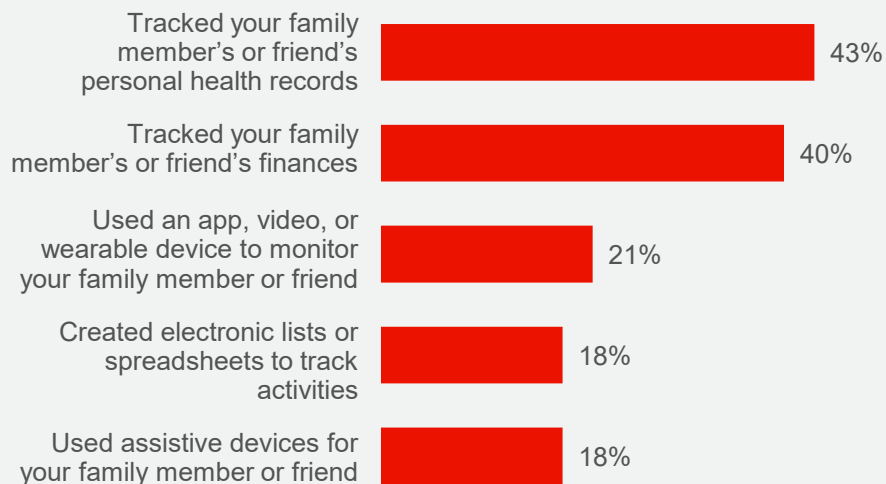
Nearly half of family caregivers (45%) help with medical and nursing tasks.

Family caregivers in New York are key in managing health care:

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

While nearly **four in ten (36%) family caregivers** would find respite care helpful, **eight in ten (80%)** have never used such services.

Two-thirds of family caregivers (68%) use at least one of the technology solutions asked about in our survey.



Three in ten family caregivers (29%) have been asked by health care providers about care needed for their care recipient, and **13% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over one third of family caregivers (36%) in New York have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, taking on more debt, and using up personal savings.

One in four family caregivers (26%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by New York Family Caregivers

Stopped saving	21%	Borrowed money from family/friends	9%
Took on more debt	19%	Had to start working or work more	7%
Used up personal short-term savings	15%	Missed/late paying student loan	6%
Left bills unpaid or paid late	14%	Put off retirement	4%
Could not afford basic expenses	12%	Moved to less expensive home	4%
Used long-term savings	11%	Was evicted or home foreclosed	3%

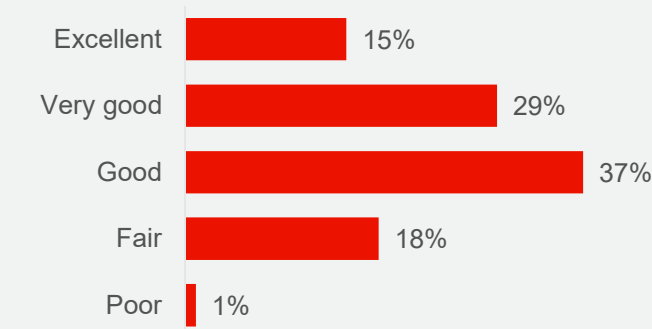
Information Needs of Family Caregivers

Four in ten family caregivers (39%) have made home modifications to make things easier for their care recipient.

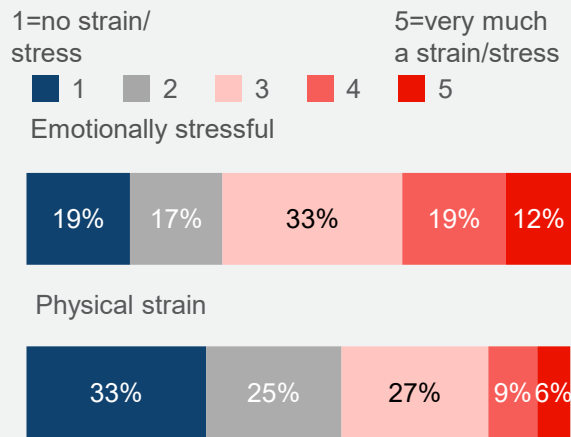


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

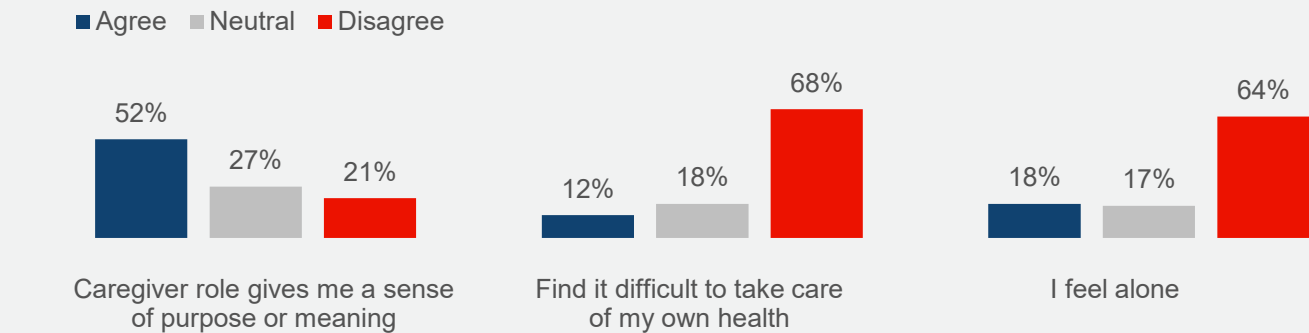
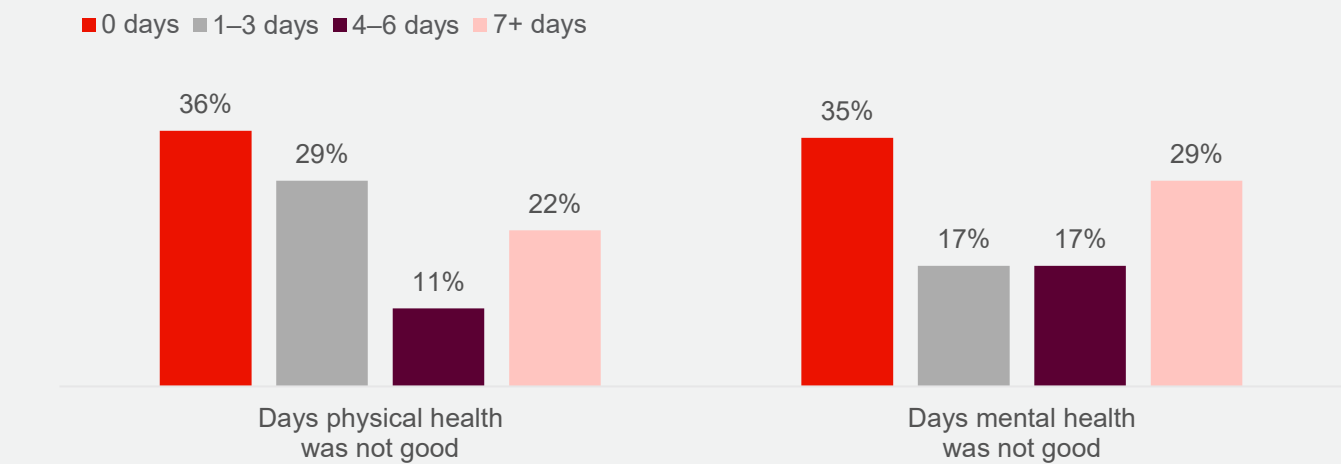


Stress and Strain Felt by New York Caregivers



Two in ten family caregivers experience seven or more days a month of poor physical health. Three in ten caregivers (31%) experience high emotional stress while caregiving. One in ten (12%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly two in ten (18%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in New York

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	28%	Served in US Armed Forces	4%
Education		Cares for someone who served in the US Armed Forces	7%
Did not graduate from high school	6%	Has health insurance coverage	91%
Graduated from high school	34%	Has been a student while caregiving	10%
Some college or associate's degree	20%	Has a disability or handicap that limits them	9%
Bachelor's degree or higher	39%	Has internet access in home	92%
Marital status		Place of residence	
Married/living with partner	64%	Rural	13%
Single/never married	19%	Urban	53%
Widowed	2%	Suburban	34%
Separated/divorced	11%	Living situation	
Household income		Lives alone	12%
<\$25,000	11%	Lives with others	88%
\$25,000-\$49,999	11%		
\$50,000-\$99,999	32%		
\$100,000+	45%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 140 caregivers in New York, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.3%.

North Carolina

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

More than 2 million (2,283,000) adults in North Carolina provide care to a family member or friend with complex medical conditions or disabilities — more than one quarter (27%) of adults across the state.

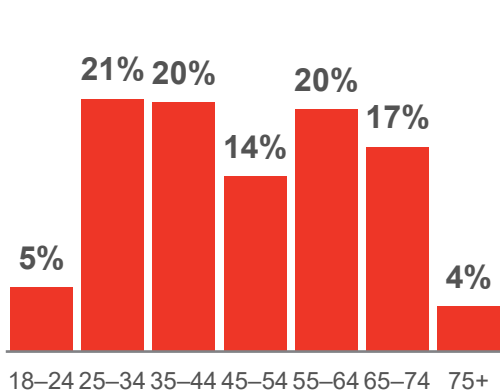
Most family caregivers in North Carolina care for an adult (92%) — often a parent (38%). Sixteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (62%). Three in ten caregivers live in a household with income under \$50,000 (30%). A quarter of caregivers (27%) 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. Half of family caregivers live with their care recipient (49%).

On average, family caregivers are **49 years old** and care for someone **65 years old** in North Carolina.

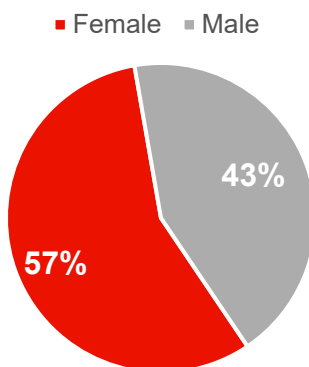
Six in ten family caregivers work while also caregiving (58%).

Most family caregivers in North Carolina provide care to someone due to a long-term physical condition (59%).

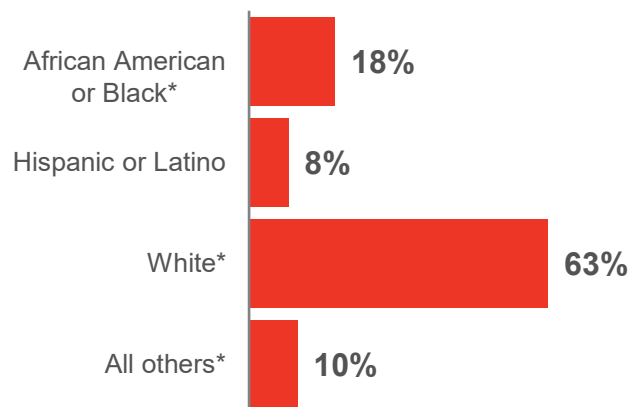
Demographics of Family Caregivers in North Carolina



Caregiver Age



Caregiver Gender



Caregiver Race and Ethnicity

*Non-Hispanic

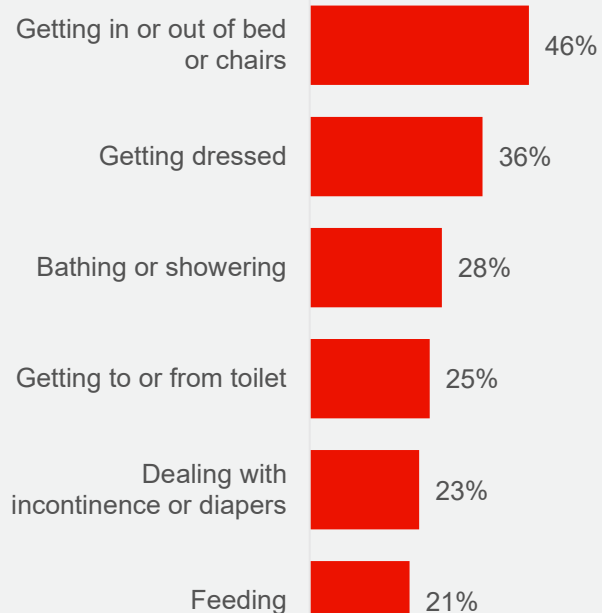
What Family Caregivers Do

Two-thirds of family caregivers in North Carolina (65%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

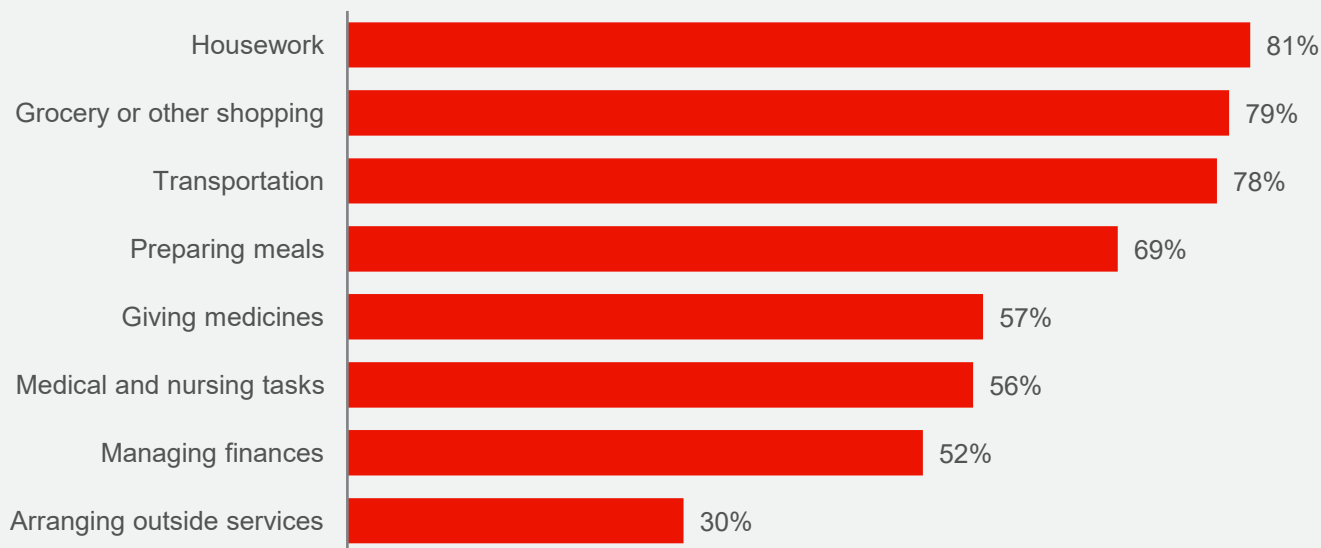
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

11% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

North Carolina Family Caregivers Help with Many Activities of Daily Living



North Carolina Family Caregivers Help with Many Instrumental Activities of Daily Living



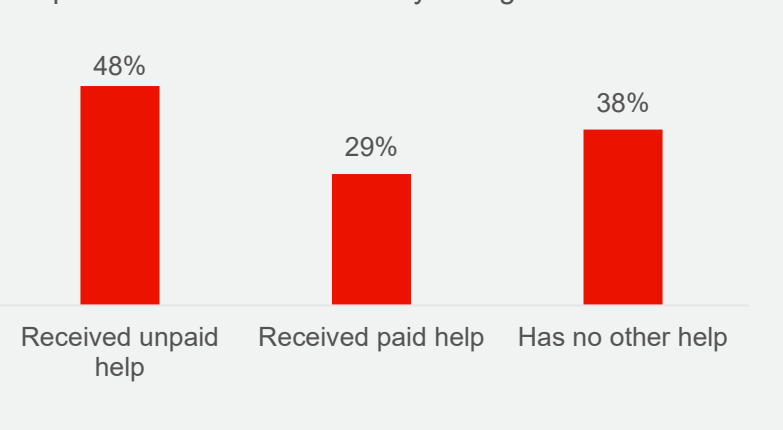
Four in ten family caregivers (40%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

27% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That North Carolina Family Caregivers Receive



38% of caregivers have been providing care for three years or longer.

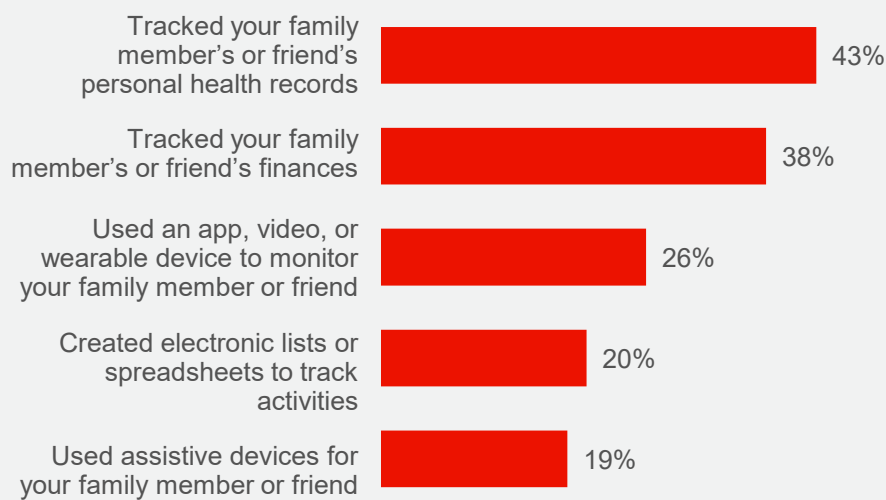
Over half of family caregivers (56%) help with medical and nursing tasks.

Family caregivers in North Carolina are key in managing health care:

- 80% monitor the severity of their care recipient's condition.
- 67% communicate with health care professionals about their family member's or friend's care.
- 60% advocate for them with health care providers, community services, or government agencies.

While **one-third (33%) of family caregivers** would find respite care helpful, **nine in ten (91%)** have never used such services.

Two-thirds of family caregivers (67%) use at least one of the technology solutions asked about in our survey.



Nearly one quarter of family caregivers (24%) 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

Over half of family caregivers (54%) in North Carolina have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, taking on more debt, or leaving bills unpaid.

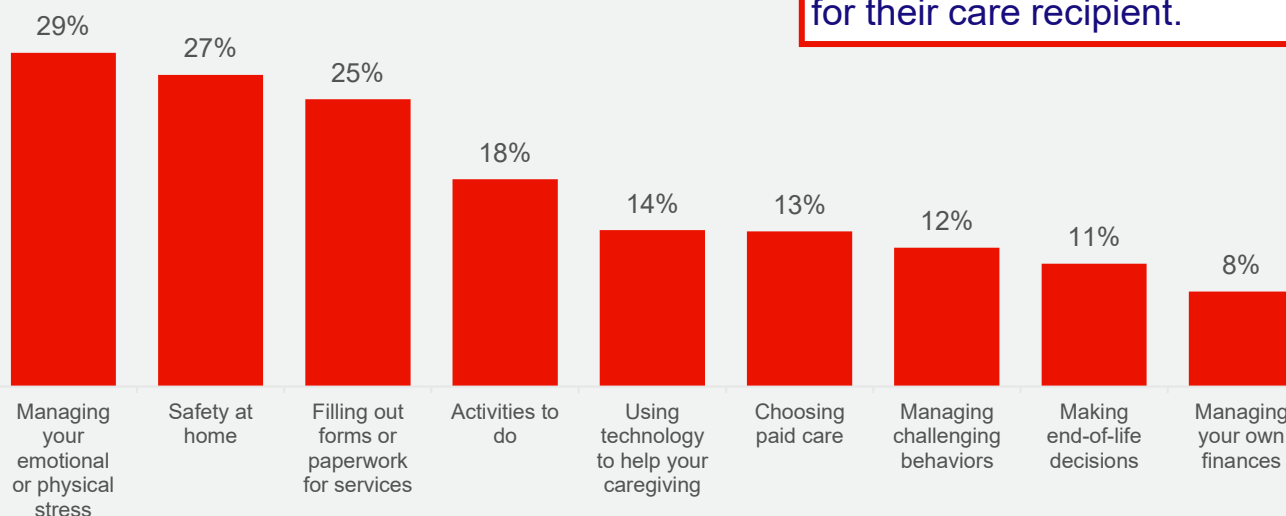
Three in ten family caregivers (31%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by North Carolina Family Caregivers

Stopped saving	38%	Used long-term savings	16%
Took on more debt	27%	Had to start working or work more	11%
Left bills unpaid or paid late	22%	Could not afford basic expenses	11%
Used up personal short-term savings	20%	Moved to less expensive home	6%
Borrowed money from family/friends	18%	Put off retirement	4%

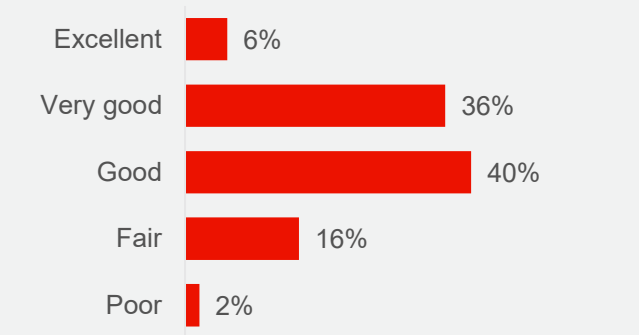
Information Needs of Family Caregivers

Four in ten family caregivers (39%) have made home modifications to make things easier for their care recipient.



Well-Being of Family Caregivers

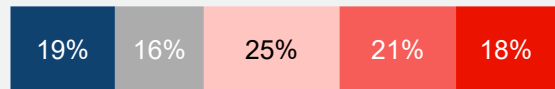
Self-Reported Health Status of Family Caregivers



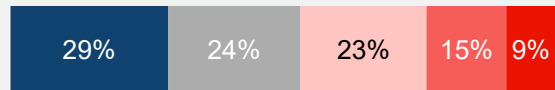
Stress and Strain Felt by North Carolina Caregivers

1=no strain/stress 5=very much a strain/stress
1 2 3 4 5

Emotionally stressful



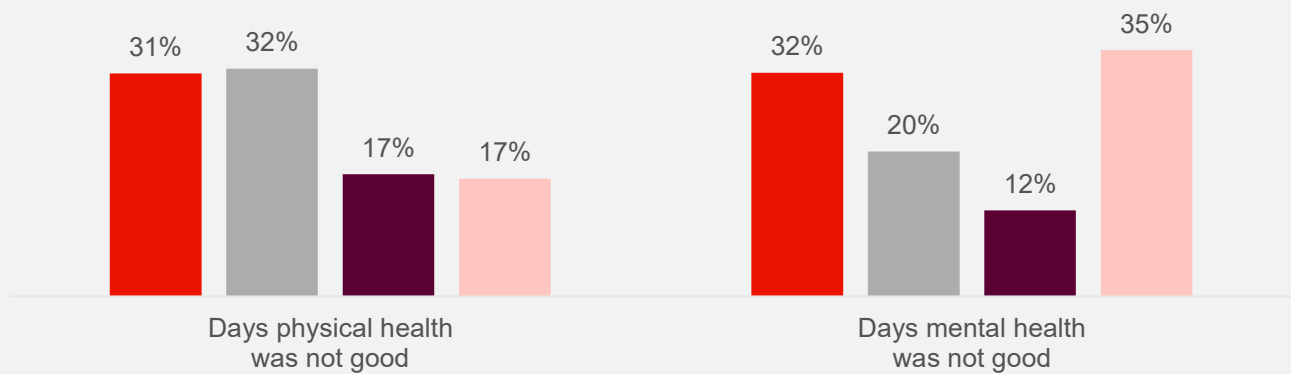
Physical strain



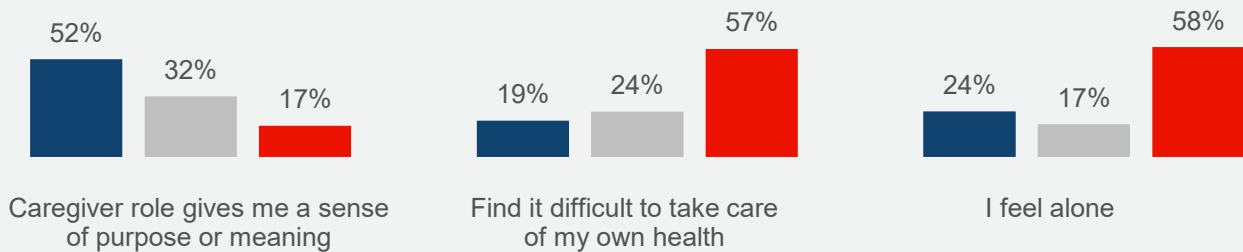
One in six family caregivers experience seven or more days a month of poor physical health. Two in five caregivers (40%) experience high emotional stress while caregiving. One in five (19%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly one quarter (24%) feel alone while caregiving.

Caregivers Healthy Days Measure

0 days 1–3 days 4–6 days 7+ days



Agree Neutral Disagree



Demographic Characteristics of Family Caregivers in North Carolina

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	27%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	15%
Did not graduate from high school	8%	Has health insurance coverage	85%
Graduated from high school	28%	Has been a student while caregiving	8%
Some college or associate's degree	30%	Has a disability or handicap that limits them	16%
Bachelor's degree or higher	34%	Has internet access in home	98%
Marital status		Place of residence	
Married/living with partner	62%	Rural	38%
Single/never married	21%	Urban	35%
Widowed	3%	Suburban	28%
Separated/divorced	13%	Living situation	
Household income		Lives alone	7%
<\$25,000	15%	Lives with others	93%
\$25,000-\$49,999	15%		
\$50,000-\$99,999	35%		
\$100,000+	35%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 114 caregivers in North Carolina, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.9%.

Caregiving in the US 2025: Spotlight on North Dakota



In North Dakota, one quarter of adults (23%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 140,000 adults in North Dakota.

23%* = **140,000**
of adults caregivers

Who Are Family Caregivers in the West North Central* Division?

67%
Women



32%
Men

Caregiver average age is **53** years old



62%

have worked while caregiving

Care recipient average age is **66** years old



42%

care for a parent

31%

are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the West North Central* Division



46%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



39%

report moderate to high levels of emotional stress



36%

receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in the West North Central* Division Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

62%

assist with activities of daily living such as bathing, dressing, and feeding

51%

help with medical and nursing tasks

40%

engage in high-intensity caregiving (more hours and higher complexity of care)

24%

provide at least 40 hours of care per week or constant care

*Due to limited data collection in North Dakota, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about North Dakota's caregivers cannot be presented. The Census Bureau's designation of the West North Central Division includes Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, and South Dakota.

For full methodology, see Methodology Appendix of this report.

Ohio

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

More than 2 million (2,195,000) adults in Ohio provide care to a family member or friend with complex medical conditions or disabilities — a quarter of (24%) adults across the state.

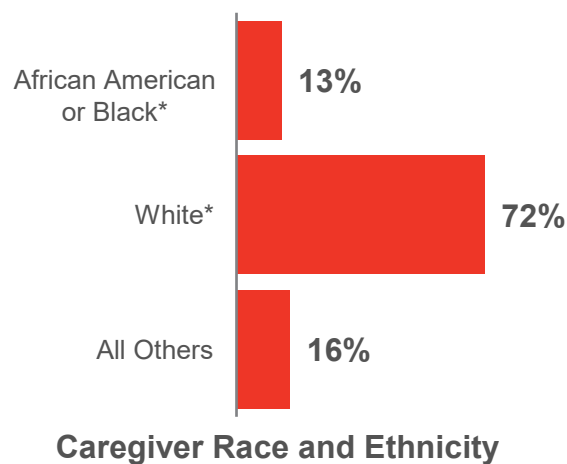
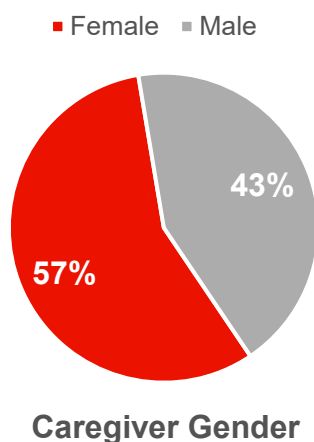
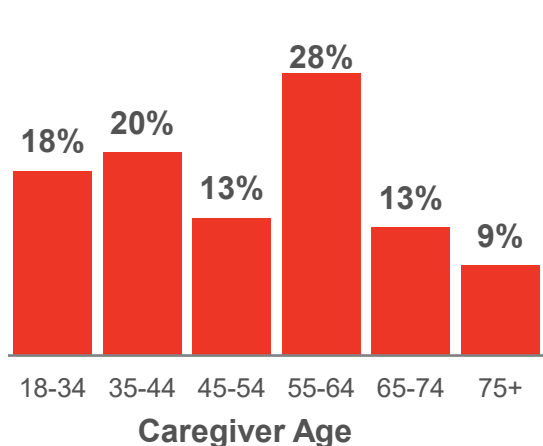
Most family caregivers in Ohio care for an adult (97%) — most often a parent (40%). Sixteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (65%). Three in ten caregivers live in a household with income under \$50,000 (31%). Three in ten caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in six caregivers live with a disability. One in three family caregivers live with their care recipient (35%).

On average, family caregivers are **52 years old** and care for someone **69 years old** in Ohio.

Over half of family caregivers work while also caregiving (54%).

Most family caregivers in Ohio provide care to someone due to a long-term physical condition (55%).

Demographics of Family Caregivers in Ohio



*Non-Hispanic

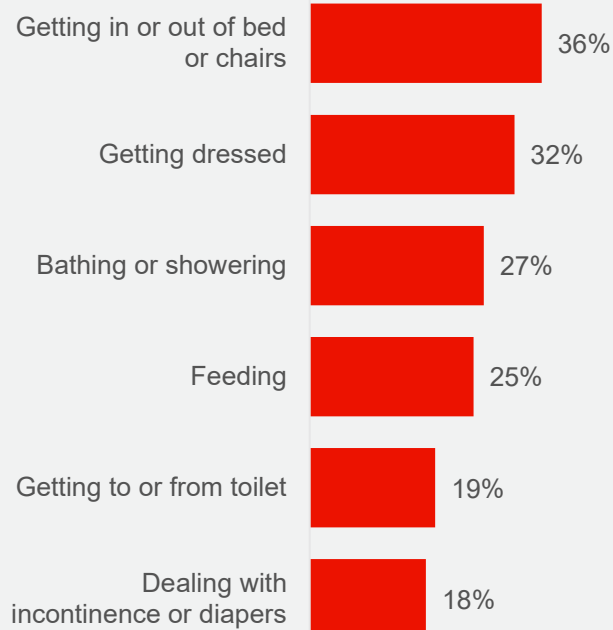
What Family Caregivers Do

Six in ten family caregivers in Ohio (62%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

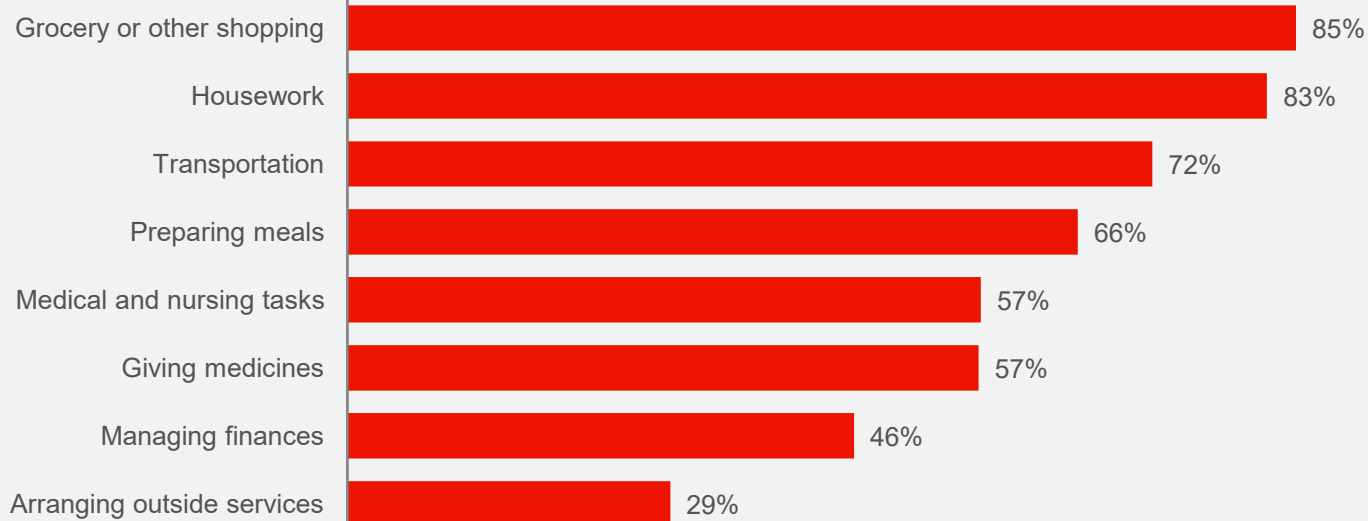
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

10% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Ohio Family Caregivers Help with Many Activities of Daily Living



Ohio Family Caregivers Help with Many Instrumental Activities of Daily Living



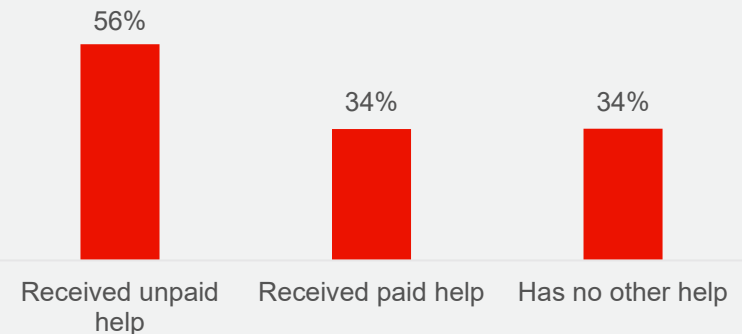
Four in ten family caregivers (41%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

23% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Ohio Family Caregivers Receive



37% of caregivers have been providing care for three years or longer.

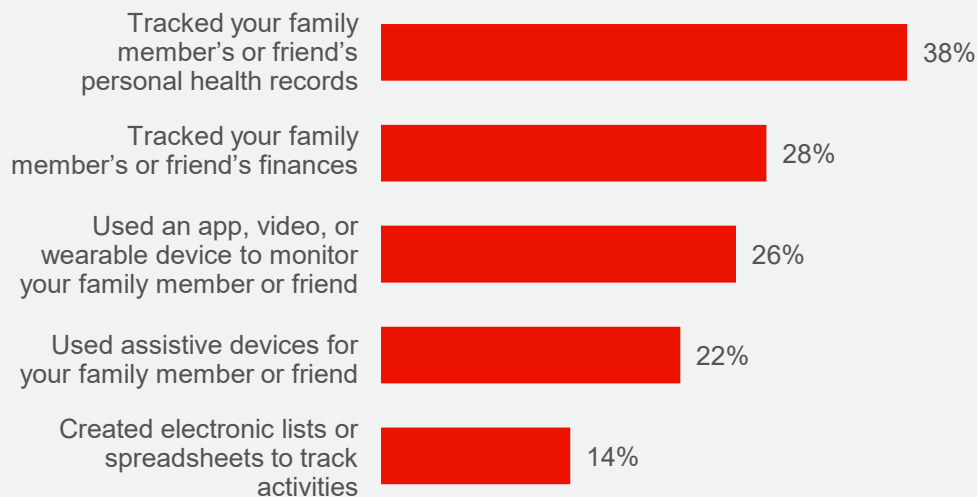
Over half of family caregivers (57%) help with medical and nursing tasks.

Family caregivers in Ohio are key in managing health care:

- 62% monitor the severity of their care recipient's condition.
- 47% communicate with health care professionals about their family member's or friend's care.
- 46% advocate for them with health care providers, community services, or government agencies.

While **one in three (33%) family caregivers** would find respite care helpful, nearly **nine in ten (88%)** have never used such services.

Nearly half of family caregivers (49%) use at least one of the technology solutions asked about in our survey.



Three in ten family caregivers (30%) have been asked by health care providers about care needed for their care recipient, and **13% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (41%) in Ohio have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, using up savings, and borrowing money from family or friends.

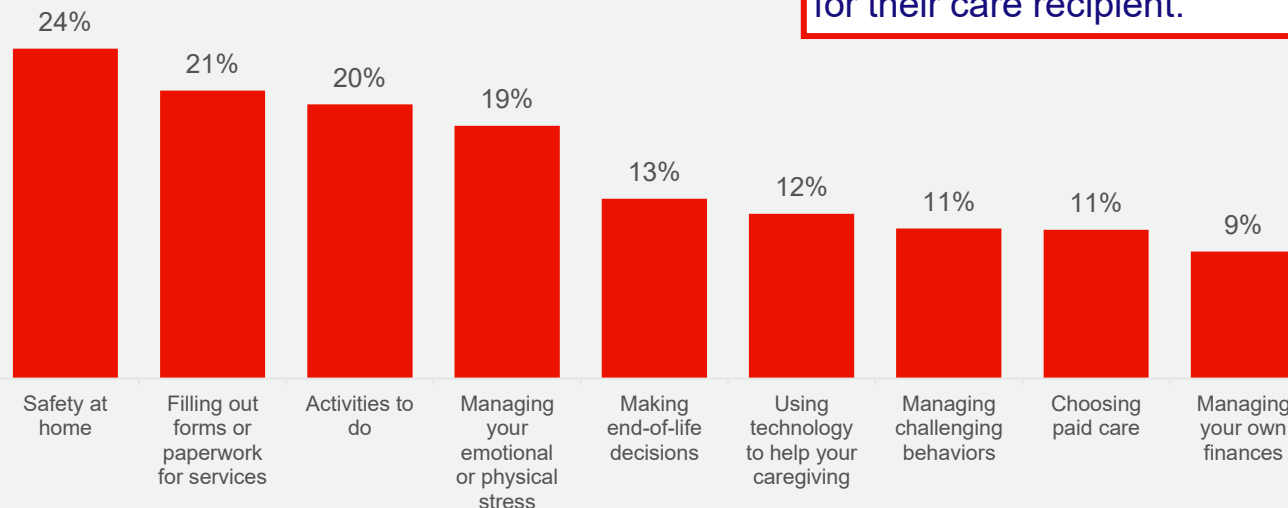
One in six family caregivers (17%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Ohio Family Caregivers

Stopped saving	26%	Could not afford basic expenses	9%
Used up personal short-term savings	18%	Put off retirement	8%
Borrowed money from family/friends	15%	Had to start working or work more	8%
Took on more debt	14%	Moved to less expensive home	4%
Left bills unpaid or paid late	13%	Missed/late paying student loan	4%
Used long-term savings	10%	Filed for bankruptcy	3%

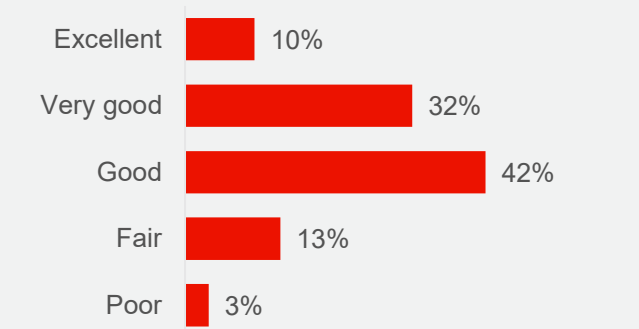
Information Needs of Family Caregivers

Three in ten family caregivers (31%) have made home modifications to make things easier for their care recipient.

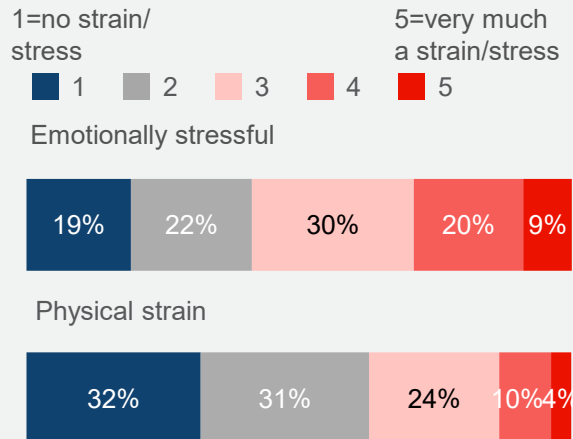


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

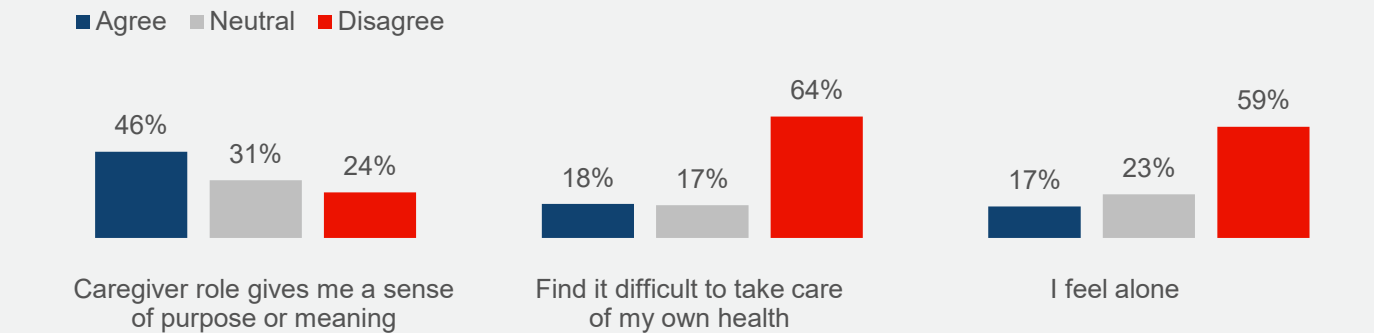
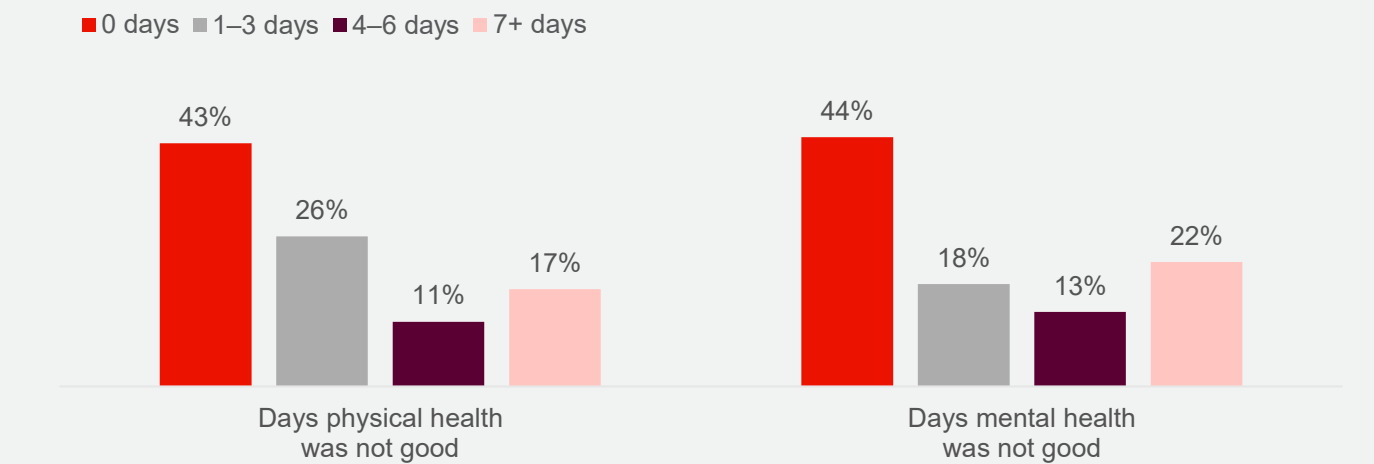


Stress and Strain Felt by Ohio Caregivers



One in six family caregivers experience seven or more days a month of poor physical health. Three in ten caregivers (29%) experience high emotional stress while caregiving. Nearly one in five (18%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One in six (17%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Ohio

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Served in US Armed Forces	4%
Education		Cares for someone who served in the US Armed Forces	11%
Did not graduate from high school	10%	Has health insurance coverage	95%
Graduated from high school	32%	Has been a student while caregiving	5%
Some college or associate's degree	28%	Has a disability or handicap that limits them	16%
Bachelor's degree or higher	31%	Has internet access in home	96%
Marital status		Place of residence	
Married/living with partner	65%	Rural	20%
Single/never married	19%	Urban	32%
Widowed	3%	Suburban	48%
Separated/divorced	13%	Living situation	
Household income		Lives alone	14%
<\$25,000	15%	Lives with others	86%
\$25,000-\$49,999	16%		
\$50,000-\$99,999	37%		
\$100,000+	32%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 107 caregivers in Ohio, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.3%.

Oklahoma

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

More than half a million (835,000) adults in Oklahoma provide care to a family member or friend with complex medical conditions or disabilities — one quarter (27%) of adults across the state.

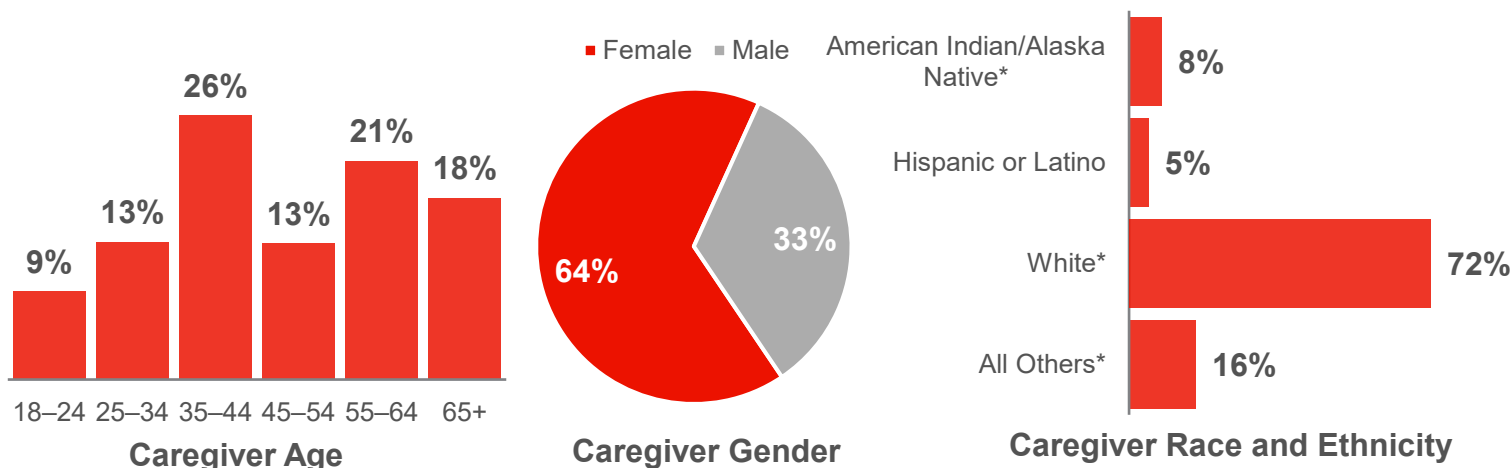
Most family caregivers in Oklahoma care for an adult (93%) — often a parent (39%). Eighteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (68%). One in four caregivers live in a household with income under \$50,000 (24%). One quarter of caregivers (25%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Additionally, one in four caregivers live with a disability. One-third of family caregivers live with their care recipient (35%).

On average, family caregivers are **48 years old** and care for someone **64 years old** in Oklahoma.

Half of family caregivers work while also caregiving (53%).

Most family caregivers in Oklahoma provide care to someone due to a long-term physical condition (61%).

Demographics of Family Caregivers in Oklahoma



*Non-Hispanic

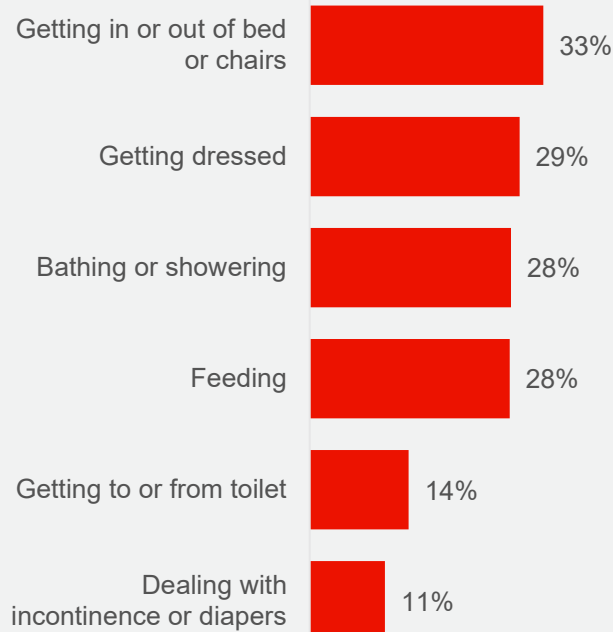
What Family Caregivers Do

Over half of family caregivers in Oklahoma (55%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

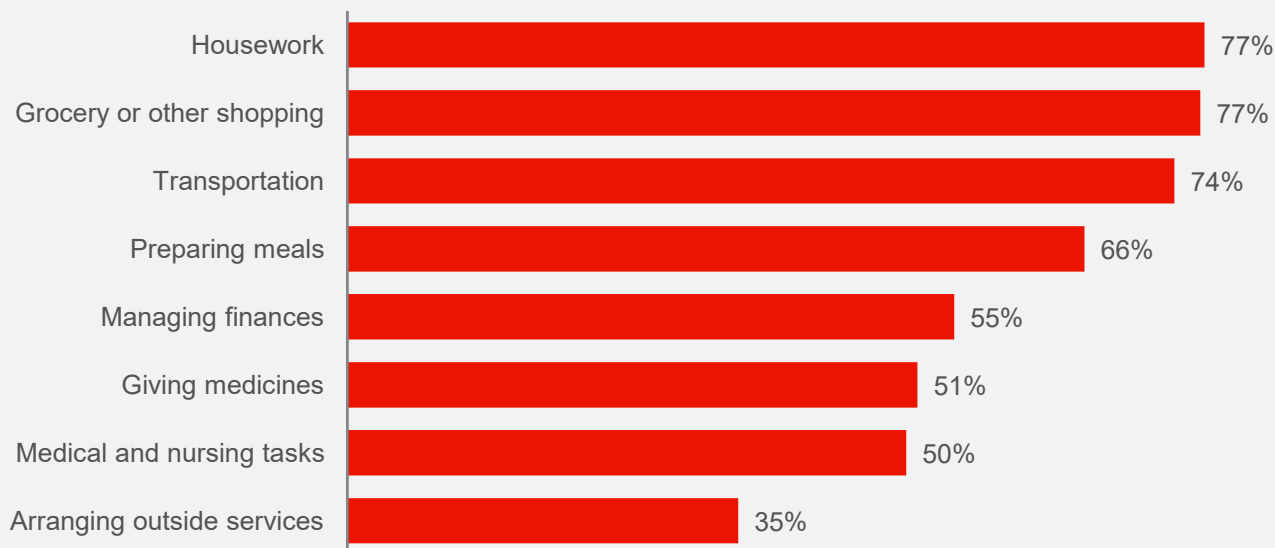
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

15% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Oklahoma Family Caregivers Help with Many Activities of Daily Living



Oklahoma Family Caregivers Help with Many Instrumental Activities of Daily Living



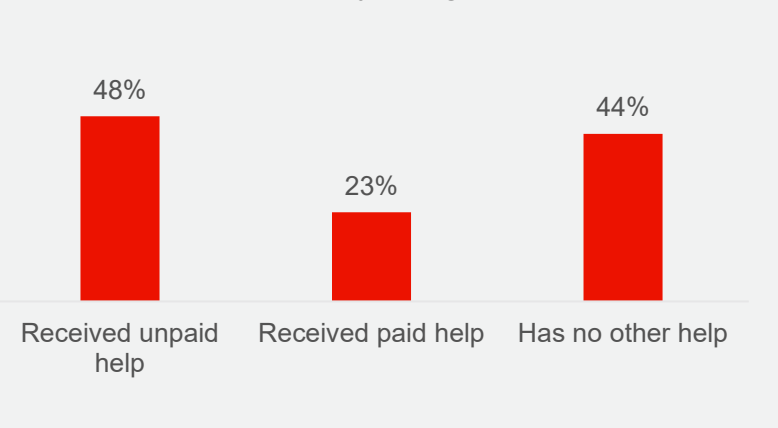
Nearly half of family caregivers (48%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

36% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Oklahoma Family Caregivers Receive



40% of caregivers have been providing care for three years or longer.

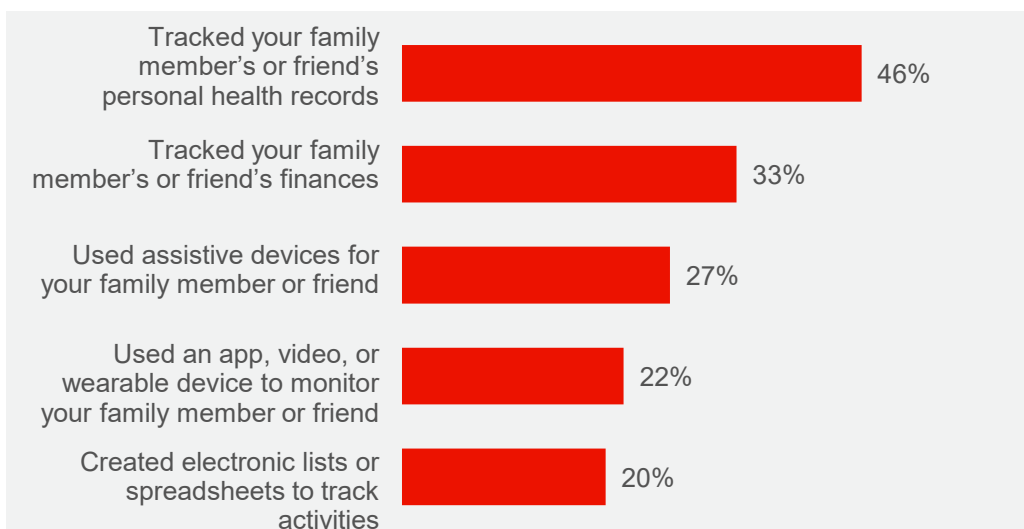
Half of family caregivers (50%) help with medical and nursing tasks.

Family caregivers in Oklahoma are key in managing health care:

- 73% monitor the severity of their care recipient's condition.
- 60% communicate with health care professionals about their family member's or friend's care.
- 60% advocate for them with health care providers, community services, or government agencies.

While **one-third (32%) of family caregivers** would find respite care helpful, **over eight in ten (84%)** have never used such services.

Two-thirds of family caregivers (67%) use at least one of the technology solutions asked about in our survey.



Nearly one in five family caregivers (17%) have been asked by health care providers about care needed for their care recipient, and **11% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (47%) in Oklahoma have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, leaving bills unpaid, and taking on more debt.

One-third of family caregivers (35%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Oklahoma Family Caregivers

Stopped saving	33%	Had to start working or work more	21%
Left bills unpaid or paid late	32%	Used long-term savings	17%
Took on more debt	28%	Put off retirement	14%
Used up personal short-term savings	27%	Moved to less expensive home	8%
Could not afford basic expenses	24%	Missed/late paying student loan	5%
Borrowed money from family/friends	23%	Was evicted or home foreclosed	3%

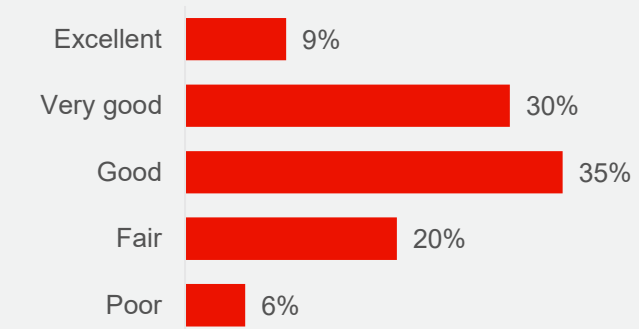
Information Needs of Family Caregivers

Nearly four in ten family caregivers (38%) have made home modifications to make things easier for their care recipient.

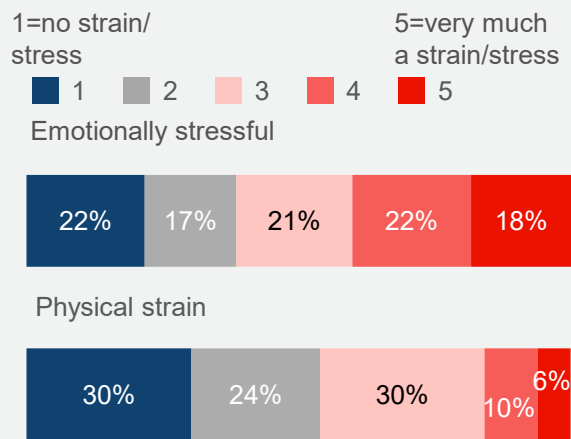


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

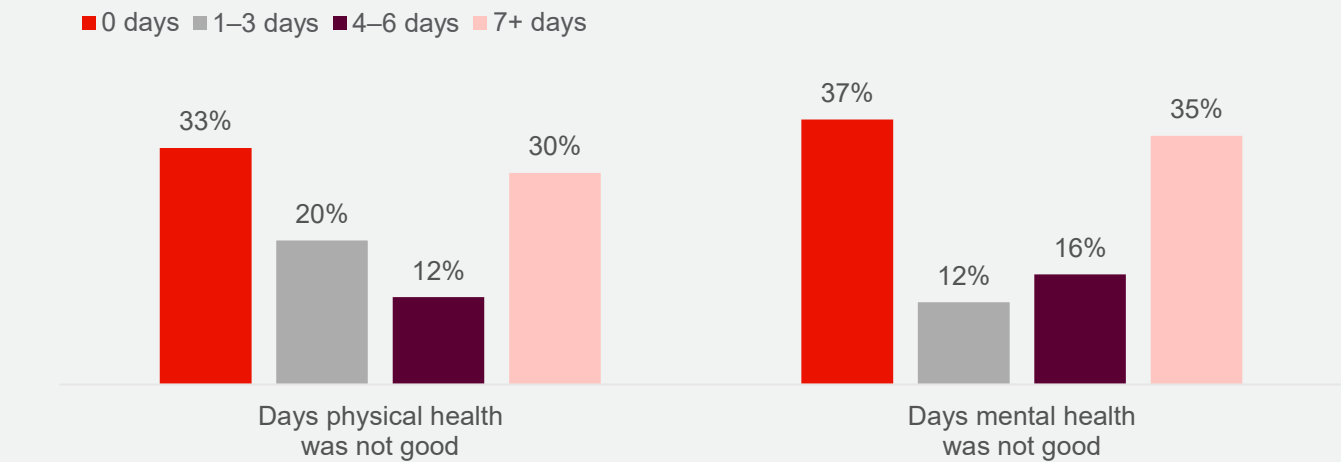


Stress and Strain Felt by Oklahoma Caregivers

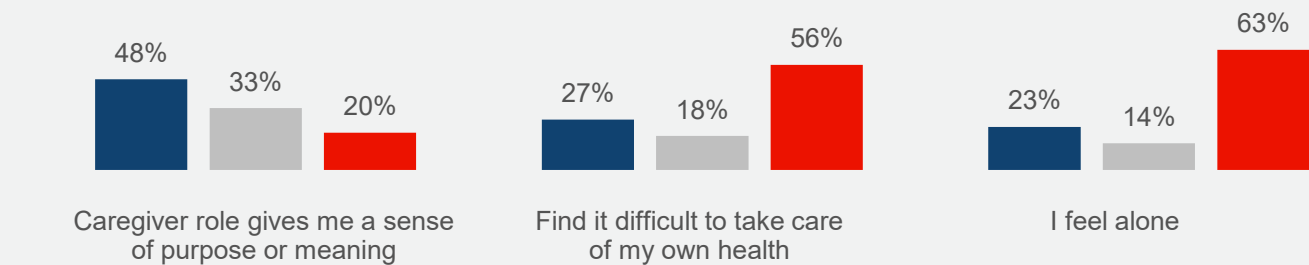


Three in ten family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (40%) experience high emotional stress while caregiving. One quarter (27%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly one quarter (23%) feel alone while caregiving.

Caregivers Healthy Days Measure



Agree Neutral Disagree



Demographic Characteristics of Family Caregivers in Oklahoma

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	25%	Served in US Armed Forces	15%
Education		Cares for someone who served in the US Armed Forces	18%
Did not graduate from high school	14%	Has health insurance coverage	84%
Graduated from high school	28%	Has been a student while caregiving	12%
Some college or associate's degree	35%	Has a disability or handicap that limits them	24%
Bachelor's degree or higher	23%	Has internet access in home	90%
Marital status		Place of residence	
Married/living with partner	68%	Rural	38%
Single/never married	18%	Urban	35%
Widowed	3%	Suburban	28%
Separated/divorced	10%	Living situation	
Household income		Lives alone	5%
<\$25,000	17%	Lives with others	95%
\$25,000-\$49,999	7%		
\$50,000-\$99,999	37%		
\$100,000+	39%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 124 caregivers in Oklahoma; 112 caregivers were sampled from Ipsos' national, probability-based online Knowledge Panel® and 12 were sampled from opt-in non-probability panels. The margin of sampling error is ±11.9%.

Oregon

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

Over half a million (790,000) adults in Oregon provide care to a family member or friend with complex medical conditions or disabilities — nearly one in four (23%) adults across the state.

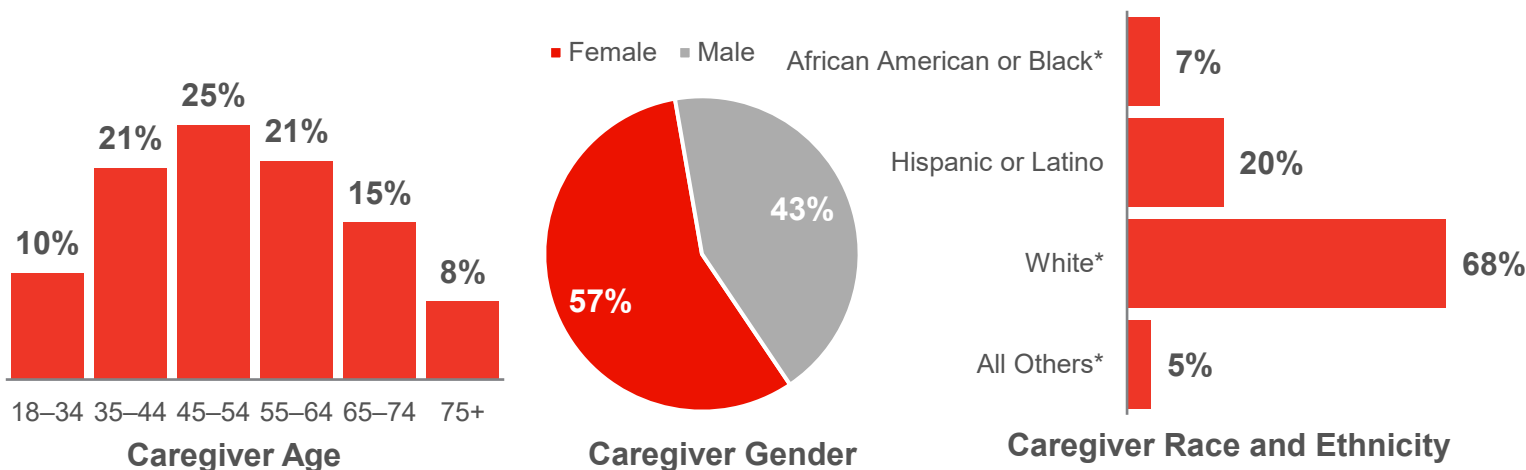
Most family caregivers in Oregon care for an adult (93%) — most often a parent (47%). Thirteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (68%). Over one in three caregivers live in a household with income under \$50,000 (37%). A quarter of caregivers (25%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. Nearly half of family caregivers live with their care recipient (45%).

On average, family caregivers are **53 years old** and care for someone **64 years old** in Oregon.

Six in ten family caregivers work while also caregiving (62%).

Most family caregivers in Oregon provide care to someone due to a long-term physical condition (64%).

Demographics of Family Caregivers in Oregon



*Non-Hispanic

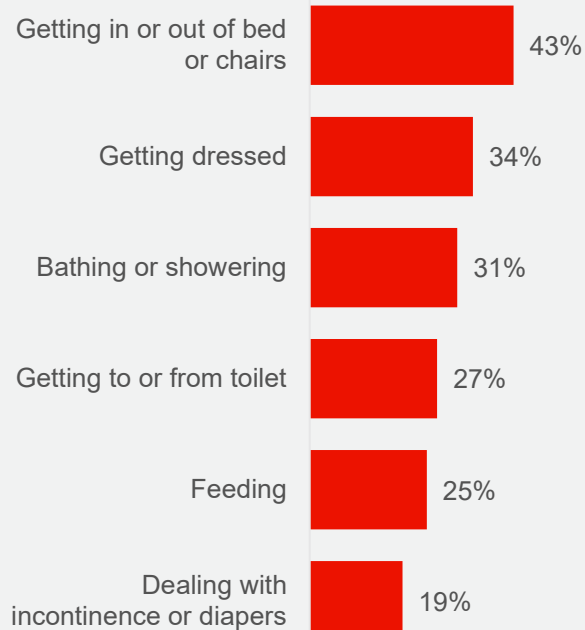
What Family Caregivers Do

Six in ten family caregivers in Oregon (58%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

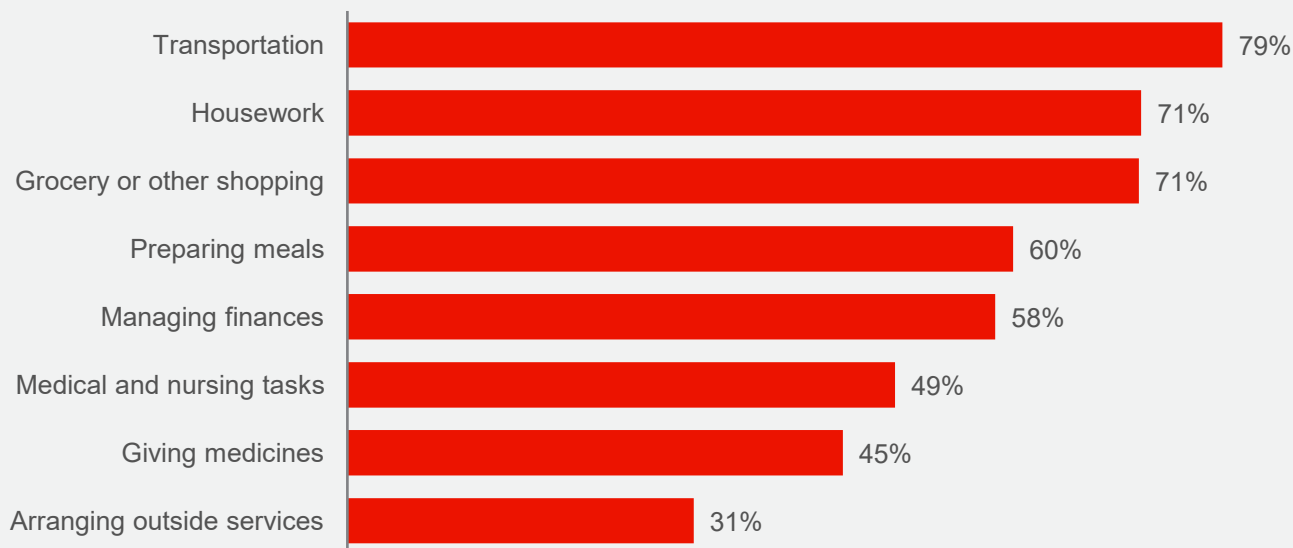
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

14% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Oregon Family Caregivers Help with Many Activities of Daily Living



Oregon Family Caregivers Help with Many Instrumental Activities of Daily Living



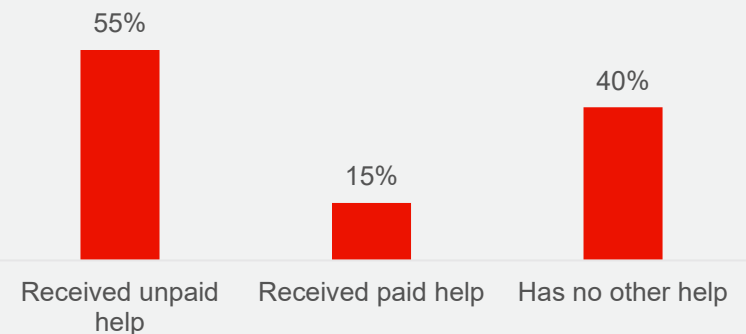
Nearly four in ten family caregivers (38%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

31% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Oregon Family Caregivers Receive



45% of caregivers have been providing care for three years or longer.

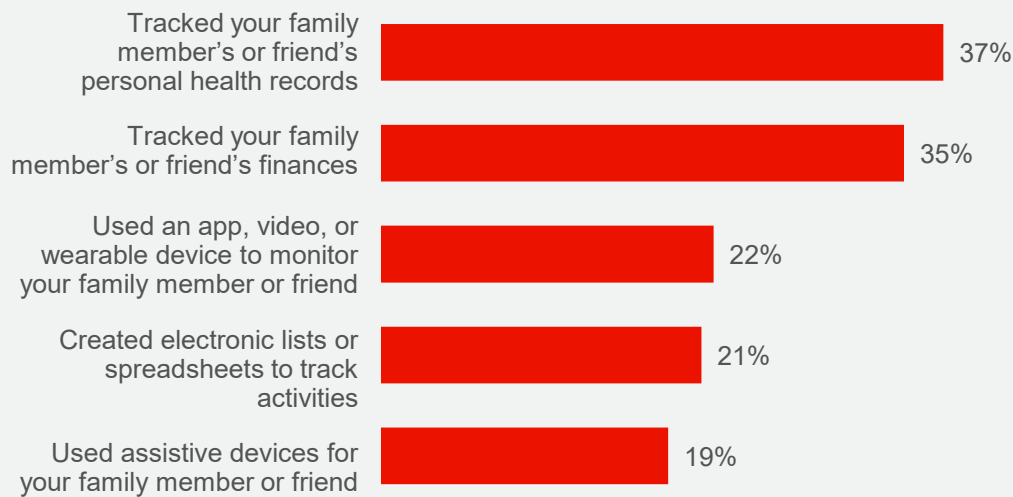
Nearly half of family caregivers (49%) help with medical and nursing tasks.

Family caregivers in Oregon are key in managing health care:

- 72% monitor the severity of their care recipient's condition.
- 63% communicate with health care professionals about their family member's or friend's care.
- 63% advocate for them with health care providers, community services, or government agencies.

While nearly **half (45%) of family caregivers** would find respite care helpful, **eight in ten (81%)** have never used such services.

Two in three family caregivers (67%) use at least one of the technology solutions asked about in our survey.



One in four family caregivers (26%) have been asked by health care providers about care needed for their care recipient, and **9% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (43%) in Oregon 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.

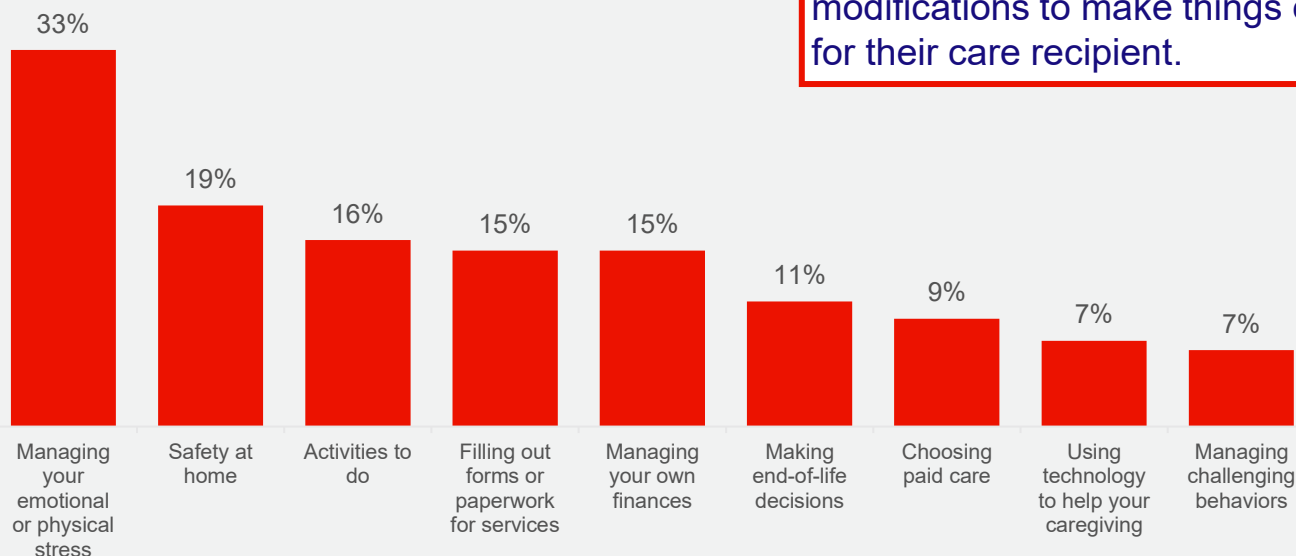
One in five family caregivers (22%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Oregon Family Caregivers

Stopped saving	28%	Borrowed money from family/friends	11%
Used up personal short-term savings	26%	Put off retirement	9%
Took on more debt	18%	Used long-term savings	8%
Left bills unpaid or paid late	17%	Missed/late paying student loan	8%
Could not afford basic expenses	14%	Moved to less expensive home	8%
Had to start working or work more	14%		

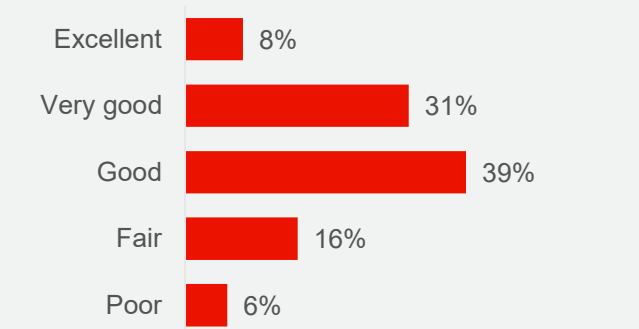
Information Needs of Family Caregivers

Four in ten family caregivers (42%) have made home modifications to make things easier for their care recipient.

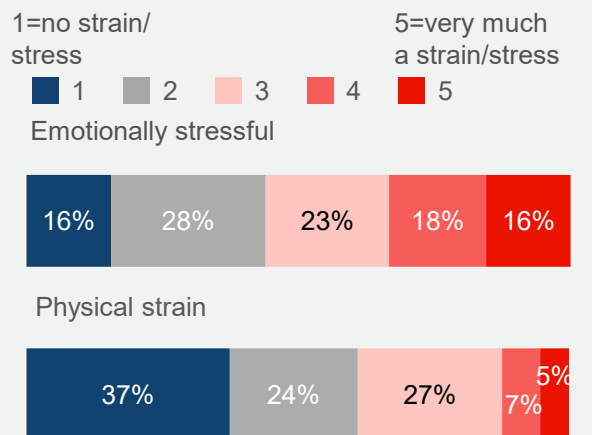


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

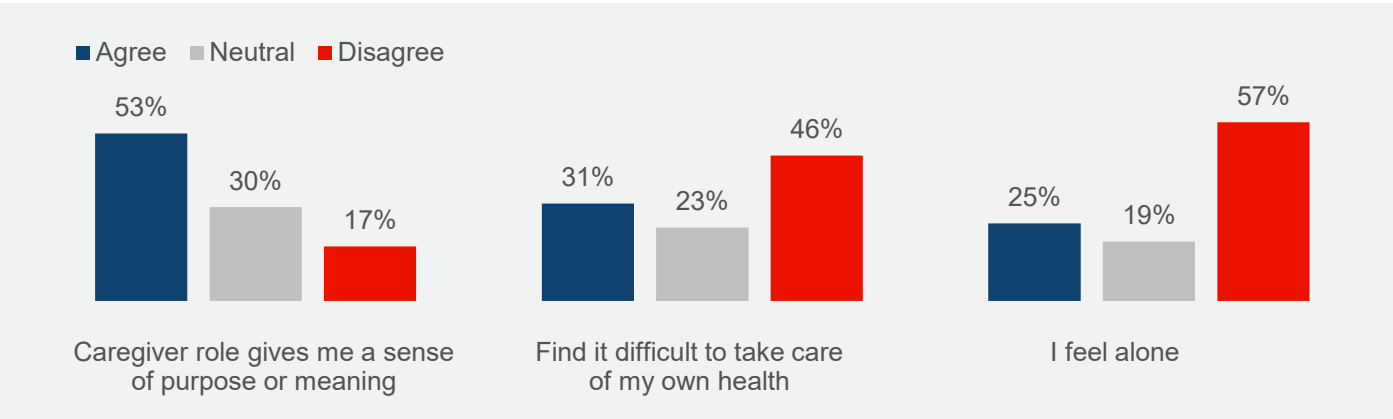
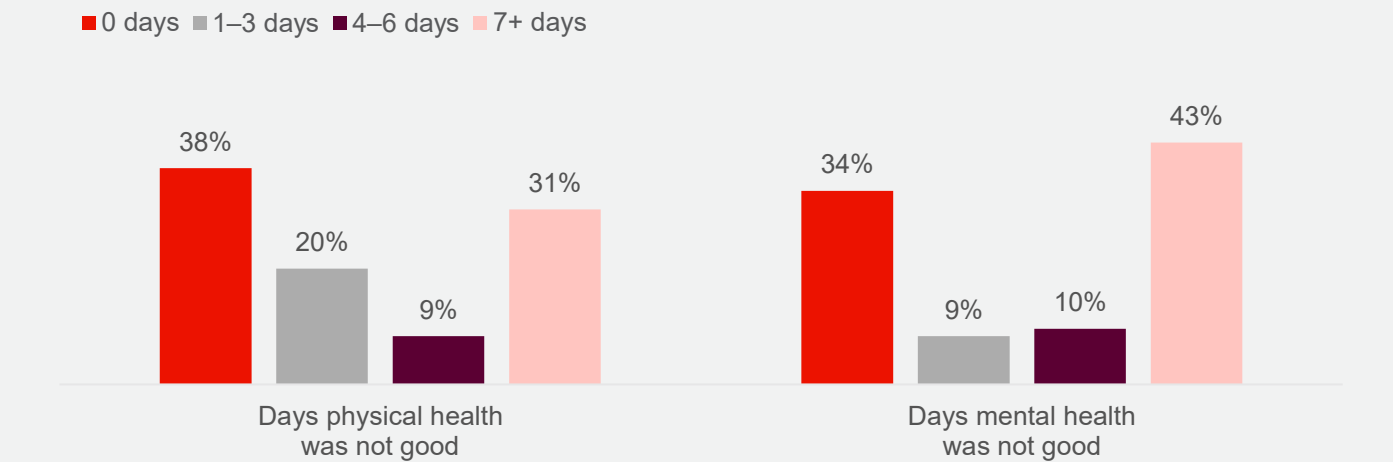


Stress and Strain Felt by Oregon Caregivers



Three in ten family caregivers experience seven or more days a month of poor physical health. One in three caregivers (33%) experience high emotional stress while caregiving. Three in ten (31%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (25%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Oregon

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	25%	Served in US Armed Forces	13%
Education		Cares for someone who served in the US Armed Forces	14%
Did not graduate from high school	6%	Has health insurance coverage	91%
Graduated from high school	27%	Has been a student while caregiving	11%
Some college or associate's degree	34%	Has a disability or handicap that limits them	22%
Bachelor's degree or higher	33%	Has internet access in home	90%
Marital status		Place of residence	
Married/living with partner	68%	Rural	16%
Single/never married	14%	Urban	50%
Widowed	3%	Suburban	34%
Separated/divorced	12%	Living situation	
Household income		Lives alone	7%
<\$25,000	20%	Lives with others	93%
\$25,000-\$49,999	17%		
\$50,000-\$99,999	24%		
\$100,000+	39%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 135 caregivers in Oregon, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.7%.

Pennsylvania

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

More than 2 million (2,388,000) adults in Pennsylvania provide care to a family member or friend with complex medical conditions or disabilities — nearly one quarter (23%) of adults across the state.

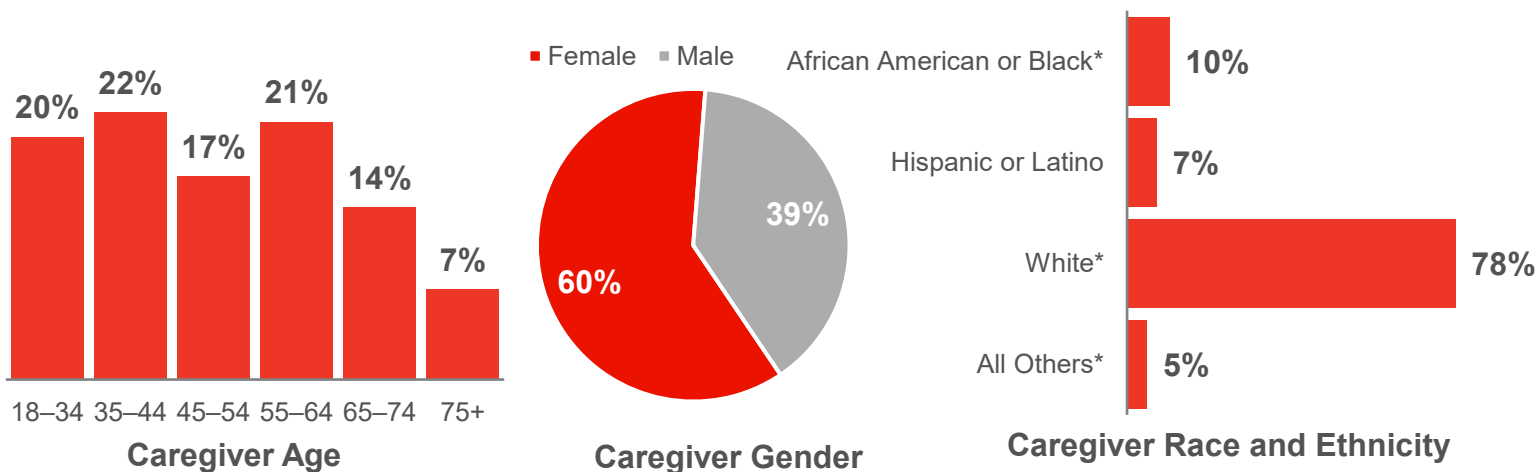
Most family caregivers in Pennsylvania care for an adult (92%) — most often a parent (38%). Fifteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (67%). One quarter of caregivers live in a household with income under \$50,000 (24%). One-third of caregivers (34%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in ten caregivers live with a disability. Four in ten family caregivers live with their care recipient (42%).

On average, family caregivers are **50 years old** and care for someone **65 years old** in Pennsylvania.

Seven in ten family caregivers work while also caregiving (70%).

Most family caregivers in Pennsylvania provide care to someone due to a long-term physical condition (57%).

Demographics of Family Caregivers in Pennsylvania



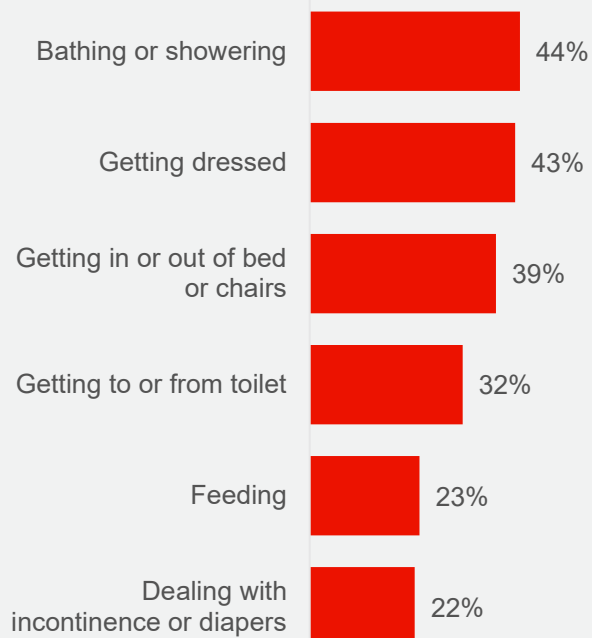
What Family Caregivers Do

Two-thirds of family caregivers in Pennsylvania (64%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

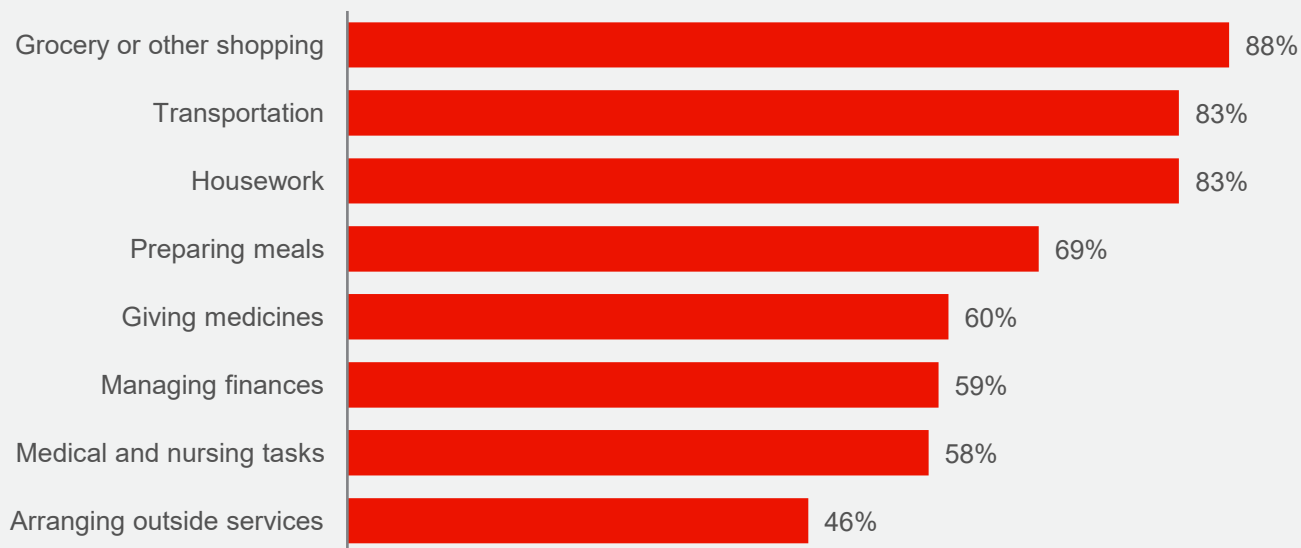
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

9% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Pennsylvania Family Caregivers Help with Many Activities of Daily Living



Pennsylvania Family Caregivers Help with Many Instrumental Activities of Daily Living



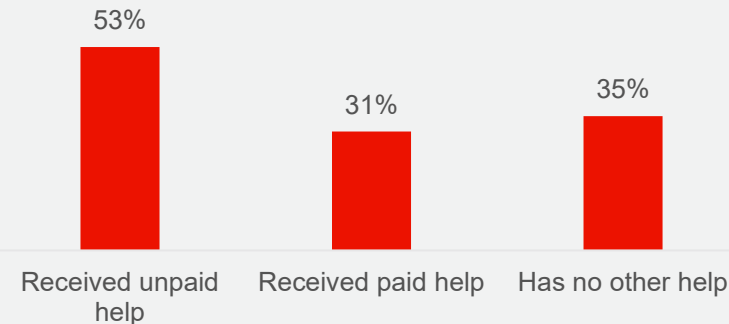
Nearly half of family caregivers (46%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

32% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Pennsylvania Family Caregivers Receive



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

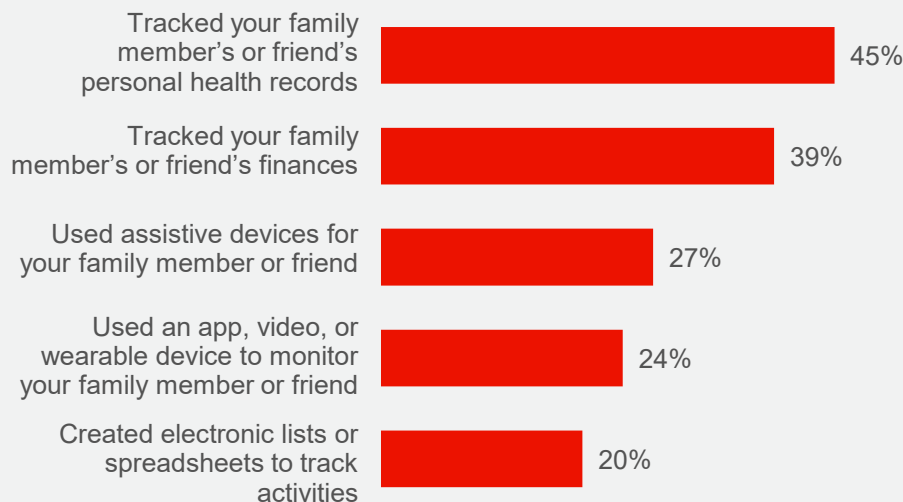
Over half of family caregivers (58%) help with medical and nursing tasks.

Family caregivers in Pennsylvania are key in managing health care:

- 74% monitor the severity of their care recipient's condition.
- 73% communicate with health care professionals about their family member's or friend's care.
- 58% advocate for them with health care providers, community services, or government agencies.

While **four in ten (39%) family caregivers** would find respite care helpful, **nine in ten (90%)** have never used such services.

Two-thirds of family caregivers (67%) use at least one of the technology solutions asked about in our survey.



Three in ten family caregivers (31%) have been asked by health care providers about care needed for their care recipient, and **21% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (39%) in Pennsylvania have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, using up savings, and borrowing money from family or friends.

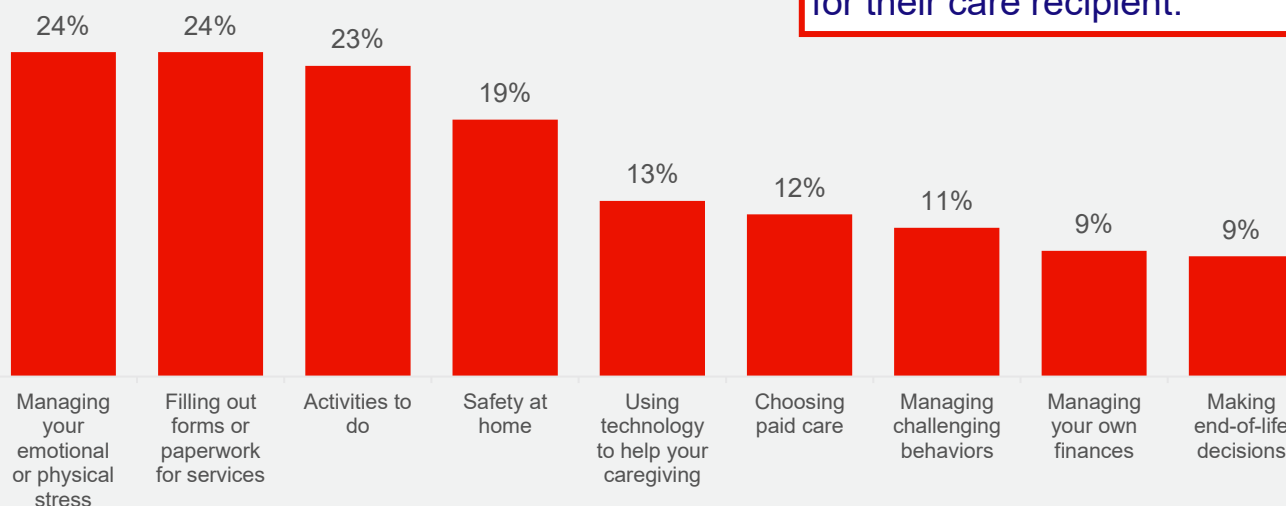
One in four family caregivers (27%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Pennsylvania Family Caregivers

Stopped saving	28%	Could not afford basic expenses	13%
Used up personal short-term savings	25%	Used long-term savings	12%
Borrowed money from family/friends	22%	Put off retirement	8%
Left bills unpaid or paid late	20%	Moved to less expensive home	8%
Took on more debt	18%	Was evicted or home foreclosed	3%
Had to start working or work more	13%		

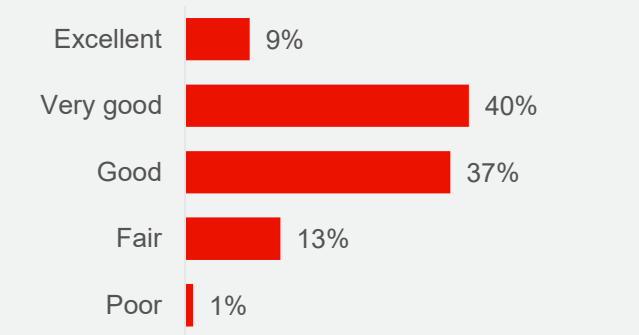
Information Needs of Family Caregivers

Nearly half of family caregivers (46%) have made home modifications to make things easier for their care recipient.

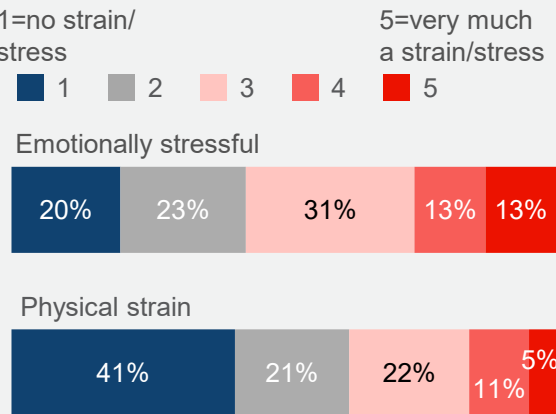


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

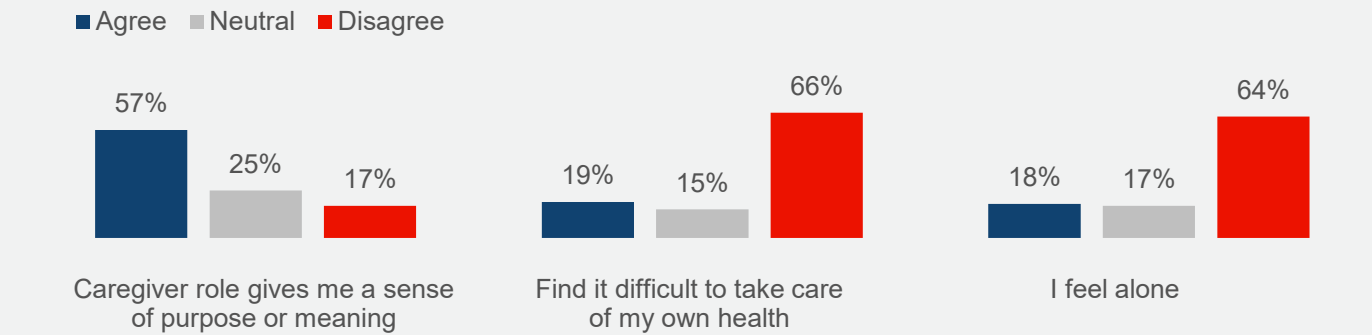
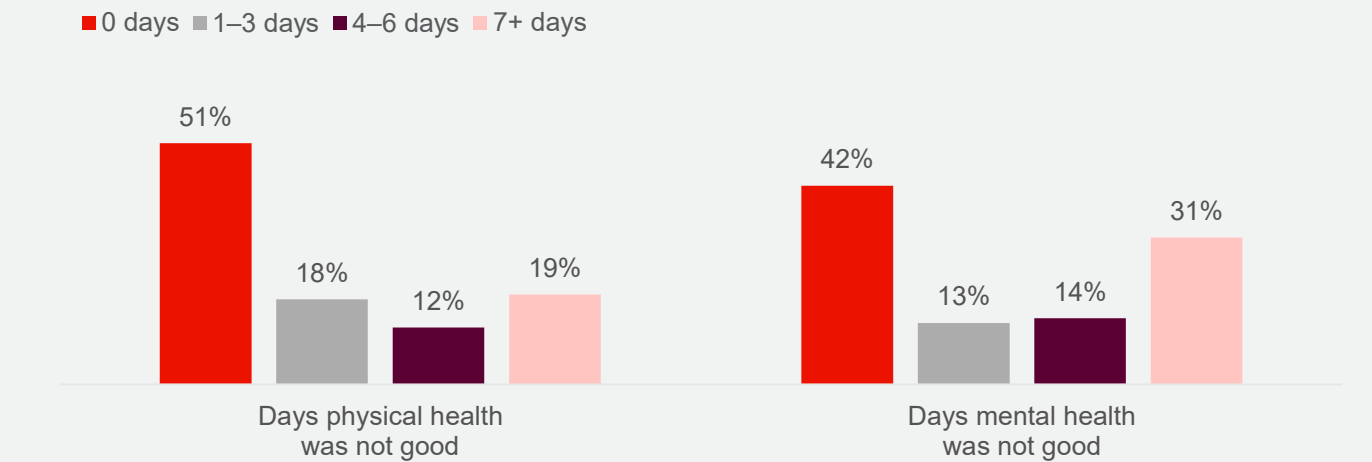


Stress and Strain Felt by Pennsylvania Caregivers



Two in ten family caregivers experience seven or more days a month of poor physical health. One quarter of caregivers (26%) experience high emotional stress while caregiving. One in five (19%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Eighteen percent (18%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Pennsylvania

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	34%	Served in US Armed Forces	9%
Education		Cares for someone who served in the US Armed Forces	15%
Did not graduate from high school	7%	Has health insurance coverage	93%
Graduated from high school	30%	Has been a student while caregiving	12%
Some college or associate's degree	31%	Has a disability or handicap that limits them	10%
Bachelor's degree or higher	32%	Has internet access in home	93%
Marital status		Place of residence	
Married/living with partner	67%	Rural	31%
Single/never married	16%	Urban	22%
Widowed	7%	Suburban	48%
Separated/divorced	9%	Living situation	
Household income		Lives alone	4%
<\$25,000	8%	Lives with others	96%
\$25,000-\$49,999	16%		
\$50,000-\$99,999	30%		
\$100,000+	46%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 113 caregivers in Pennsylvania, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.1%.

Caregiving in the US 2025: Spotlight on Rhode Island



In Rhode Island, one quarter of adults (23%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 206,000 adults in Rhode Island.

23%* = **206,000**
of adults caregivers

Who Are Family Caregivers in New England*?

59% Women **40%** Men



Caregiver average age is **52** years old



70% have worked while caregiving

Care recipient average age is **70** years old



52% care for a parent

26% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in New England*



44% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



43% report moderate to high levels of emotional stress



31% receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in New England* Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

65%

assist with activities of daily living such as bathing, dressing, and feeding

55%

help with medical and nursing tasks

40%

engage in high-intensity caregiving (more hours and higher complexity of care)

19%

provide at least 40 hours of care per week or constant care

*Due to limited data collection in Rhode Island, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Rhode Island's caregivers cannot be presented. The Census Bureau's designation of the New England Division includes Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

For full methodology, see Methodology Appendix of this report.

South Carolina

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

More than 1 million (1,093,000) adults in South Carolina provide care to a family member or friend with complex medical conditions or disabilities — one in four (26%) adults across the state.

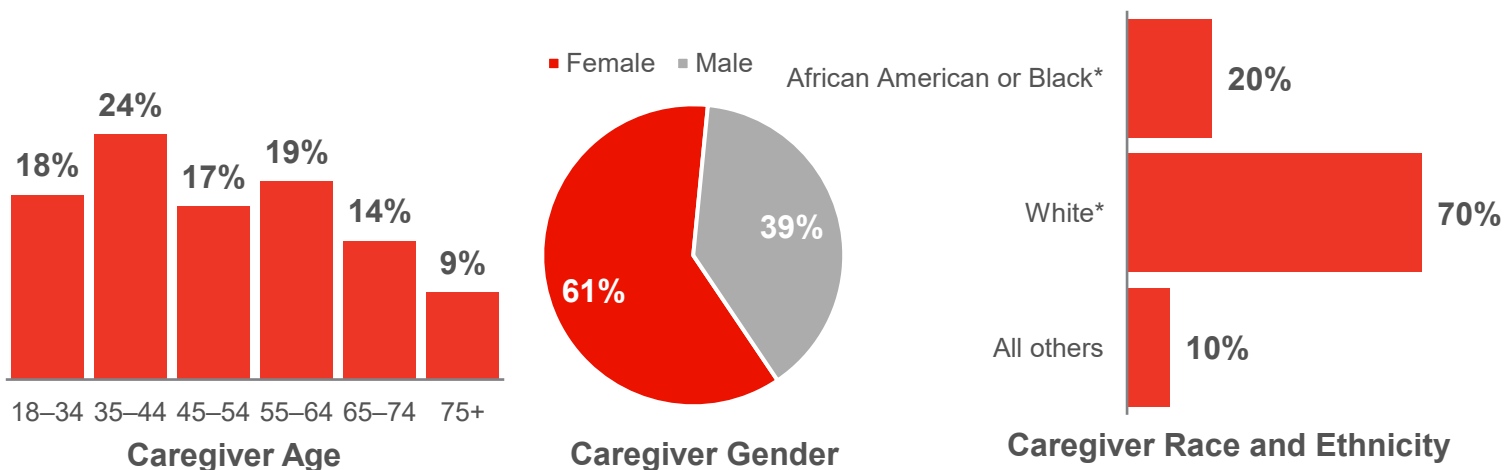
Most family caregivers in South Carolina care for an adult (97%) — most often a parent (44%). Fourteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (59%). Over one in three caregivers live in a household with income under \$50,000 (37%). Three in ten caregivers (28%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Nearly one in five caregivers live with a disability. Almost half of family caregivers live with their care recipient (44%).

On average, family caregivers are **50 years old** and care for someone **69 years old** in South Carolina.

Nearly half of family caregivers work while also caregiving (47%).

Most family caregivers in South Carolina provide care to someone due to a long-term physical condition (60%).

Demographics of Family Caregivers in South Carolina



*Non-Hispanic

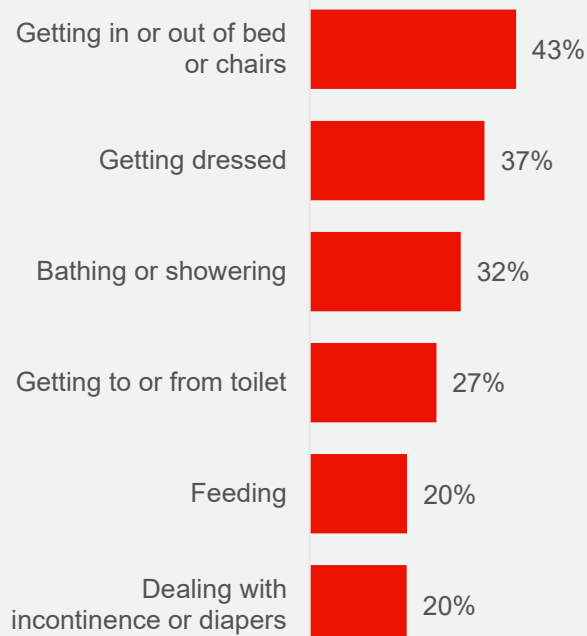
What Family Caregivers Do

Six in ten family caregivers in South Carolina (62%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

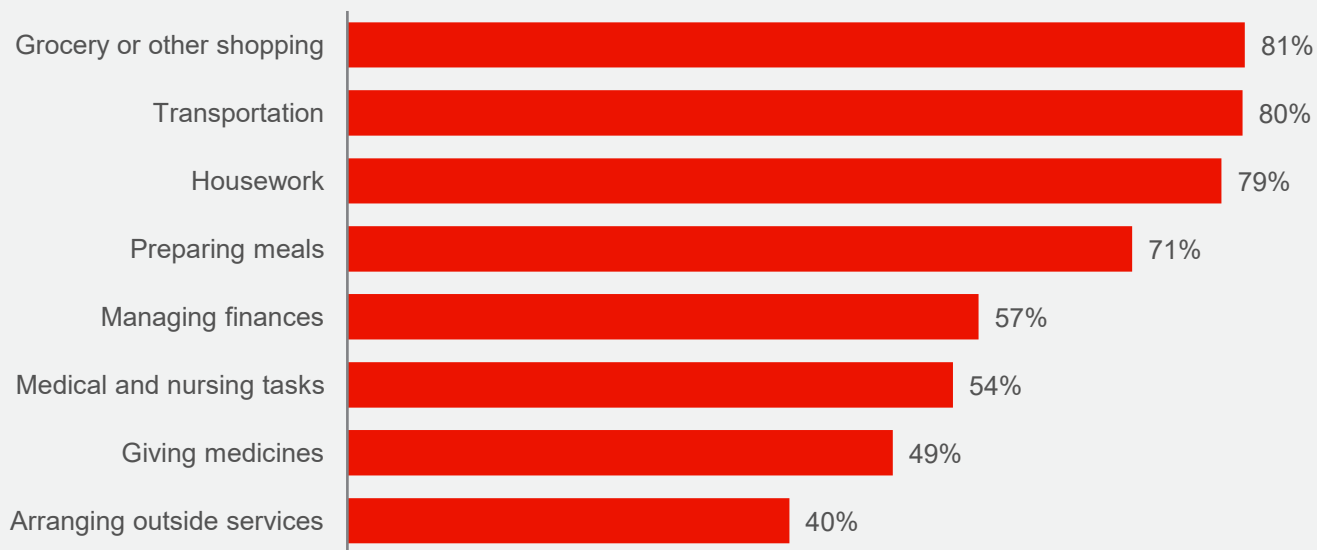
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

9% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

South Carolina Family Caregivers Help with Many Activities of Daily Living



South Carolina Family Caregivers Help with Many Instrumental Activities of Daily Living



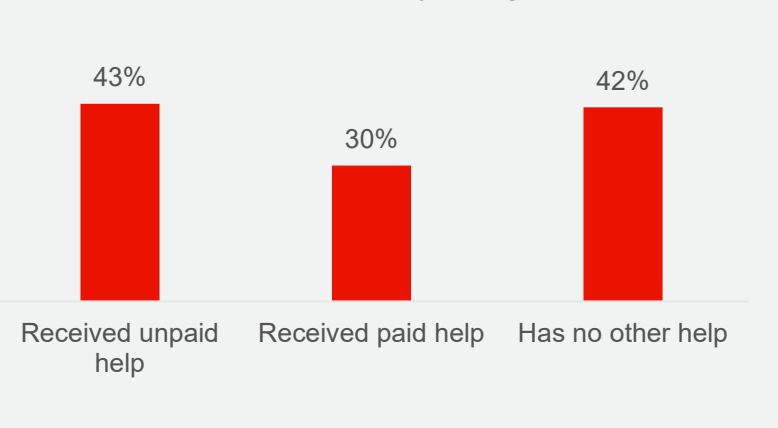
Half of family caregivers (50%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

31% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That South Carolina Family Caregivers Receive



40% of caregivers have been providing care for three years or longer.

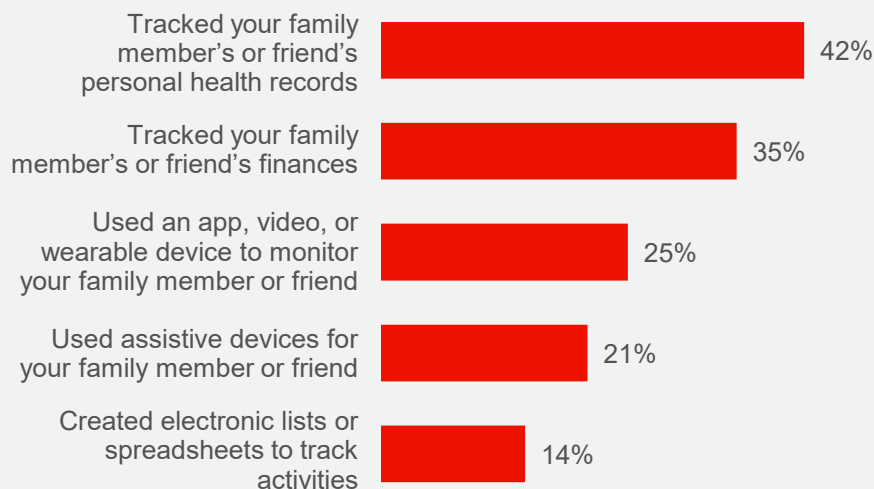
Over half of family caregivers (54%) help with medical and nursing tasks.

Family caregivers in South Carolina are key in managing health care:

- 80% monitor the severity of their care recipient's condition.
- 71% advocate for them with health care providers, community services, or government agencies.
- 70% communicate with health care professionals about their family member's or friend's care.

While **four in ten (40%) family caregivers** would find respite care helpful, **nine in ten (93%)** have never used such services.

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



One in five family caregivers (22%) have been asked by health care providers about care needed for their care recipient, and **16% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Half of family caregivers (50%) in South Carolina 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.

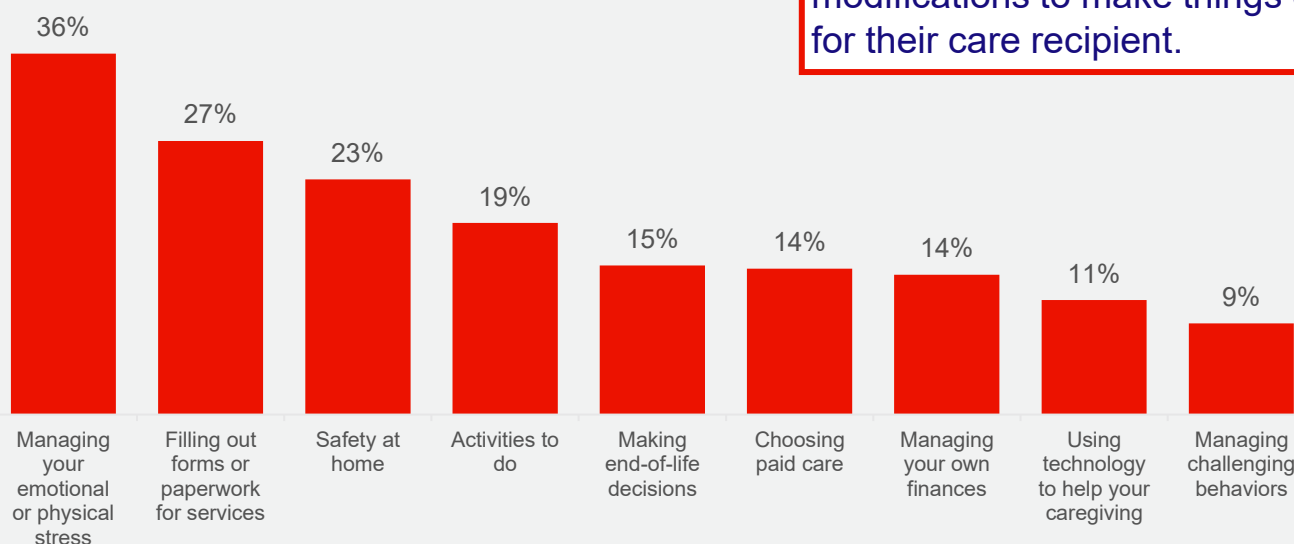
One in three family caregivers (33%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by South Carolina Family Caregivers

Stopped saving	39%	Used long-term savings	15%
Used up personal short-term savings	31%	Moved to less expensive home	9%
Took on more debt	23%	Put off retirement	9%
Left bills unpaid or paid late	19%	Had to start working or work more	7%
Borrowed money from family/friends	19%	Missed/late paying student loan	4%
Could not afford basic expenses	16%		

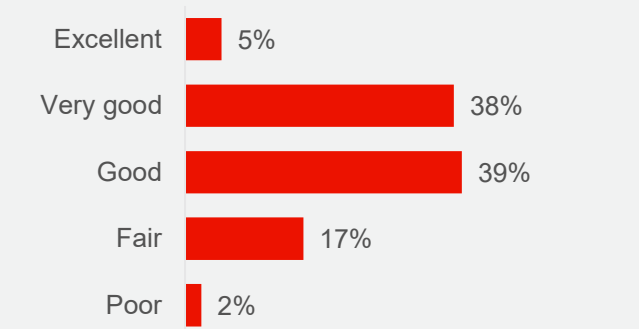
Information Needs of Family Caregivers

One in three family caregivers (32%) have made home modifications to make things easier for their care recipient.



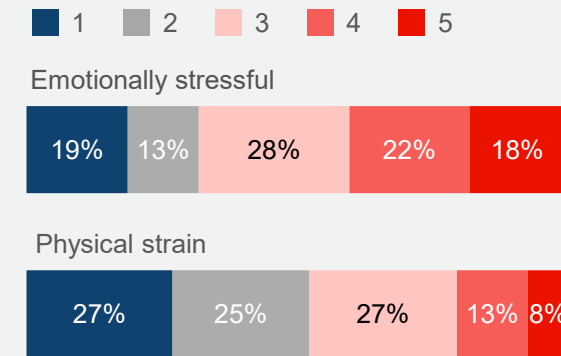
Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers



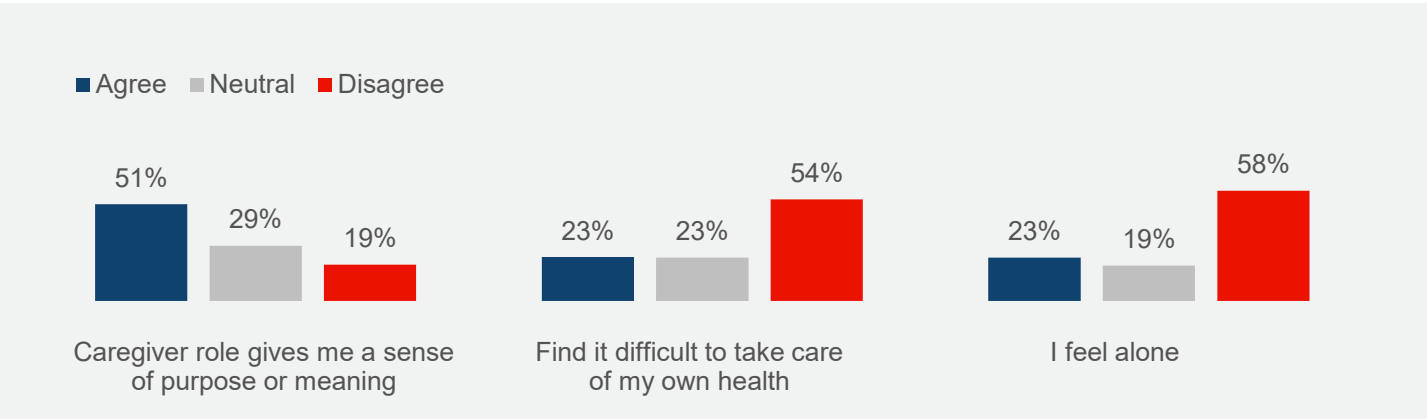
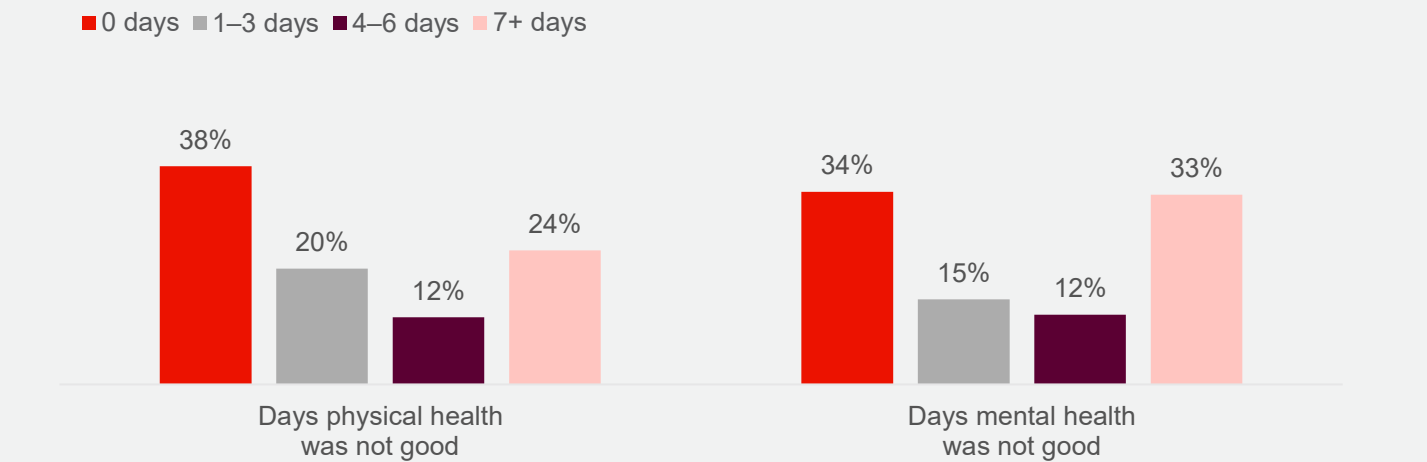
Stress and Strain Felt by South Carolina Caregivers

1=no strain/stress 5=very much a strain/stress



One quarter of family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (40%) experience high emotional stress while caregiving. Nearly one quarter (23%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Almost one quarter (23%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in South Carolina

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	28%	Served in US Armed Forces	7%
Education		Cares for someone who served in the US Armed Forces	16%
Did not graduate from high school	6%	Has health insurance coverage	81%
Graduated from high school	34%	Has been a student while caregiving	4%
Some college or associate's degree	28%	Has a disability or handicap that limits them	18%
Bachelor's degree or higher	32%	Has internet access in home	94%
Marital status		Place of residence	
Married/living with partner	59%	Rural	38%
Single/never married	28%	Urban	19%
Widowed	4%	Suburban	43%
Separated/divorced	7%	Living situation	
Household income		Lives alone	12%
<\$25,000	22%	Lives with others	88%
\$25,000-\$49,999	15%		
\$50,000-\$99,999	28%		
\$100,000+	36%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 138 caregivers in South Carolina, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.7%.

Caregiving in the US 2025: Spotlight on South Dakota



In South Dakota, one quarter of adults (24%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 169,000 adults in South Dakota.

24%* = **169,000**
of adults caregivers

Who Are Family Caregivers in the West North Central* Division?

67% Women **32%** Men



Caregiver average age is **53** years old

62% have worked while caregiving



Care recipient average age is **66** years old

42% care for a parent



31% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the West North Central* Division

46% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



39% report moderate to high levels of emotional stress



36% receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in the West North Central* Division Doing?

99% assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

62% assist with activities of daily living such as bathing, dressing, and feeding

51% help with medical and nursing tasks

40% engage in high-intensity caregiving (more hours and higher complexity of care)

24% provide at least 40 hours of care per week or constant care

*Due to limited data collection in South Dakota, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about South Dakota's caregivers cannot be presented. The Census Bureau's designation of the West North Central Division includes Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, and South Dakota.

For full methodology, see Methodology Appendix of this report.

Tennessee

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

More than 1.5 million (1,559,000) adults in Tennessee provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (28%) adults across the state.

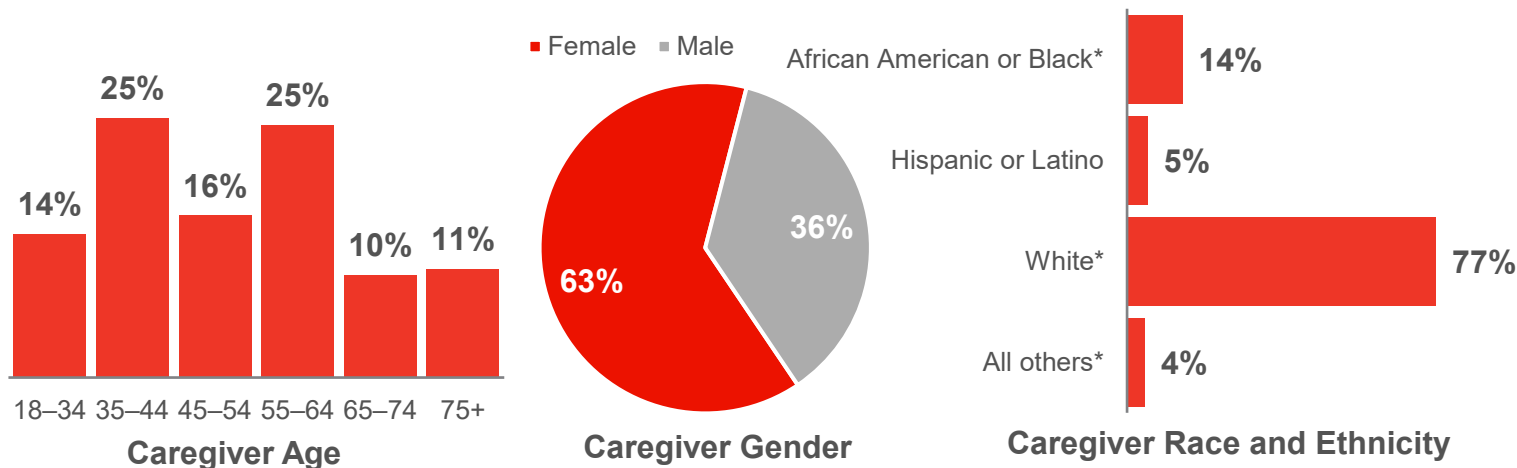
Most family caregivers in Tennessee care for an adult (91%) — often a parent (34%). Eighteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (70%). One in three caregivers live in a household with income under \$50,000 (32%). Three in ten caregivers (30%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. Four in ten family caregivers live with their care recipient (42%).

On average, family caregivers are **52 years old** and care for someone **59 years old** in Tennessee.

Six in ten family caregivers work while also caregiving (59%).

Most family caregivers in Tennessee provide care to someone due to a long-term physical condition (60%).

Demographics of Family Caregivers in Tennessee



*Non-Hispanic

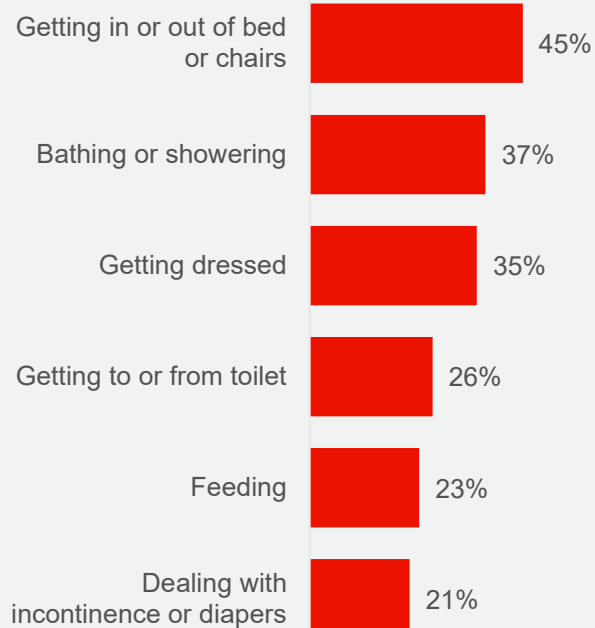
What Family Caregivers Do

Two in three family caregivers in Tennessee (67%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

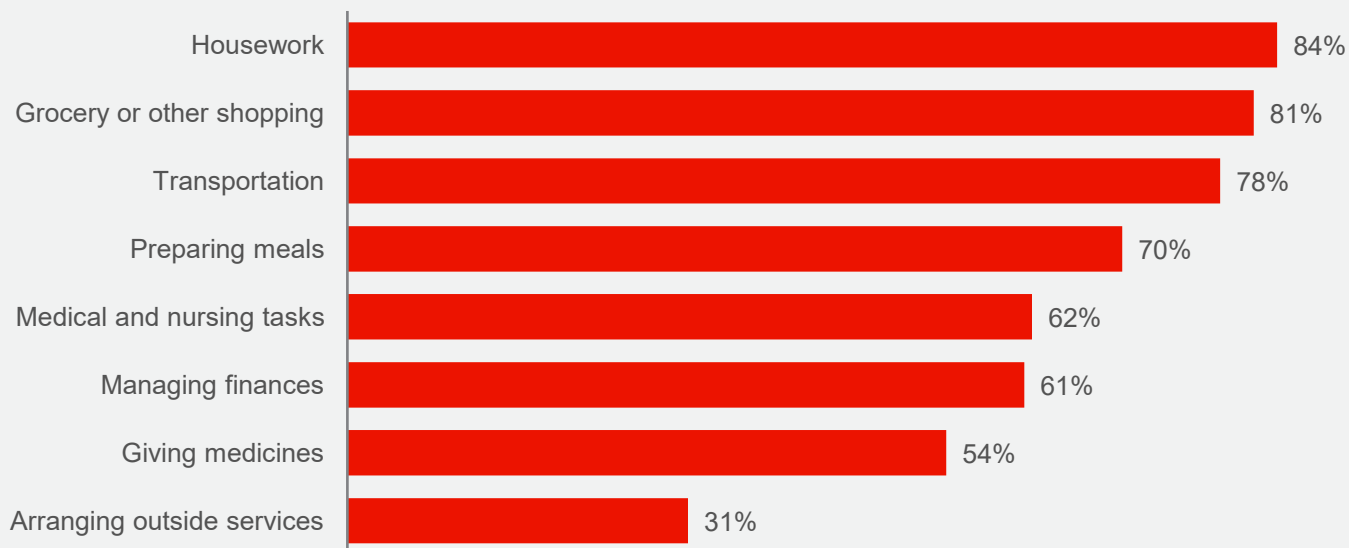
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

13% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Tennessee Family Caregivers Help with Many Activities of Daily Living



Tennessee Family Caregivers Help with Many Instrumental Activities of Daily Living



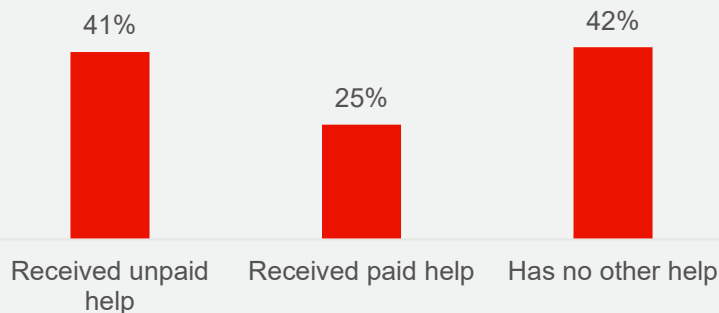
Half of family caregivers (55%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

37% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Tennessee Family Caregivers Receive



42% of caregivers have been providing care for three years or longer.

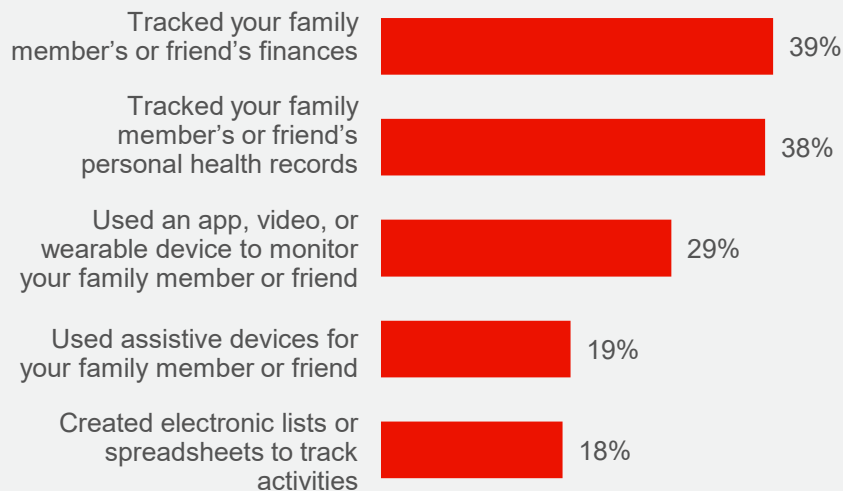
Six in ten family caregivers (62%) help with medical and nursing tasks.

Family caregivers in Tennessee are key in managing health care:

- 68% monitor the severity of their care recipient's condition.
- 65% communicate with health care professionals about their family member's or friend's care.
- 58% advocate for them with health care providers, community services, or government agencies.

While **four in ten (42%) family caregivers** would find respite care helpful, over **eight in ten (86%)** have never used such services.

Six in ten family caregivers (62%) 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 **16% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (48%) in Tennessee 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.

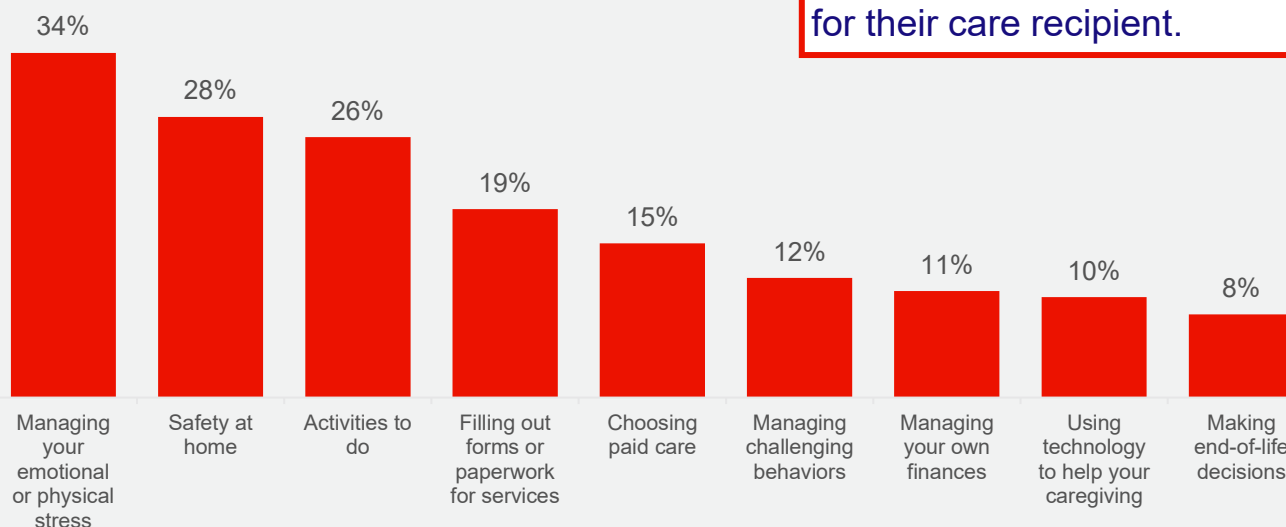
Three in ten family caregivers (30%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Tennessee Family Caregivers

Stopped saving	31%	Had to start working or work more	12%
Used up personal short-term savings	29%	Missed/late paying student loan	10%
Took on more debt	23%	Put off retirement	10%
Borrowed money from family/friends	22%	Moved to less expensive home	9%
Left bills unpaid or paid late	21%	Filed for bankruptcy	5%
Could not afford basic expenses	18%	Was evicted or home foreclosed	3%
Used long-term savings	14%		

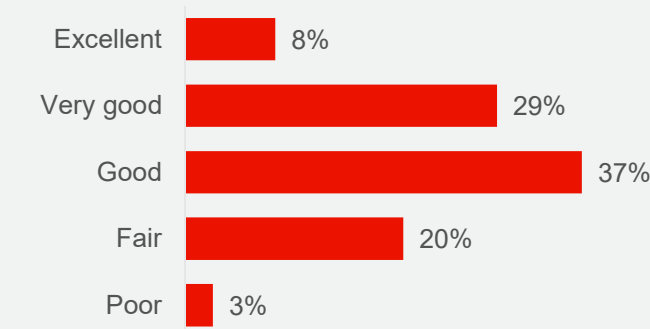
Information Needs of Family Caregivers

One in three family caregivers (36%) have made home modifications to make things easier for their care recipient.



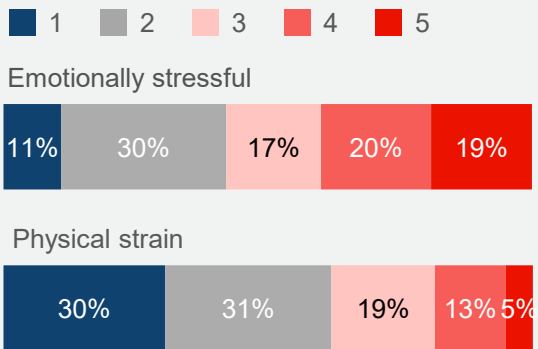
Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers



Stress and Strain Felt by Tennessee Caregivers

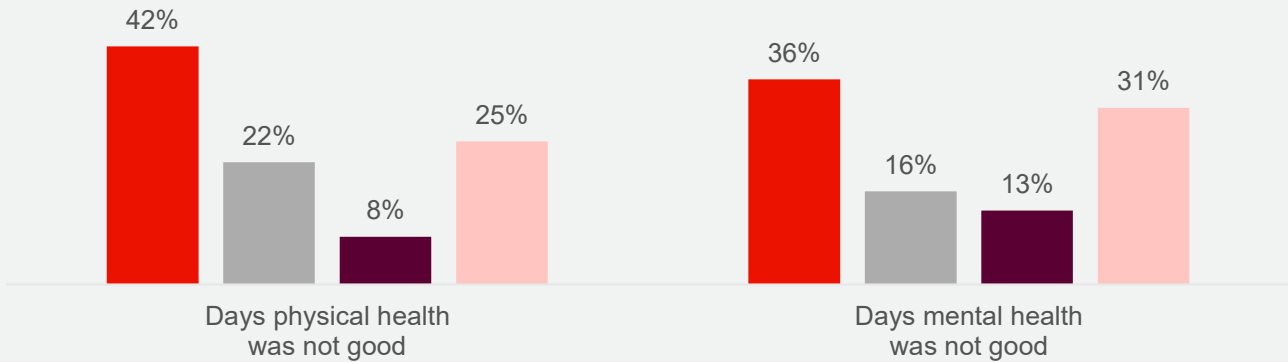
1=no strain/stress 5=very much a strain/stress



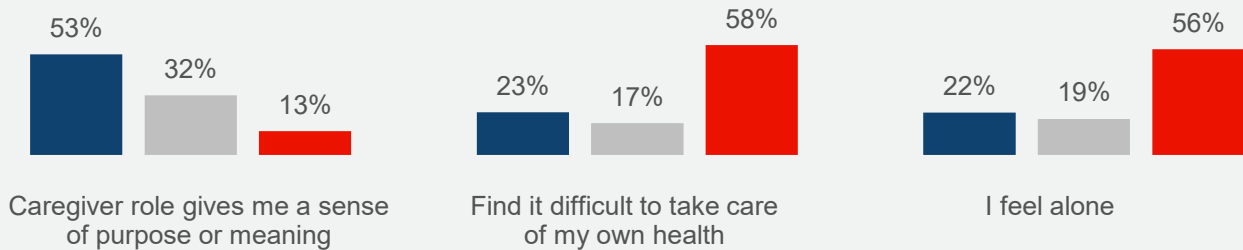
One in four family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (39%) experience high emotional stress while caregiving. Nearly one quarter (23%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Two in ten (22%) feel alone while caregiving.

Caregivers Healthy Days Measure

0 days 1–3 days 4–6 days 7+ days



Agree Neutral Disagree



Demographic Characteristics of Family Caregivers in Tennessee

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	30%	Served in US Armed Forces	7%
Education		Cares for someone who served in the US Armed Forces	14%
Did not graduate from high school	9%	Has health insurance coverage	90%
Graduated from high school	37%	Has a disability or handicap that limits them	23%
Some college or associate's degree	32%	Has internet access in home	95%
Bachelor's degree or higher	23%	Place of residence	
Marital status		Rural	39%
Married/living with partner	70%	Urban	31%
Single/never married	15%	Suburban	31%
Widowed	2%	Living situation	
Separated/divorced	7%	Lives alone	11%
Household income		Lives with others	89%
<\$25,000	10%		
\$25,000-\$49,999	22%		
\$50,000-\$99,999	32%		
\$100,000+	37%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 116 caregivers in Tennessee, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.8%.

Texas

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

More than 5 million (5,345,000) adults in Texas provide care to a family member or friend with complex medical conditions or disabilities — nearly one quarter (23%) of the adults across the state.

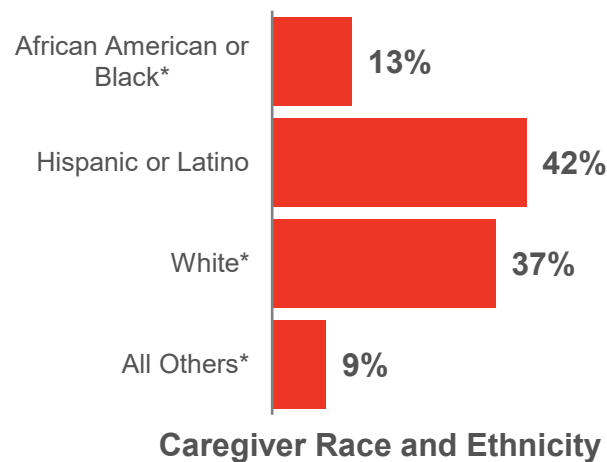
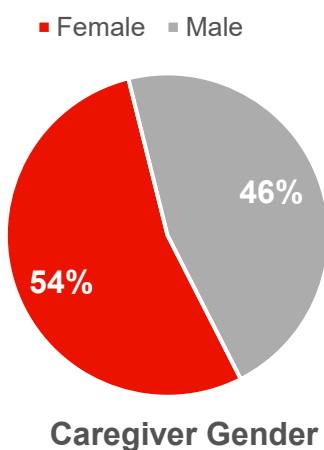
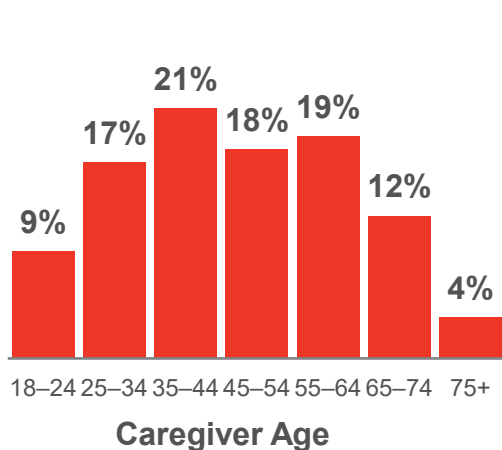
Most family caregivers in Texas care for an adult (94%) — most often a parent (51%). Twenty-one percent care only for a child with complex medical needs. Most caregivers are married or living with a partner (64%). Three in ten caregivers live in a household with income under \$50,000 (30%). Two in five caregivers (39%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Fifteen percent of caregivers live with a disability.

On average, family caregivers are **47 years old** and care for someone **65 years old** in Texas.

Most family caregivers in Texas provide care to someone due to a long-term physical condition (58%).

Two in five family caregivers live with their care recipient (41%), and three in five caregivers (59%) who live separately from their care recipient are 20 minutes away or less.

Demographics of Family Caregivers in Texas



*Non-Hispanic

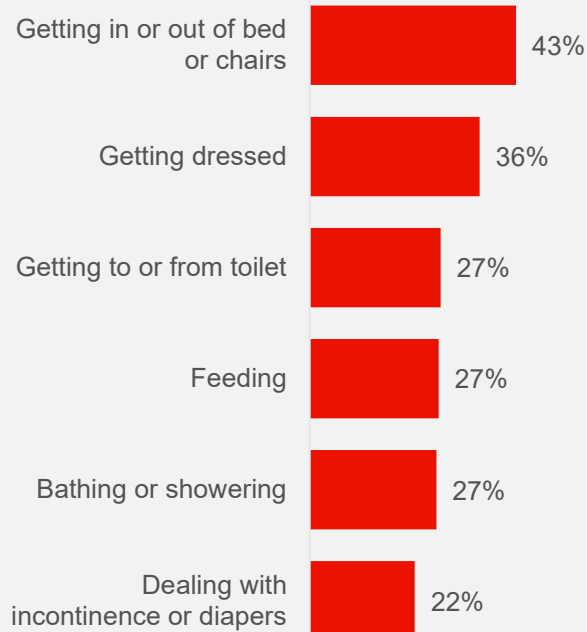
What Family Caregivers Do

Two-thirds of family caregivers in Texas (66%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

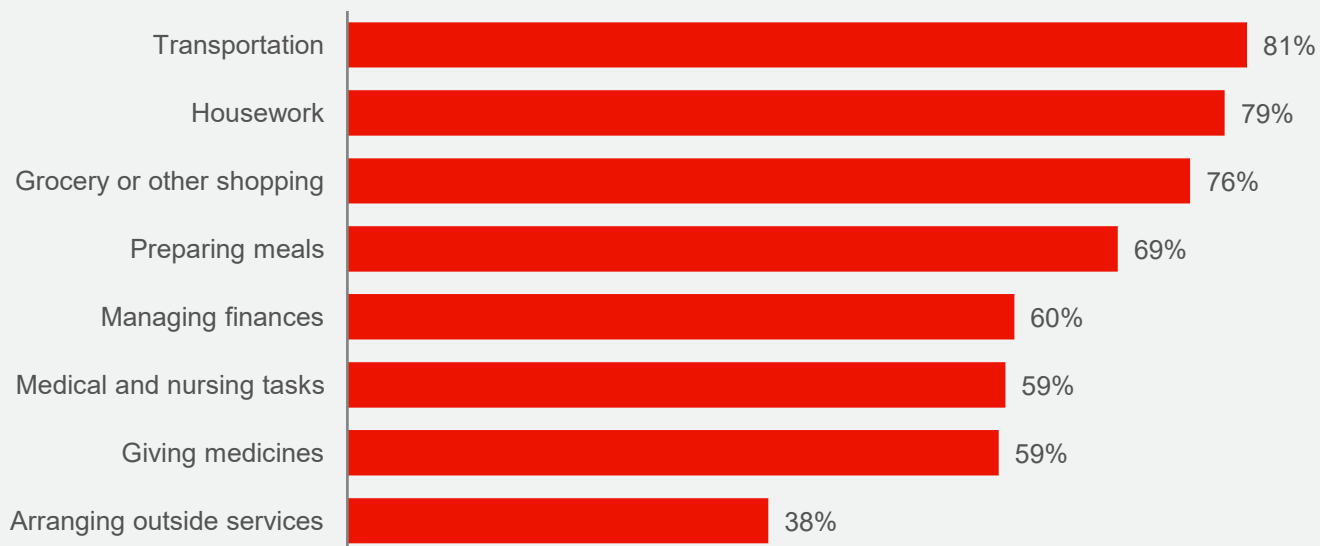
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

Two in ten family caregivers (22%) find these ADL tasks difficult. 10% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Texas Family Caregivers Help with Many Activities of Daily Living



Texas Family Caregivers Help with Many Instrumental Activities of Daily Living



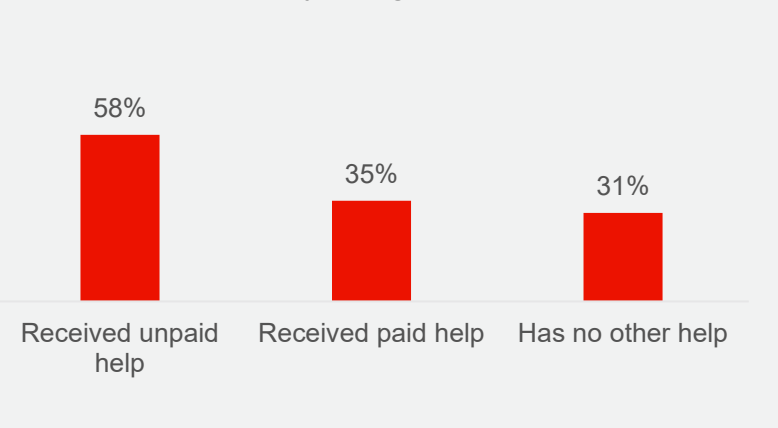
Two in five family caregivers (45%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

25% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Texas Family Caregivers Receive



41% of caregivers have been providing care for three years or longer.

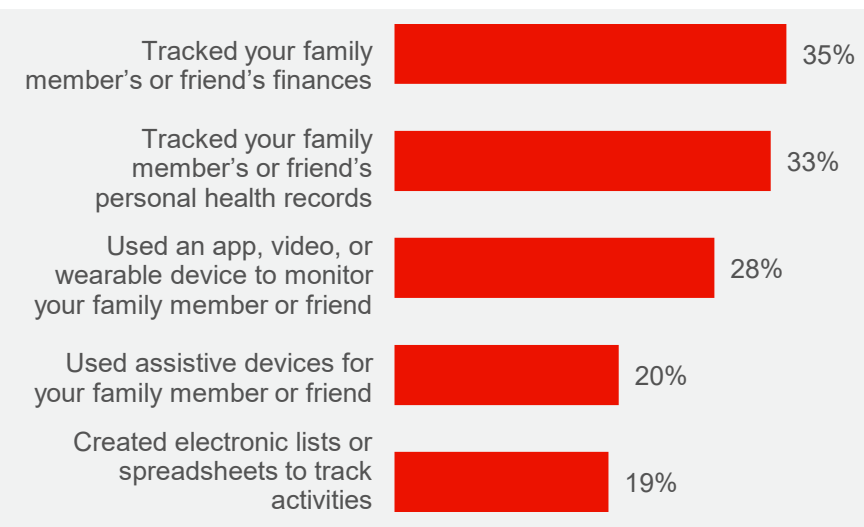
Six in ten (59%) family caregivers help with medical and nursing tasks, and **25% of caregivers** receive training for such tasks.

Family caregivers in Texas are key in managing health care:

- 66% monitor the severity of their care recipient's condition.
- 59% communicate with health care professionals about their family member's or friend's care.
- 52% advocate for them with health care providers, community services, or government agencies.

Two in five (40%) family caregivers would find respite care helpful, yet nearly **nine in ten (88%)** have never used such services.

Two-thirds (65%) of family caregivers use at least one of the technology solutions asked about in our survey.



One in four family caregivers (27%) have been asked by health care providers about care needed for their care recipient, and **18% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over half (57%) of family caregivers in Texas 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.

One-third of family caregivers (32%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Texas Family Caregivers

Stopped saving	36%	Had to start working or work more	16%
Took on more debt	27%	Used long-term savings	12%
Used up personal short-term savings	25%	Moved to less expensive home	10%
Left bills unpaid or paid late	23%	Put off retirement	9%
Borrowed money from family/friends	17%	Missed or was late on student loans	8%
Could not afford basic expenses	17%	Evicted or home foreclosed	5%

Information Needs of Family Caregivers

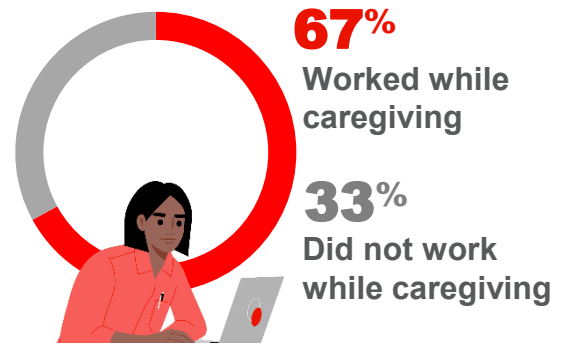
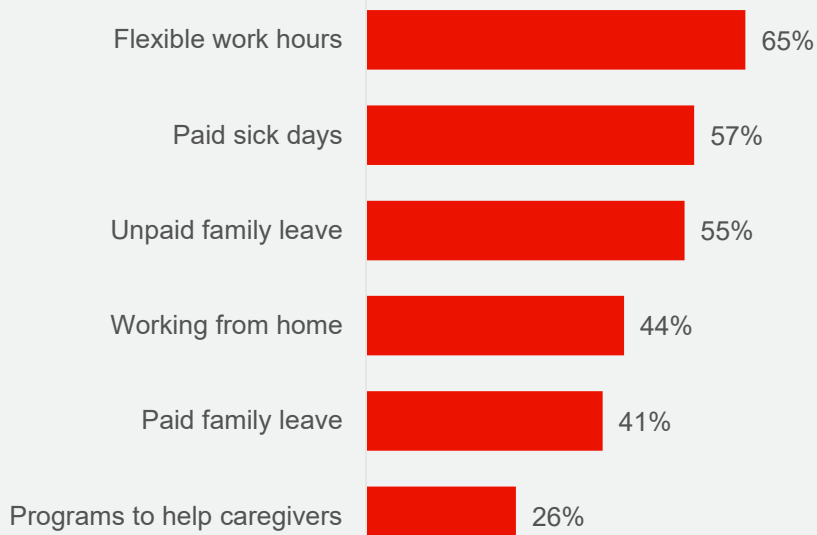
Four in ten family caregivers (39%) have made home modifications to make things easier for their family member or friend.



Working While Caregiving

Two in three family caregivers work while caregiving, and about two in three are full-time employees (65%) (working more than 30 hours a week). Over half of working caregivers (58%) in Texas are hourly-wage employees.

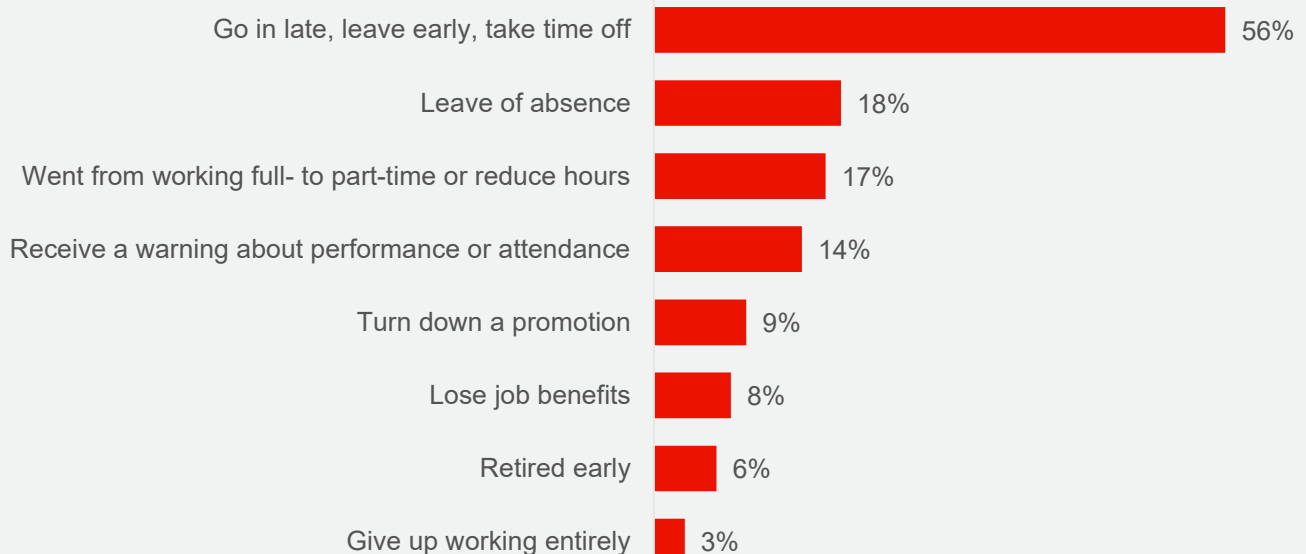
Workplace Benefits Offered to Texas Family Caregivers



36% of working caregivers have not told their supervisor that they are caregiving.

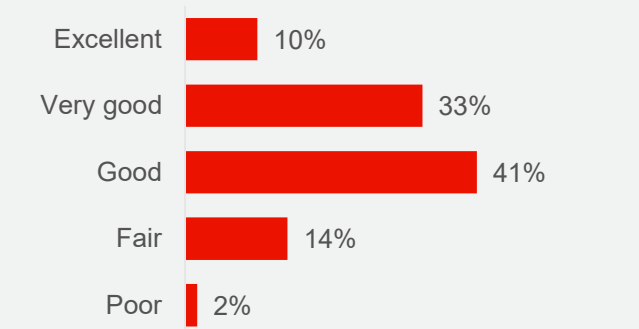
Support for working family caregivers has increased in recent years, but many workers still face challenges balancing care and paid employment.

Texas Family Caregivers Experience Work Disruptions

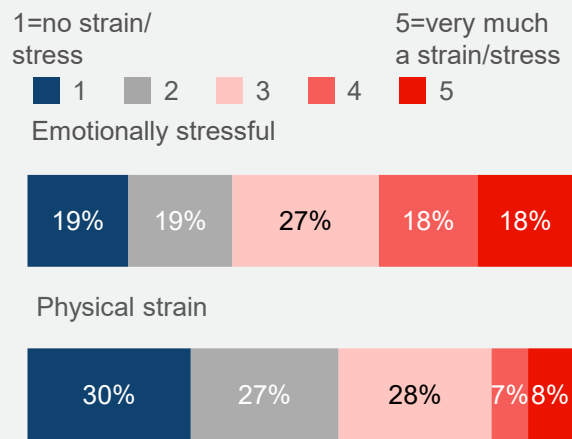


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

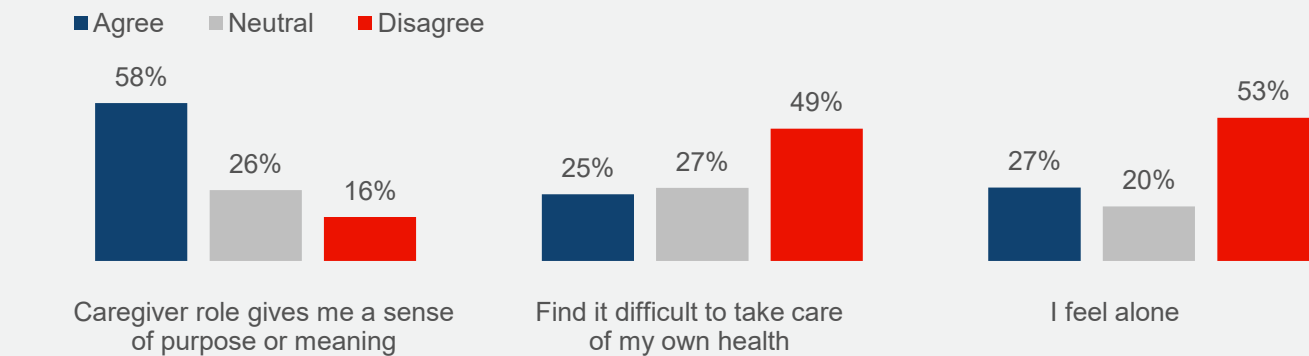
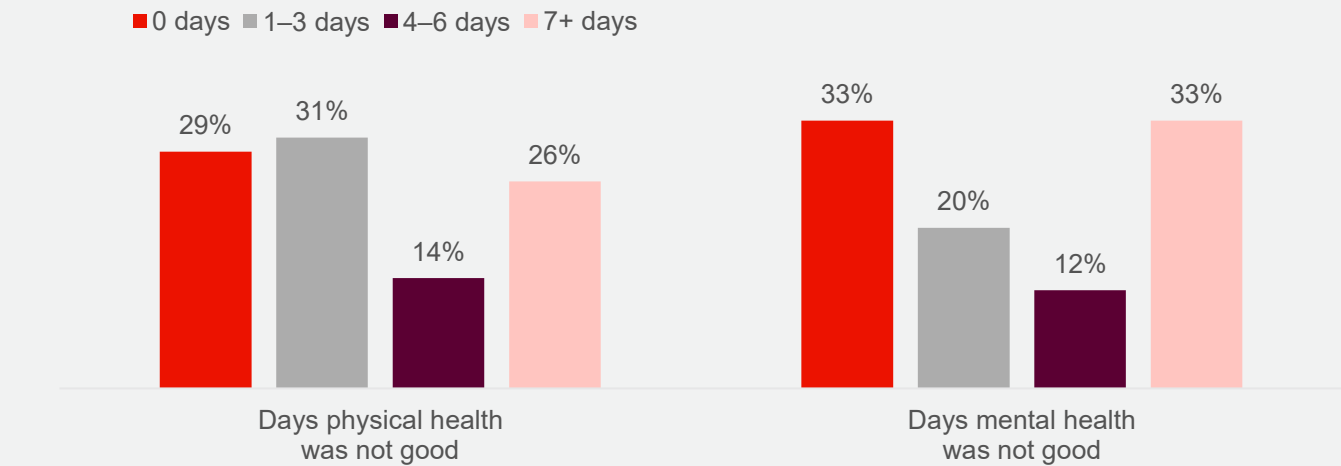


Stress and Strain Felt by Texas Caregivers



One in four family caregivers experience seven or more days a month of poor physical health. One-third (36%) of caregivers experience high emotional stress while caregiving. One quarter (25%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (27%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Texas

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	39%	Served in US Armed Forces	6%
Education		Cares for someone who served in the US Armed Forces	9%
Did not graduate from high school	14%	Has health insurance coverage	77%
Graduated from high school	24%	Has been a student while caregiving	12%
Some college or associate's degree	32%	Has a disability or handicap that limits them	15%
Bachelor's degree or higher	30%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	64%	Rural	13%
Single/never married	23%	Urban	46%
Widowed	3%	Suburban	41%
Separated/divorced	8%	Living situation	
Household income		Lives alone	9%
<\$25,000	15%	Lives with others	91%
\$25,000-\$49,999	15%		
\$50,000-\$99,999	27%		
\$100,000+	43%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 198 caregivers in Texas, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is $\pm 7.7\%$.

Utah

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

More than half a million (697,000) adults in Utah provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (28%) adults across the state.

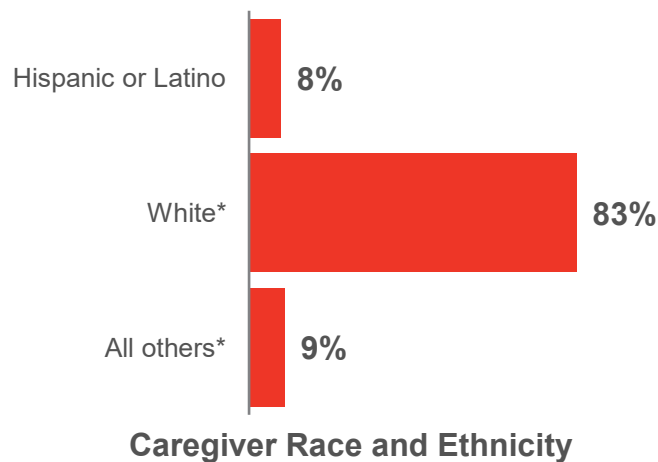
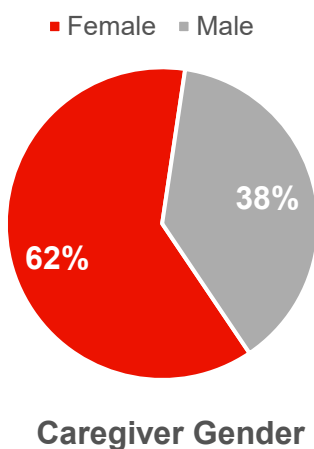
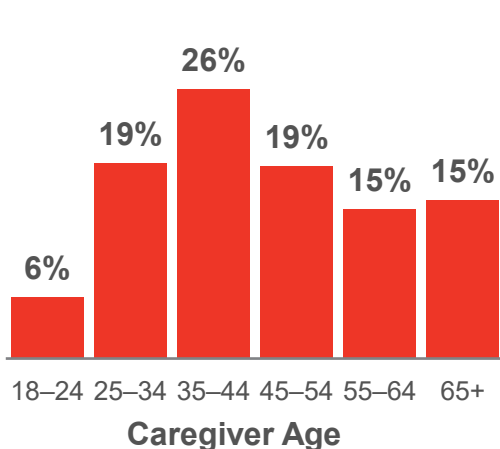
Most family caregivers in Utah care for an adult (90%) — most often a parent (53%). Twenty percent care for a child with complex medical needs. Most caregivers are married or living with a partner (74%). Nearly one quarter of caregivers live in a household with income under \$50,000 (23%). One-third of caregivers (35%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Fourteen percent of caregivers live with a disability. Over half of family caregivers live with their care recipient (52%).

On average, family caregivers are **47 years old** and care for someone **59 years old** in Utah.

Six in ten family caregivers work while also caregiving (63%).

Most family caregivers in Utah provide care to someone due to a long-term physical condition (55%).

Demographics of Family Caregivers in Utah



*Non-Hispanic

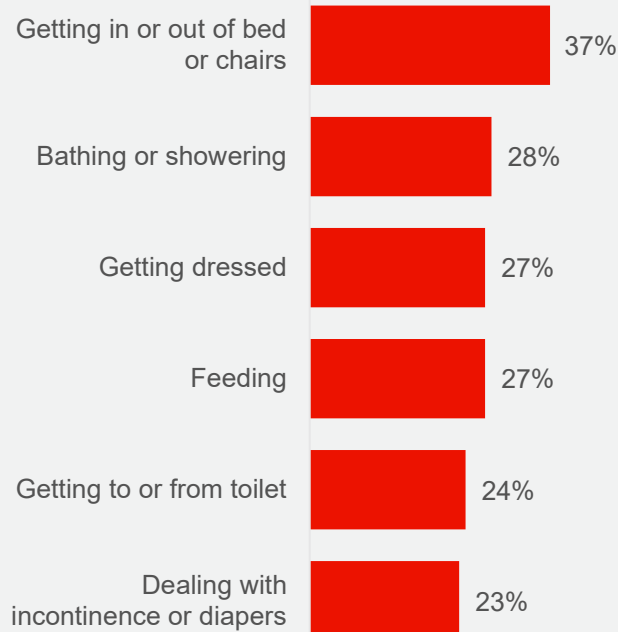
What Family Caregivers Do

Over half of family caregivers in Utah (56%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

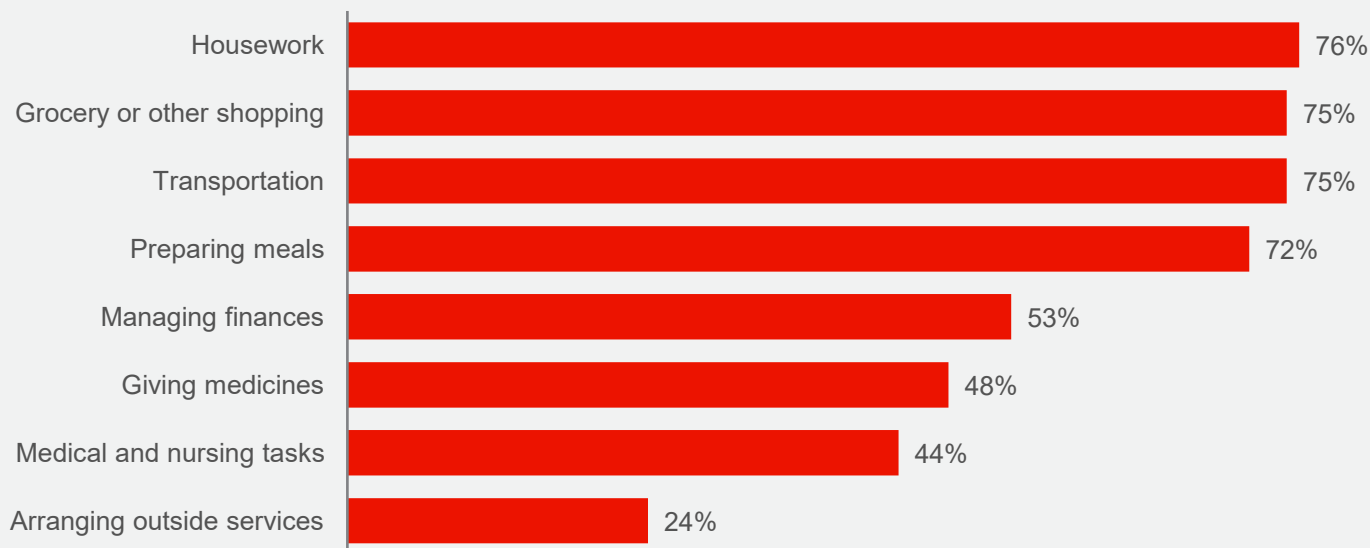
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

5% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Utah Family Caregivers Help with Many Activities of Daily Living



Utah Family Caregivers Help with Many Instrumental Activities of Daily Living



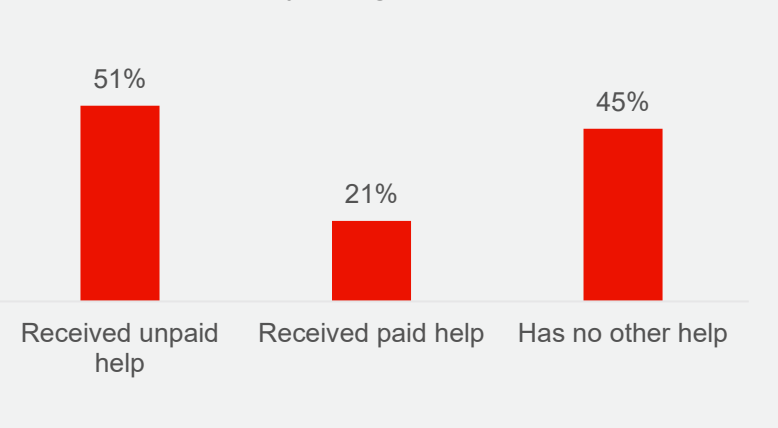
Nearly four in ten family caregivers (38%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

25% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Utah Family Caregivers Receive



48% of caregivers have been providing care for three years or longer.

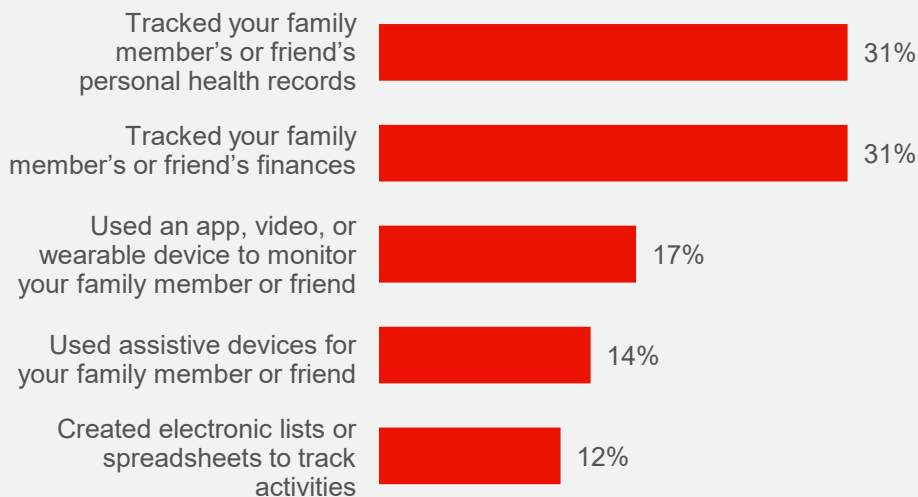
Four in ten family caregivers (44%) help with medical and nursing tasks.

Family caregivers in Utah are key in managing health care:

- 67% monitor the severity of their care recipient's condition.
- 60% communicate with health care professionals about their family member's or friend's care.
- 46% advocate for them with health care providers, community services, or government agencies.

While **three in ten (30%) family caregivers** would find respite care helpful, over **nine in ten (94%)** have never used such services.

Half of family caregivers (50%) use at least one of the technology solutions asked about in our survey.



Two in ten family caregivers (21%) have been asked by health care providers about care needed for their care recipient, and **12% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

One-third of family caregivers (36%) in Utah have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, taking on more debt, and using up personal savings.

One in four family caregivers (25%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Utah Family Caregivers

Stopped saving	23%
Took on more debt	23%
Used up personal short-term savings	21%
Borrowed money from family/friends	15%
Left bills unpaid or paid late	14%

Could not afford basic expenses	10%
Had to start working or work more	10%
Used long-term savings	9%
Put off retirement	5%

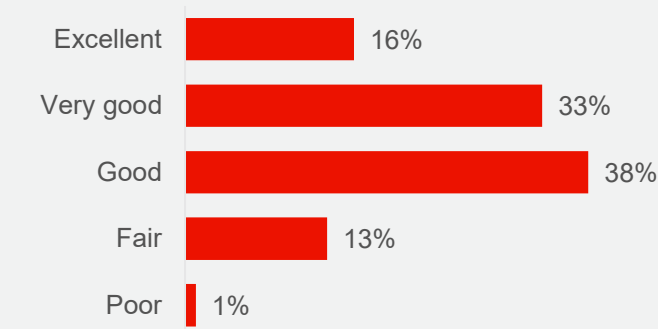
Information Needs of Family Caregivers

Three in ten family caregivers (31%) have made home modifications to make things easier for their care recipient.

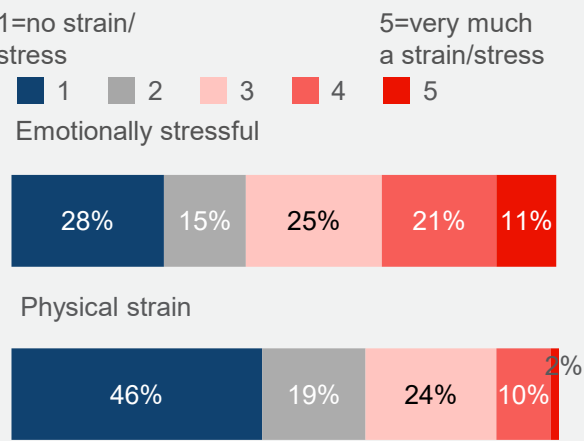


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

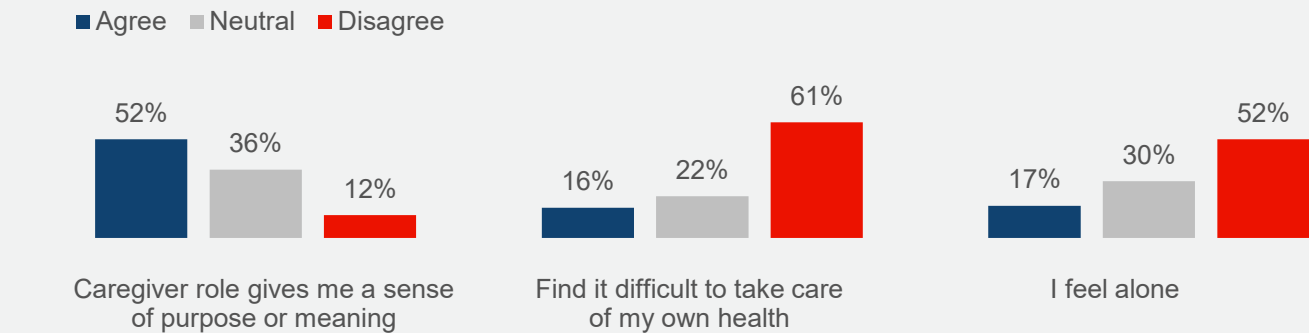
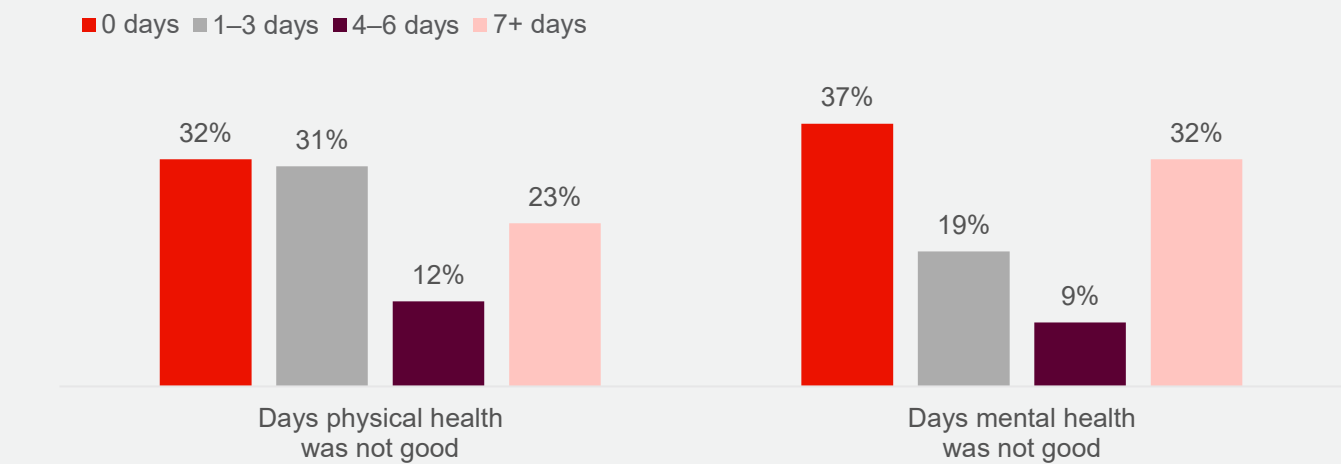


Stress and Strain Felt by Utah Caregivers



One quarter of family caregivers experience seven or more days a month of poor physical health. One-third of caregivers (32%) experience high emotional stress while caregiving. Sixteen percent (16%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Just under two in ten (17%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Utah

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	35%	Served in US Armed Forces	9%
Education		Cares for someone who served in the US Armed Forces	9%
High school graduate or less	37%	Has health insurance coverage	88%
Some college or associate's degree	33%	Has been a student while caregiving	8%
Bachelor's degree	22%	Has a disability or handicap that limits them	14%
Master's degree or above	8%	Has internet access in home	89%
Marital status		Place of residence	
Married/living with partner	74%	Rural	5%
Single/never married	13%	Urban	23%
Widowed	3%	Suburban	73%
Separated/divorced	10%	Living situation	
Household income		Lives alone	10%
<\$25,000	13%	Lives with others	90%
\$25,000-\$49,999	10%		
\$50,000-\$99,999	26%		
\$100,000+	51%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 127 caregivers in Utah; 117 caregivers sampled from Ipsos' national, probability-based online Knowledge Panel® and 10 caregivers sampled from opt-in non-probability panels. The margin of sampling error is ±12.2%.

Caregiving in the US 2025: Spotlight on Vermont



In Vermont, one quarter of adults (25%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 135,000 adults in Vermont.

25%* = **135,000**
of adults caregivers

What Are Family Caregivers in New England* Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

65%

assist with activities of daily living such as bathing, dressing, and feeding

55%

help with medical and nursing tasks

40%

engage in high-intensity caregiving (more hours and higher complexity of care)

19%

provide at least 40 hours of care per week or constant care

Who Are Family Caregivers in New England*?

59%
Women



40%
Men

Caregiver average age is **52** years old



70%

have worked while caregiving

Care recipient average age is **70** years old



52%

care for a parent

26% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in New England*



44%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



43%

report moderate to high levels of emotional stress



31%

receive no help with caregiving (either paid or unpaid)



*Due to limited data collection in Vermont, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Vermont's caregivers cannot be presented. The Census Bureau's designation of the New England Division includes Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

For full methodology, see Methodology Appendix of this report.

Virginia

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

More than 1.5 million (1,559,000) adults in Virginia provide care to a family member or friend with complex medical conditions or disabilities — nearly one quarter (23%) of adults across the state.

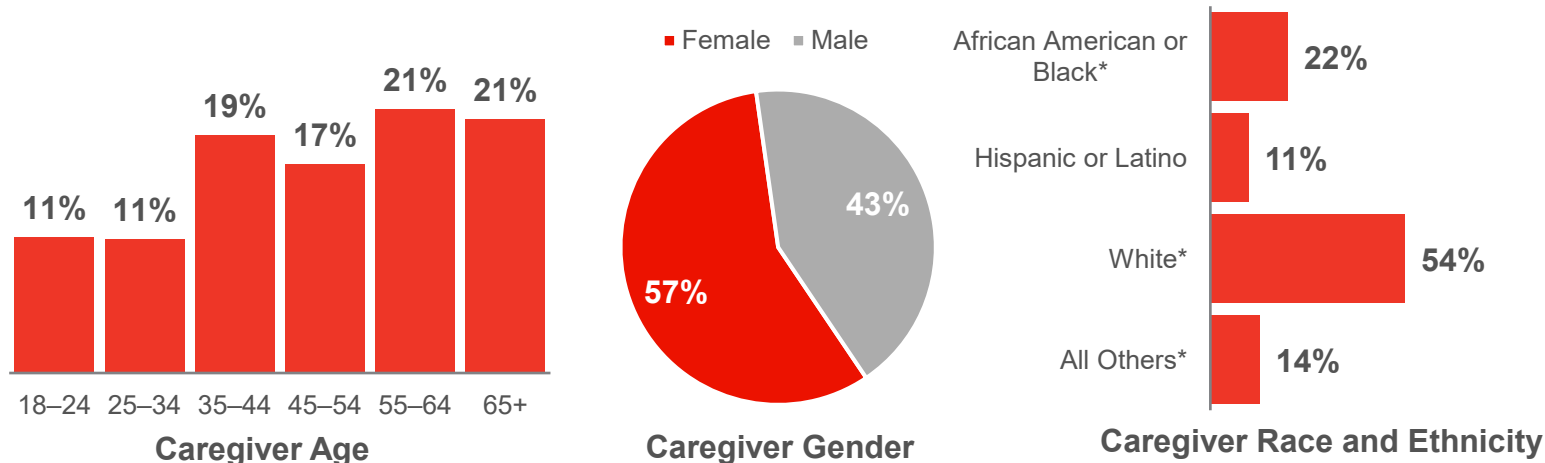
Most family caregivers in Virginia care for an adult (98%) — most often a parent (51%). Sixteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (61%). Over a quarter of caregivers live in a household with income under \$50,000 (28%). Nearly three in ten caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in six caregivers live with a disability. Four in ten family caregivers live with their care recipient (43%).

On average, family caregivers are **49 years old** and care for someone **64 years old** in Virginia.

Over half of family caregivers work while also caregiving (57%).

Most family caregivers in Virginia provide care to someone due to a long-term physical condition (61%).

Demographics of Family Caregivers in Virginia



*Non-Hispanic

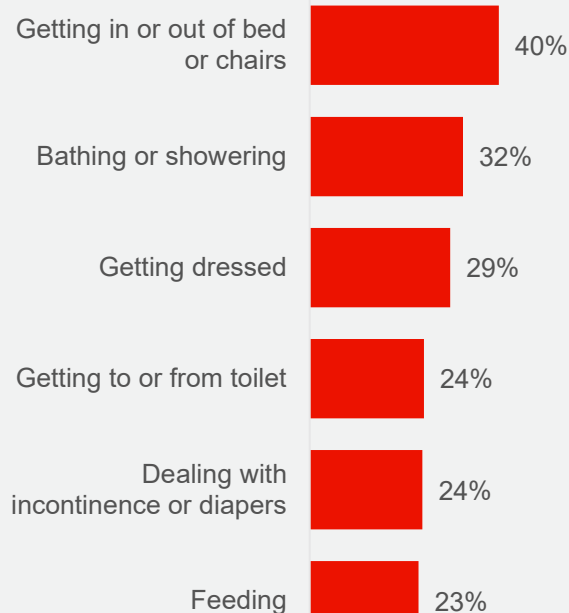
What Family Caregivers Do

Two-thirds of family caregivers in Virginia (65%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

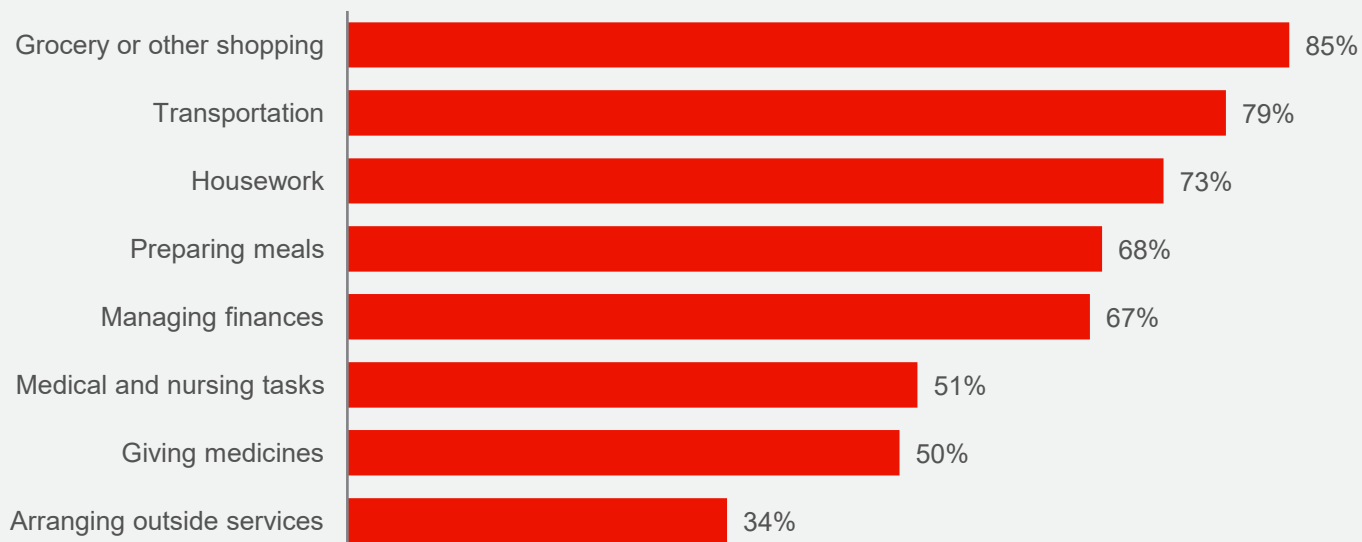
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

6% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Virginia Family Caregivers Help with Many Activities of Daily Living



Virginia Family Caregivers Help with Many Instrumental Activities of Daily Living



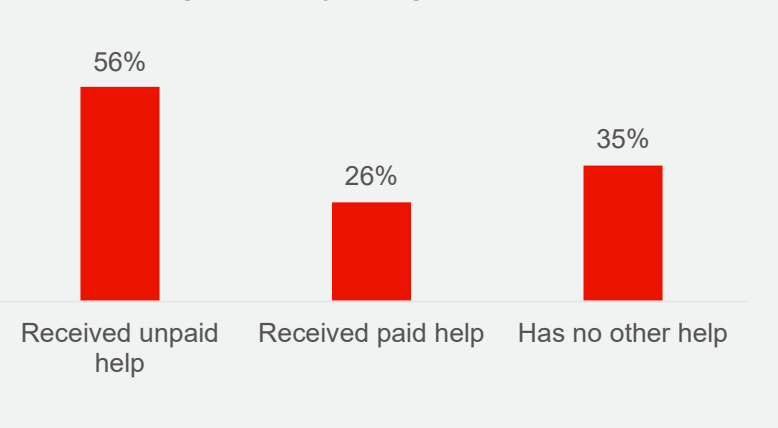
Four in ten family caregivers (42%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

33% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Virginia Family Caregivers Receive



46% of caregivers have been providing care for three years or longer.

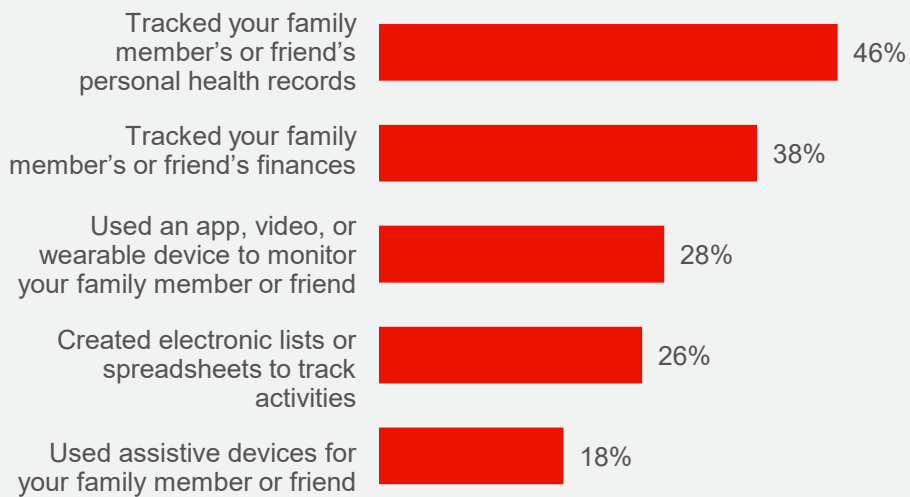
Half of family caregivers (51%) help with medical and nursing tasks.

Family caregivers in Virginia are key in managing health care:

- 71% monitor the severity of their care recipient's condition.
- 61% communicate with health care professionals about their family member's or friend's care.
- 60% advocate for them with health care providers, community services, or government agencies.

While nearly **four in ten (37%) family caregivers** would find respite care helpful, nearly **nine in ten (87%)** have never used such services.

Two-thirds of family caregivers (65%) use at least one of the technology solutions asked about in our survey.



One quarter of family caregivers (25%) have been asked by health care providers about care needed for their care recipient, and **13% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (45%) in Virginia have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, using up savings, and leaving bills unpaid.

Over one-third of family caregivers (36%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

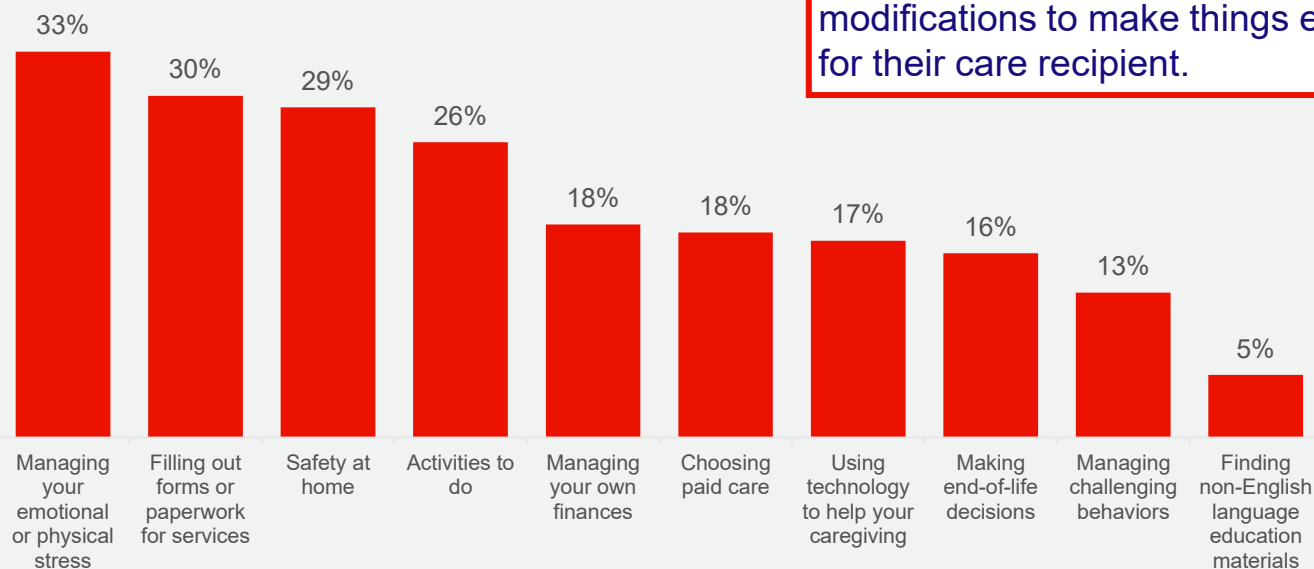
Financial Hardships Experienced by Virginia Family Caregivers

Stopped saving	34%
Used up personal short-term savings	27%
Left bills unpaid or paid late	25%
Took on more debt	22%
Borrowed money from family/friends	21%
Could not afford basic expenses	19%

Used long-term savings	13%
Had to start working or work more	12%
Put off retirement	11%
Missed/late paying student loan	7%
Moved to less expensive home	3%

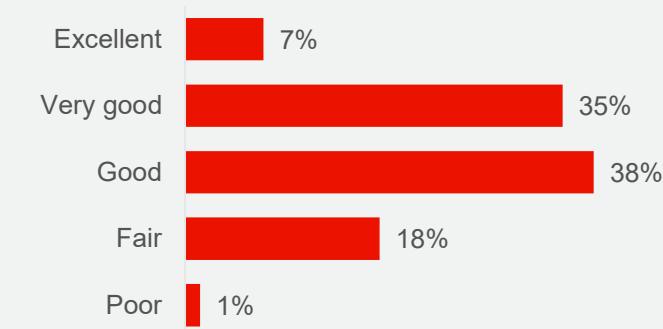
Information Needs of Family Caregivers

Over four in ten family caregivers (43%) have made home modifications to make things easier for their care recipient.

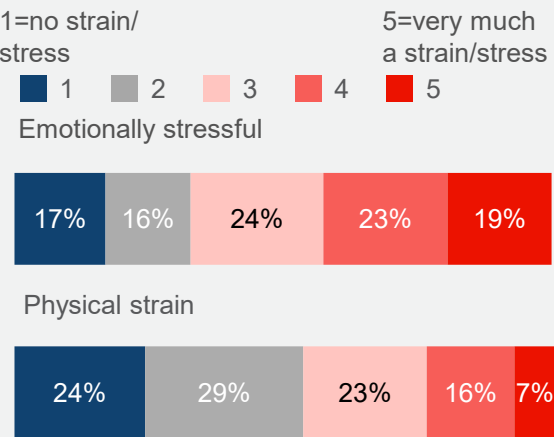


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

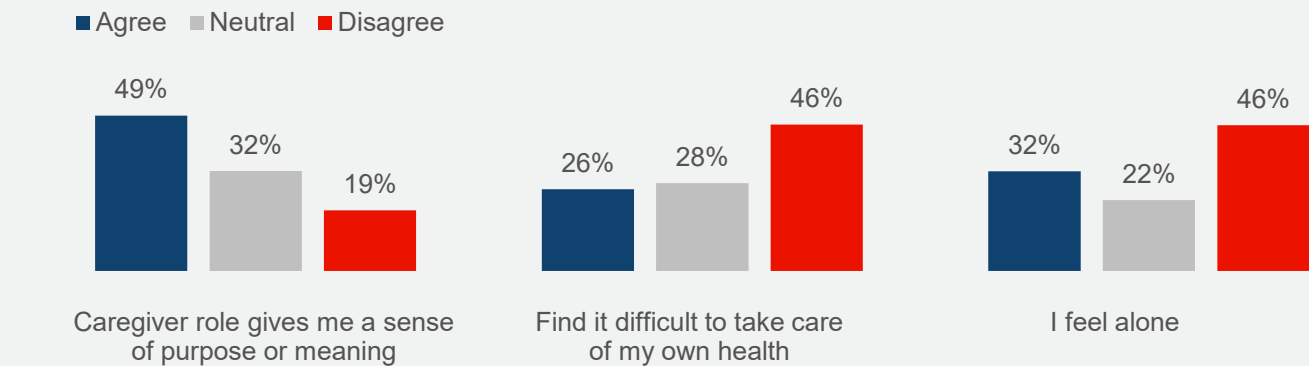
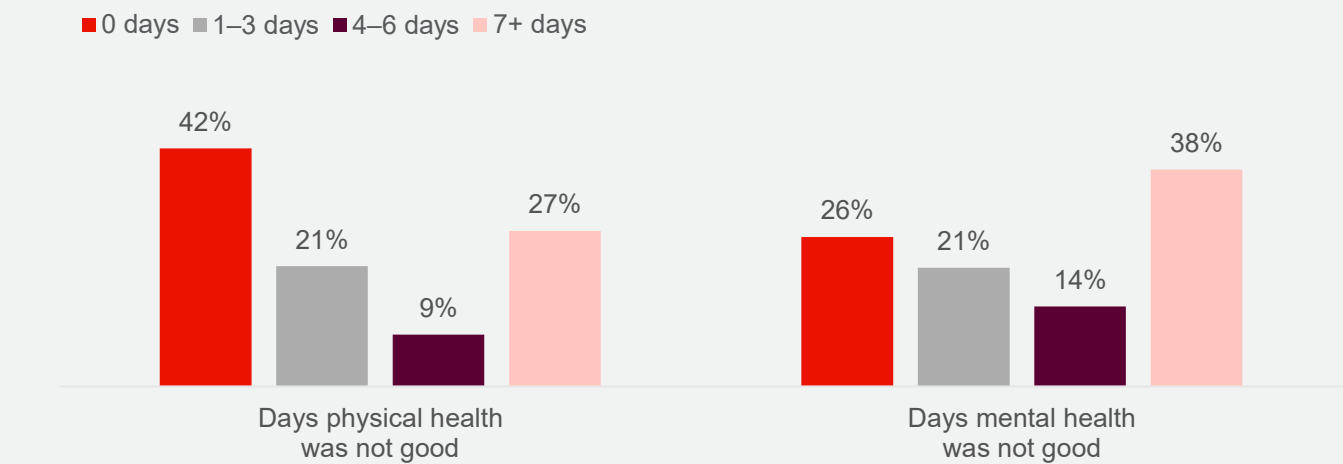


Stress and Strain Felt by Virginia Caregivers



Nearly three in ten family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (42%) experience high emotional stress while caregiving. One quarter (26%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One-third (32%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Virginia

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Served in US Armed Forces	14%
Education		Cares for someone who served in the US Armed Forces	12%
Did not graduate from high school	4%	Has health insurance coverage	91%
Graduated from high school	29%	Has been a student while caregiving	12%
Some college or associate's degree	33%	Has a disability or handicap that limits them	17%
Bachelor's degree or higher	34%	Has internet access in home	98%
Marital status		Place of residence	
Married/living with partner	61%	Rural	25%
Single/never married	27%	Urban	31%
Widowed/separated/divorced	8%	Suburban	44%
Household income		Living situation	
<\$25,000	12%	Lives alone	8%
\$25,000-\$49,999	16%	Lives with others	92%
\$50,000-\$99,999	25%		
\$100,000+	47%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 129 caregivers in Virginia, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.1%.

Washington

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

More than 1 million (1,330,000) adults in Washington provide care to a family member or friend with complex medical conditions or disabilities — two in ten (22%) adults across the state.

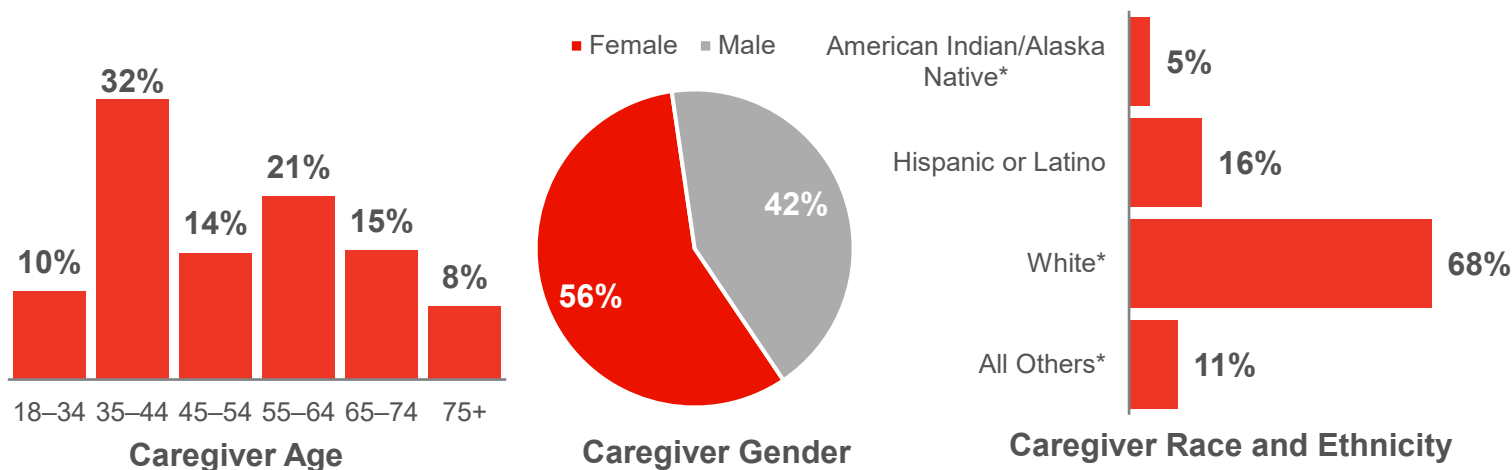
Most family caregivers in Washington care for an adult (94%) — most often a parent (44%). Twenty-three percent care for a child with complex medical needs. Most caregivers are married or living with a partner (70%). One-third of caregivers live in a household with income under \$50,000 (33%). One-third of caregivers (32%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. Two in five family caregivers live with their care recipient (41%).

On average, family caregivers are **52 years old** and care for someone **67 years old** in Washington.

Over half of family caregivers work while also caregiving (55%).

Most family caregivers in Washington provide care to someone due to a long-term physical condition (55%).

Demographics of Family Caregivers in Washington



*Non-Hispanic

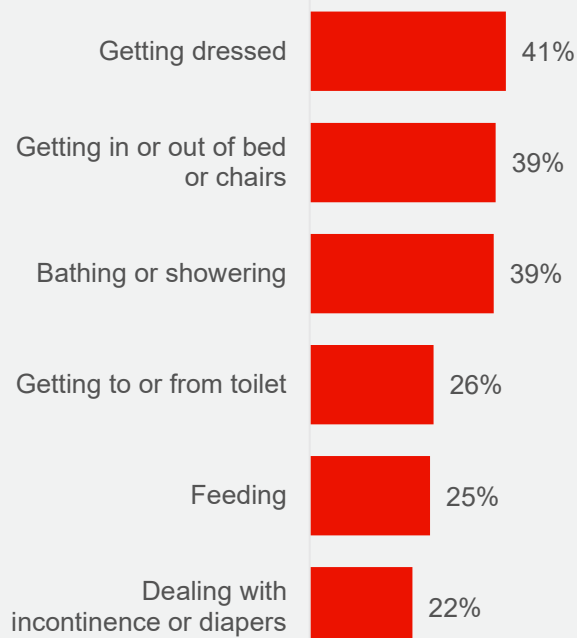
What Family Caregivers Do

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

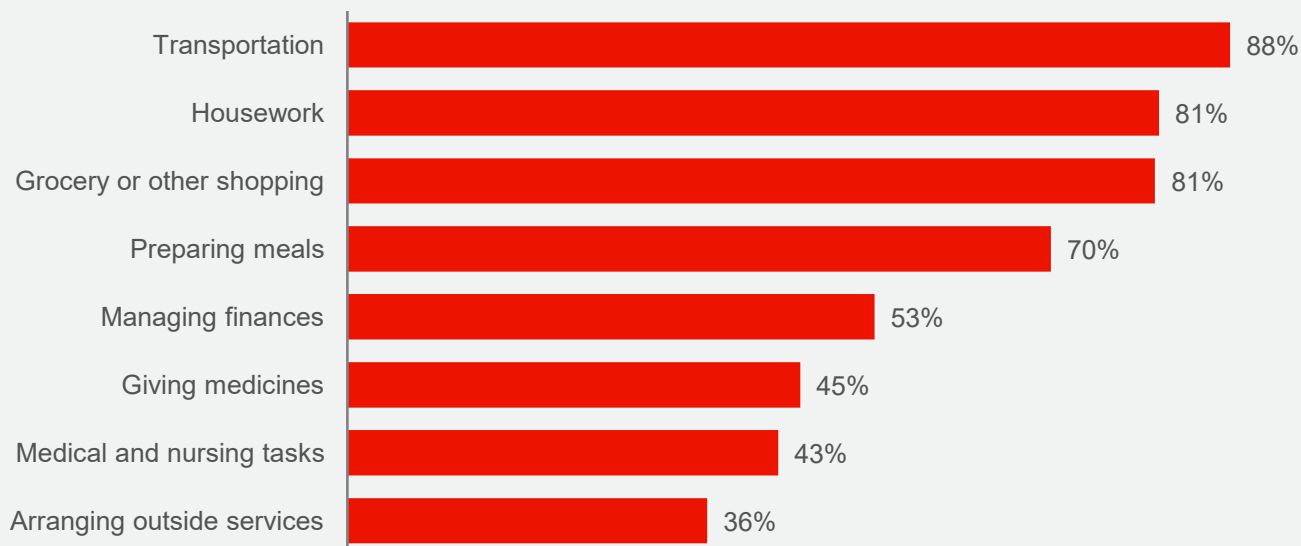
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

Nearly one in five family caregivers (18%) find these ADL tasks difficult. 11% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Washington Family Caregivers Help with Many Activities of Daily Living



Washington Family Caregivers Help with Many Instrumental Activities of Daily Living



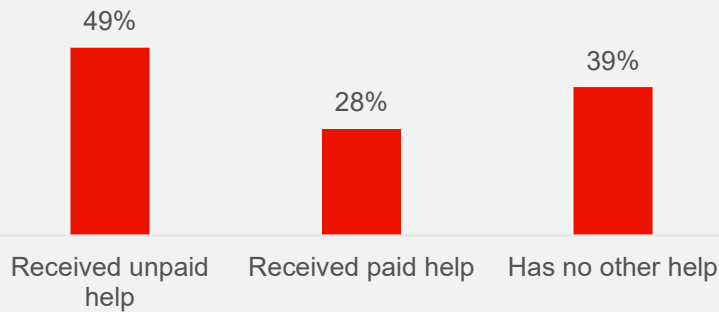
Over four in ten family caregivers (47%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

22% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Washington Family Caregivers Receive



38% of caregivers have been providing care for three years or longer.

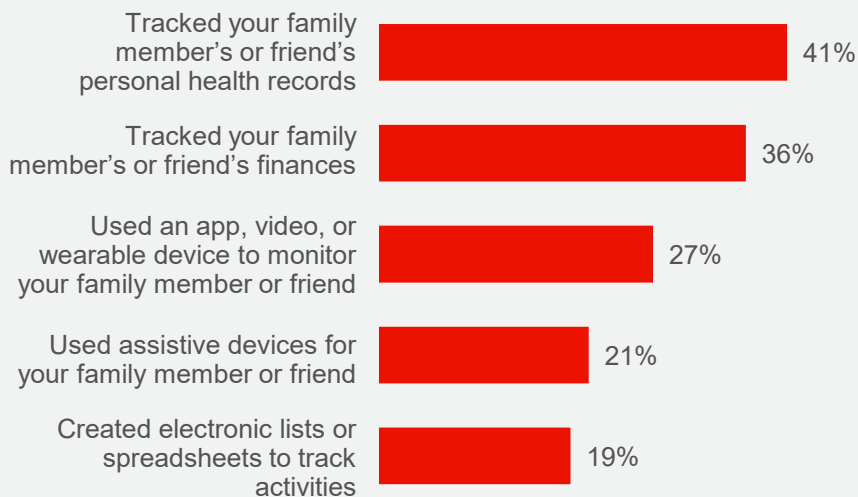
Two in five family caregivers (43%) help with medical and nursing tasks.

Family caregivers in Washington are key in managing health care:

- 70% monitor the severity of their care recipient's condition.
- 61% communicate with health care professionals about their family member's or friend's care.
- 53% advocate for them with health care providers, community services, or government agencies.

While **nearly four in ten (37%) family caregivers** would find respite care helpful, **nine in ten (92%)** have never used such services.

Two-thirds of family caregivers (66%) use at least one of the technology solutions asked about in our survey.



A quarter of family caregivers (24%) have been asked by health care providers about care needed for their care recipient, and **10% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (49%) in Washington have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, leaving bills unpaid, and using up savings.

One-third of family caregivers (34%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Washington Family Caregivers

Stopped saving	37%	Could not afford basic expenses	17%
Left bills unpaid or paid late	28%	Put off retirement	15%
Used up personal short-term savings	27%	Used long-term savings	12%
Borrowed money from family/friends	25%	Moved to less expensive home	11%
Took on more debt	19%	Had to start working or work more	10%

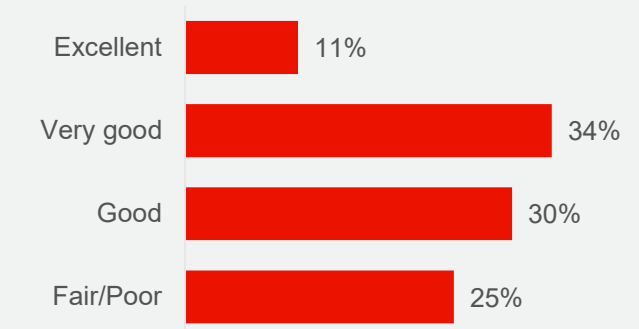
Information Needs of Family Caregivers

One-third of family caregivers (33%) have made home modifications to make things easier for their care recipient.

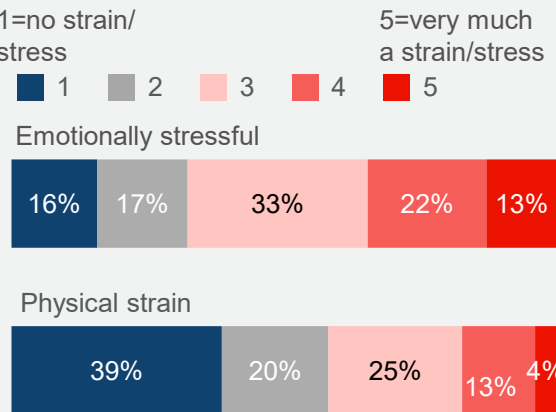


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

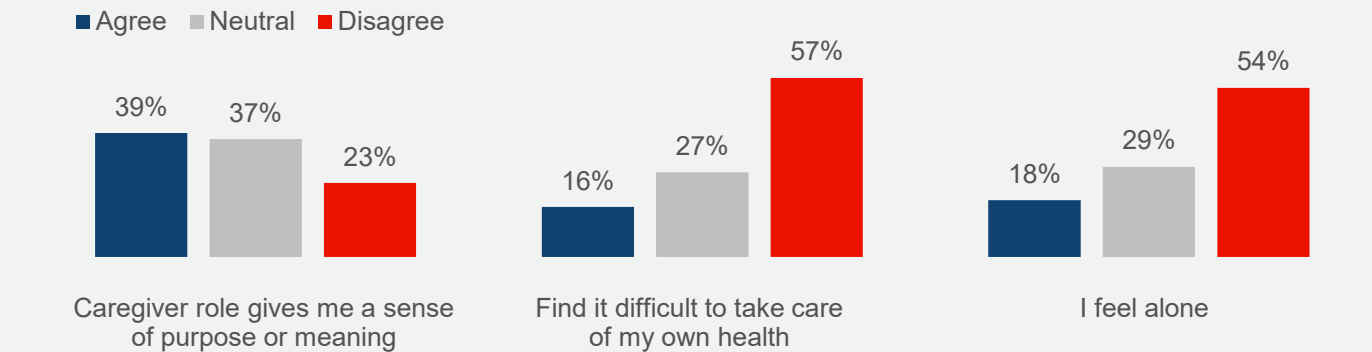
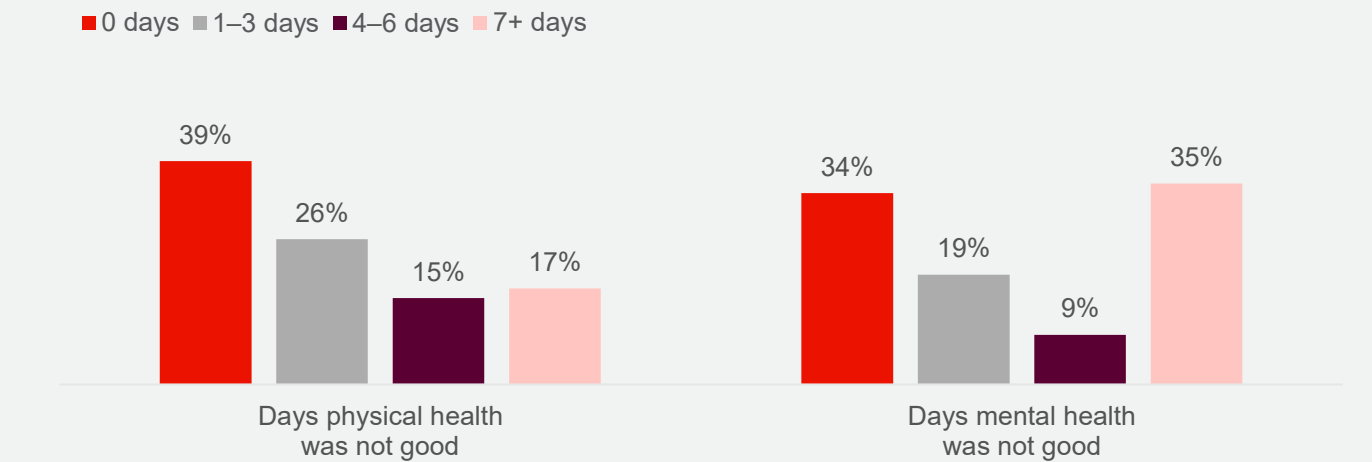


Stress and Strain Felt by Washington Caregivers



Nearly two in ten family caregivers experience seven or more days a month of poor physical health. Over one in three caregivers (35%) experience high emotional stress while caregiving. One in six (16%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly two in ten (18%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Washington

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	32%	Served in US Armed Forces	11%
Education		Cares for someone who served in the US Armed Forces	12%
Did not graduate from high school	12%	Has health insurance coverage	91%
Graduated from high school	25%	Has been a student while caregiving	5%
Some college or associate's degree	38%	Has a disability or handicap that limits them	18%
Bachelor's degree or higher	26%	Has internet access in home	96%
Marital status		Place of residence	
Married/living with partner	70%	Rural	20%
Single/never married	10%	Urban	41%
Widowed	3%	Suburban	39%
Separated/divorced	16%	Living situation	
Household income		Lives alone	12%
<\$25,000	15%	Lives with others	88%
\$25,000-\$49,999	18%		
\$50,000-\$99,999	22%		
\$100,000+	45%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 132 caregivers in Washington, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.0%.

Caregiving in the US 2025: Spotlight on Washington, D.C.



In Washington, D.C., one in five adults (20%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 109,000 adults in Washington, D.C.

20%* = **109,000**
of adults caregivers

What Are Family Caregivers in the South Atlantic* Division Doing?

100%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

67%

assist with activities of daily living such as bathing, dressing, and feeding

58%

help with medical and nursing tasks

46%

engage in high-intensity caregiving (more hours and higher complexity of care)

31%

provide at least 40 hours of care per week or constant care

Who Are Family Caregivers in the South Atlantic* Division?

60%
Women



39%
Men

Caregiver average age is **50** years old



57%

have worked while caregiving

Care recipient average age is **67** years old



47%

care for a parent

26% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the South Atlantic* Division



52%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



41%

report moderate to high levels of emotional stress



38%

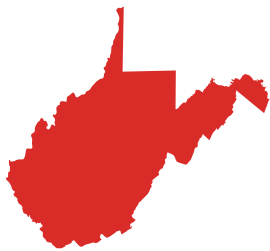
receive no help with caregiving (either paid or unpaid)



*Due to limited data collection in Washington, D.C., the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Washington, D.C.'s caregivers cannot be presented. The Census Bureau's designation of the South Atlantic Division includes Delaware, District of Columbia, Florida, Georgia, Maryland, North Carolina, South Carolina, Virginia, and West Virginia.

For full methodology, see Methodology Appendix of this report.

Caregiving in the US 2025: Spotlight on West Virginia



In West Virginia, one quarter of adults (26%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 375,000 adults in West Virginia.

26% of adults **= 375,000** caregivers



What Are Family Caregivers in the South Atlantic* Division Doing?

100%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

67%

assist with activities of daily living such as bathing, dressing, and feeding

58%

help with medical and nursing tasks

46%

engage in high-intensity caregiving (more hours and higher complexity of care)

31%

provide at least 40 hours of care per week or constant care

Who Are Family Caregivers in the South Atlantic* Division?

60%
Women



39%
Men

Caregiver average age is **50** years old



57%

have worked while caregiving

Care recipient average age is **67** years old



47%

care for a parent

26% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the South Atlantic* Division



52%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



41%

report moderate to high levels of emotional stress



38%

receive no help with caregiving (either paid or unpaid)



*Due to limited data collection in West Virginia, detailed information about West Virginia's caregivers cannot be presented. The Census Bureau's designation of the South Atlantic Division includes Delaware, District of Columbia, Florida, Georgia, Maryland, North Carolina, South Carolina, Virginia, and West Virginia.

For full methodology, see Methodology Appendix of this report.

Wisconsin

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

More than 1 million (1,085,000) adults in Wisconsin provide care to a family member or friend with complex medical conditions or disabilities — nearly one quarter (23%) of adults across the state.

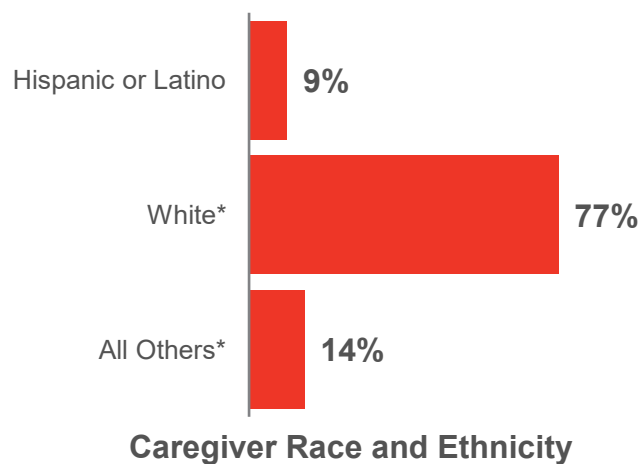
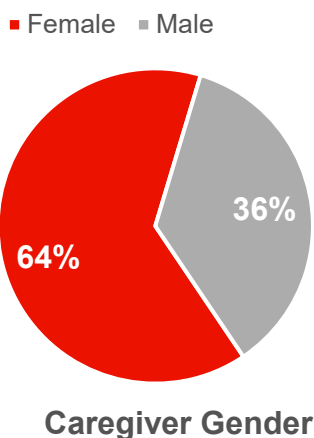
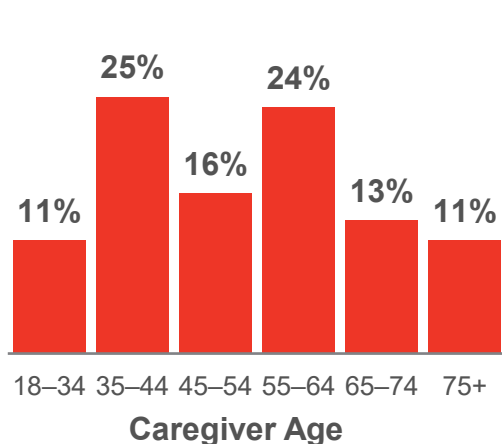
Most family caregivers in Wisconsin care for an adult (95%) — most often a parent (50%). Twelve percent care for a child with complex medical needs. Most caregivers are married or living with a partner (76%). Three in ten caregivers live in a household with income under \$50,000 (31%). Over one-third of caregivers (38%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. Three in ten family caregivers live with their care recipient (30%).

On average, family caregivers are **52 years old** and care for someone **69 years old** in Wisconsin.

Over half of family caregivers work while also caregiving (55%).

Most family caregivers in Wisconsin provide care to someone due to a long-term physical condition (59%).

Demographics of Family Caregivers in Wisconsin



*Non-Hispanic

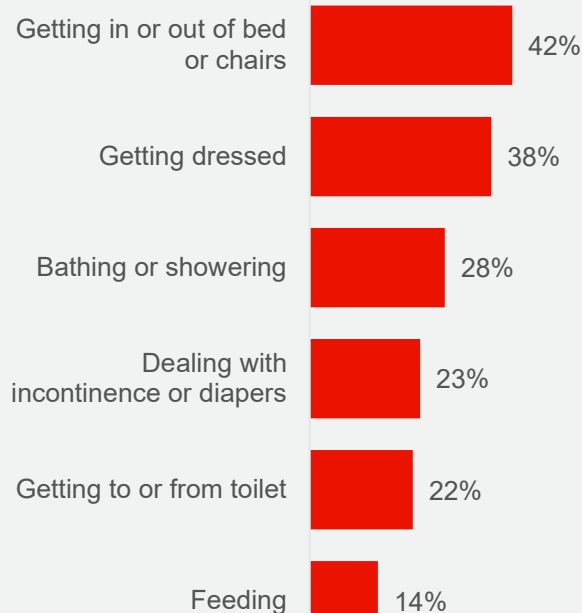
What Family Caregivers Do

Six in ten family caregivers in Wisconsin (61%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

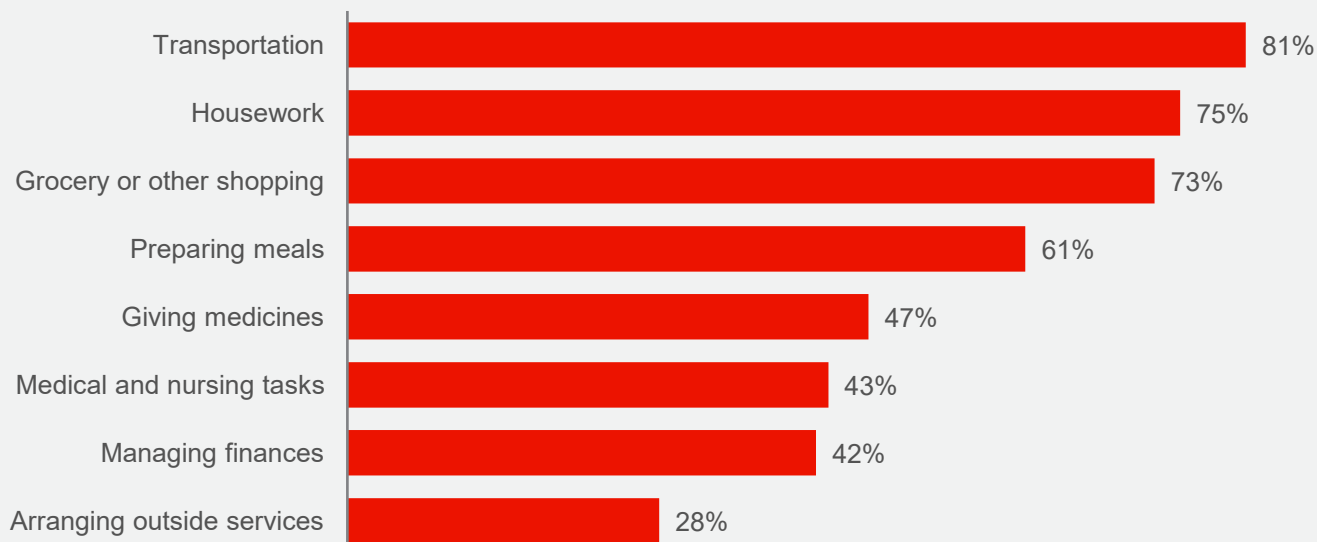
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

8% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Wisconsin Family Caregivers Help with Many Activities of Daily Living



Wisconsin Family Caregivers Help with Many Instrumental Activities of Daily Living



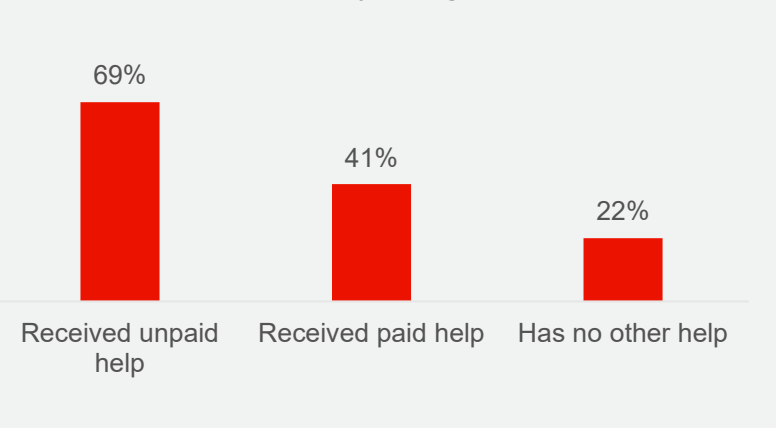
One in three family caregivers (32%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

17% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Wisconsin Family Caregivers Receive



41% of caregivers have been providing care for three years or longer.

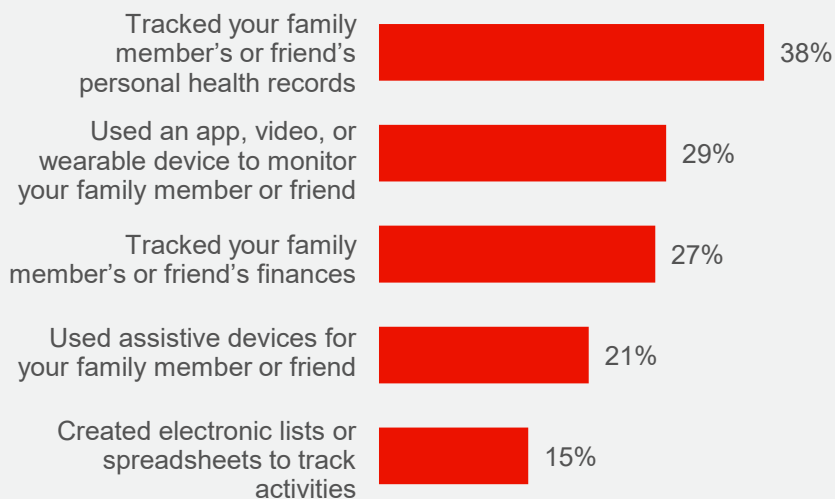
Four in ten family caregivers (43%) help with medical and nursing tasks.

Family caregivers in Wisconsin are key in managing health care:

- 62% communicate with health care professionals about their family member's or friend's care.
- 60% monitor the severity of their care recipient's condition.
- 56% advocate for them with health care providers, community services, or government agencies.

While **one-third (35%) of family caregivers** would find respite care helpful, **over eight in ten (85%)** have never used such services.

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



One quarter of family caregivers (26%) have been asked by health care providers about care needed for their care recipient, and **10% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over one-third of family caregivers (37%) in Wisconsin have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, taking on more debt, and leaving bills unpaid.

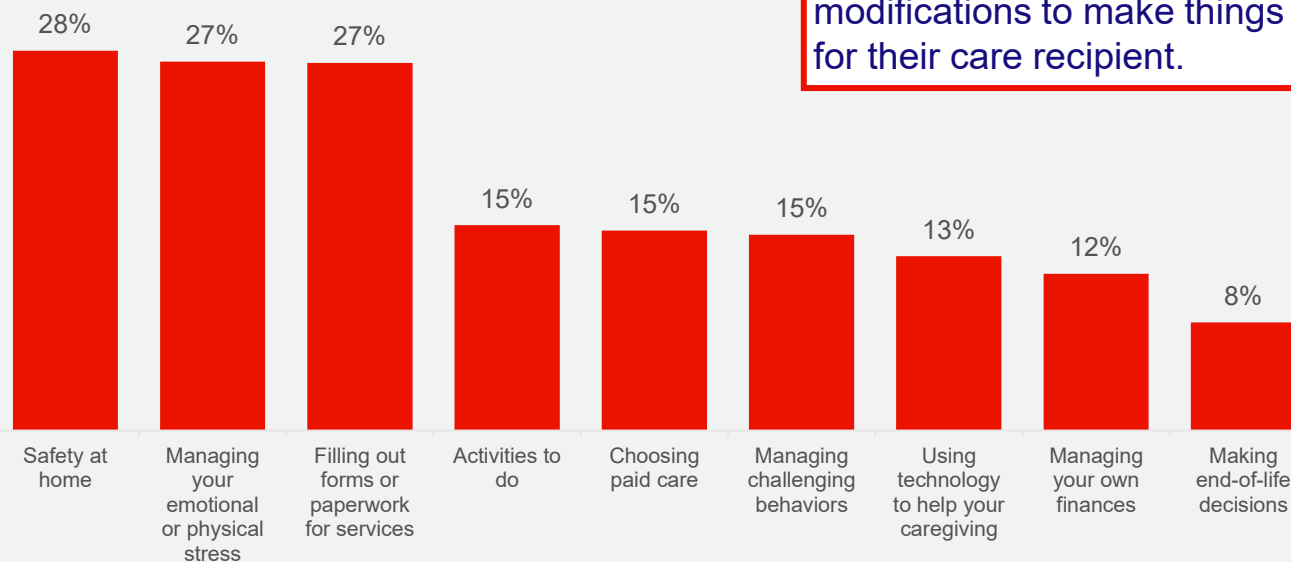
One in four family caregivers (26%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Wisconsin Family Caregivers

Stopped saving	29%	Had to start working or work more	11%
Took on more debt	24%	Used long-term savings	9%
Left bills unpaid or paid late	19%	Missed/late paying student loan	5%
Used up personal short-term savings	18%	Put off retirement	5%
Borrowed money from family/friends	14%	Moved to less expensive home	4%
Could not afford basic expenses	13%	Filed for bankruptcy	3%

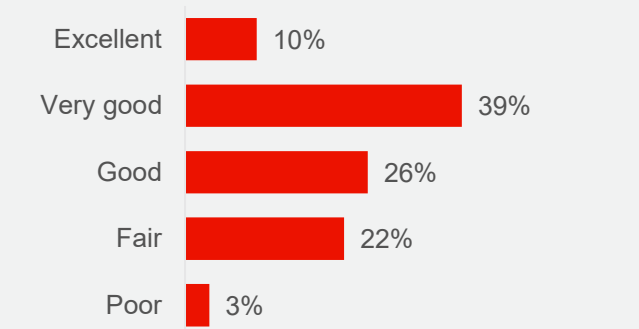
Information Needs of Family Caregivers

One-third of family caregivers (35%) have made home modifications to make things easier for their care recipient.

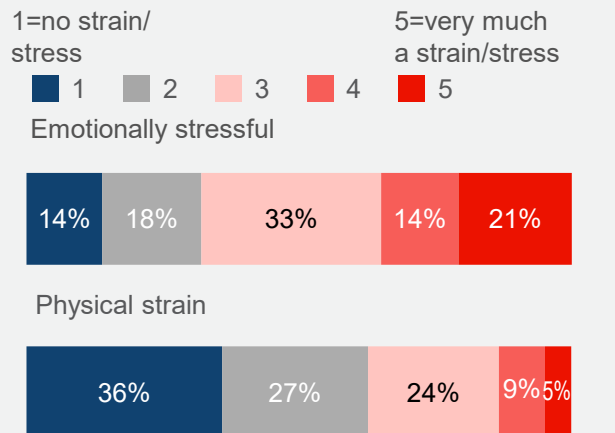


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

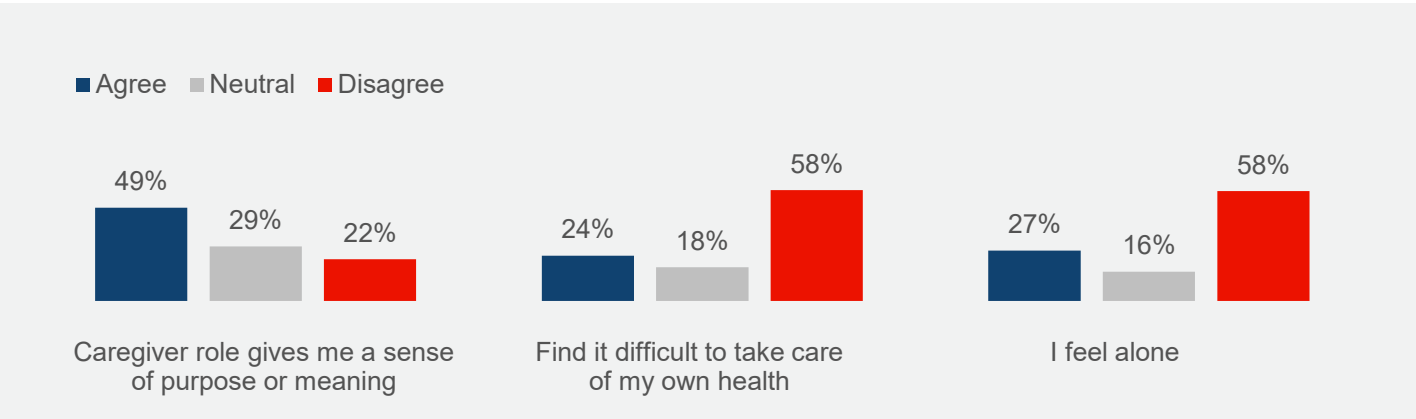
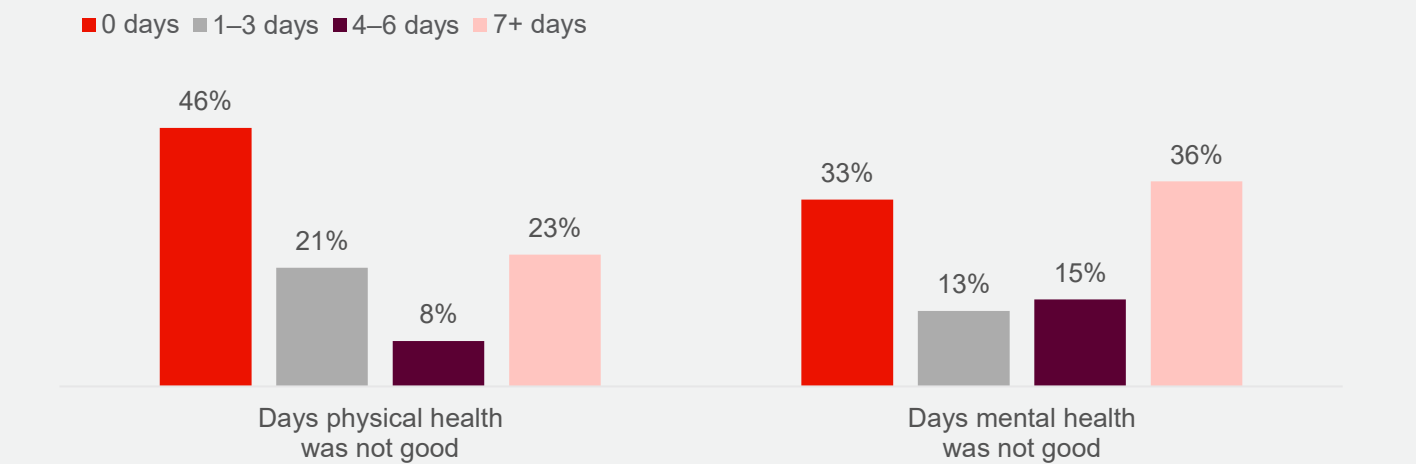


Stress and Strain Felt by Wisconsin Caregivers



Nearly one quarter of family caregivers experience seven or more days a month of poor physical health. One-third of caregivers (35%) experience high emotional stress while caregiving. One quarter (24%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly three in ten (27%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Wisconsin

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	38%	Served in US Armed Forces	6%
Education		Cares for someone who served in the US Armed Forces	14%
Did not graduate from high school	8%	Has health insurance coverage	89%
Graduated from high school	30%	Has been a student while caregiving	9%
Some college or associate's degree	34%	Has a disability or handicap that limits them	19%
Bachelor's degree or higher	29%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	76%	Rural	36%
Single/never married	14%	Urban	41%
Widowed	4%	Suburban	23%
Separated/divorced	6%	Living situation	
Household income		Lives alone	10%
<\$25,000	12%	Lives with others	90%
\$25,000-\$49,999	19%		
\$50,000-\$99,999	31%		
\$100,000+	38%		

Methodology

For full methodology, see Methodology Appendix of this report. The data in this report reflects 123 caregivers in Wisconsin, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.6%.

Caregiving in the US 2025: Spotlight on Wyoming



In Wyoming, one quarter of adults (23%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 107,000 adults in Wyoming.

23%* = **107,000**
of adults caregivers

What Are Family Caregivers in the Mountain* Division Doing?

100%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

63%

assist with activities of daily living such as bathing, dressing, and feeding

49%

help with medical and nursing tasks

45%

engage in high-intensity caregiving (more hours and higher complexity of care)

29%

provide at least 40 hours of care per week or constant care

Who Are Family Caregivers in the Mountain* Division?

66%
Women



34%
Men

Caregiver average age is **54** years old



54%

have worked while caregiving

Care recipient average age is **65** years old



46%

care for a parent

24% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the Mountain* Division



47%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



45%

report moderate to high levels of emotional stress



37%

receive no help with caregiving (either paid or unpaid)



*Due to limited data collection in Wyoming, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Wyoming's caregivers cannot be presented. The Census Bureau's designation of the Mountain Division includes Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah, and Wyoming.

For full methodology, see Methodology Appendix of this report.

Appendix: Methodology

The *Caregiving in the US 2025: Caring Across States* report is based on the 2025 cycle of the repeated, cross-sectional *Caregiving in the US* survey. The *Caregiving in the US* study began in 1997, and since 2004, the survey has been fielded every five years with a new sample of caregivers. This study of family caregivers of adults and children with disabilities or complex medical conditions was fielded with adults ages 18 and older, using Ipsos' national, probability-based online KnowledgePanel® (KP) and opt-in sample. The final study includes 6,858 completed surveys—5,106 from KP and 1,752 from opt-in respondents.

For a full description of the methodology, see *Caregiving in the US 2025*.

A. Weighting

This section describes weighting for states with at least 100 qualified caregiver respondents from the general population and augmented KP samples. For information on the national weighting, see the full description of methodology in *Caregiving in the US 2025*.

First, the state-level screener weight was created. The design weights for KP-screened respondents (including breakoffs, terminates, and completes)—regardless of caregiver status—were adjusted to the geodemographic distributions of the 18-years-and-over state population. Benchmarks for poststratification weighting, in which the marginal distributions of key demographic variables are adjusted to be representative of the state populations, were obtained from the 2022 American Community Survey. Note that depending on the state's sample size, some weighting variables were dropped or weighting categories were collapsed. In the next section, the variables and categories used in weighting for each state are listed.

- a. Age (18-27, 28-43, 44-59, 60-74, or 75+) by gender (male, female, or other). For those answering “prefer to self-describe,” we held their unweighted percent age constant when weighting.
- b. Race/ethnicity (Hispanic, Non-Hispanic Black, Non-Hispanic Asian/Pacific Islander, Non-Hispanic white, or all else)
- c. Education (less than high school, high school, some college, or bachelor's degree or higher)
- d. Household income (under \$25K, \$25K-\$49,999, \$50K-\$74,999, \$75K-\$99,999, \$100K-\$149,999, or \$150K and over)
- e. Language dominance within Hispanic (English-Dominant Hispanic, Bilingual Hispanic, Spanish-Dominant Hispanic, or Non-Hispanic)

The resulting weights were reviewed for extreme values. If needed, the weights were trimmed accordingly. Next, the weights were scaled to sum to the number of screened respondents for each state and labeled as **KP_screen_state_wt**. Finally, the qualified respondents were identified, and their screener weights were scaled to sum to the number of qualified respondents for each applicable state and labeled as **state_wt**.

The following section lists the demographic variables and categories of all state residents used in weighting individual states.

Factors in Weighting: Age by Gender

State	18-43, 44-59, 60-74, 75+	18-27, 28-43, 44-59, 60-74, 75+	18-43, 44-59, 60+	NH Black, Hispanic/ NH other/ 2+ races, NH White
	Male, Female, Other	Male, Female, Other	Male, Female, Other	
Alabama	✓			✓
Missouri	✓			✓
Tennessee	✓			✓
Arizona	✓			
California		✓		
Colorado	✓			
New Jersey	✓			
Connecticut	✓			
Oregon	✓			
Florida		✓		
Texas		✓		
Georgia		✓		
Ohio		✓		
Pennsylvania		✓		
Virginia		✓		
Illinois		✓		
Indiana	✓			
Iowa	✓			
Kansas			✓	
Kentucky		✓		
Louisiana		✓		
Minnesota		✓		
South Carolina		✓		
Maryland	✓			
Massachusetts	✓			
Wisconsin	✓			
Michigan		✓		✓
New York		✓		
North Carolina	✓			
Washington	✓			

Factors in Weighting: Race/Ethnicity

State	Hispanic, NH Asian/Pacific Islander, NH Black, NH White, All Else	Hispanic, NH Black/Other/ 2+ Races, NH White	Hispanic, NH Black, NH Other/ 2+ Races, NH White	NH White, All Others
Alabama				
Missouri				
Tennessee				
Arizona			✓	
California	✓			
Colorado		✓		
New Jersey		✓		
Connecticut		✓		
Oregon		✓		
Florida			✓	
Texas			✓	
Georgia			✓	
Ohio			✓	
Pennsylvania			✓	
Virginia			✓	
Illinois			✓	
Indiana				✓
Iowa				✓
Kansas				✓
Kentucky				✓
Louisiana				✓
Minnesota				✓
South Carolina				✓
Maryland			✓	
Massachusetts			✓	
Wisconsin			✓	
Michigan				
New York			✓	
North Carolina			✓	
Washington			✓	

Factors in Weighting: Education

State	High School Graduate or Less, Some College, Bachelor's Degree or Higher	Less than High School, High School, Some College, Bachelor's Degree or Higher	Some College or Less, Bachelor's Degree or Higher
Alabama	✓		
Missouri	✓		
Tennessee	✓		
Arizona	✓		
California		✓	
Colorado	✓		
New Jersey	✓		
Connecticut	✓		
Oregon	✓		
Florida		✓	
Texas		✓	
Georgia		✓	
Ohio		✓	
Pennsylvania		✓	
Virginia		✓	
Illinois	✓		
Indiana	✓		
Iowa			✓
Kansas	✓		
Kentucky	✓		
Louisiana	✓		
Minnesota	✓		
South Carolina	✓		
Maryland	✓		
Massachusetts	✓		
Wisconsin	✓		
Michigan	✓		
New York	✓		
North Carolina	✓		
Washington	✓		

Factors in Weighting: Household Income

State	Under \$25K, \$25K-\$49,999, \$50K-\$74,999, \$75K-\$99,999, \$100K-\$149,999, \$150K and Over	Under \$50K, \$50K-\$99,999, \$100K and Over
Alabama	✓	
Missouri	✓	
Tennessee	✓	
Arizona		✓
California	✓	
Colorado		✓
New Jersey		✓
Connecticut		✓
Oregon		✓
Florida	✓	
Texas	✓	
Georgia	✓	
Ohio	✓	
Pennsylvania	✓	
Virginia	✓	
Illinois	✓	
Indiana	✓	
Iowa		✓
Kansas		✓
Kentucky		✓
Louisiana		✓
Minnesota		✓
South Carolina		✓
Maryland		✓
Massachusetts	✓	
Wisconsin	✓	
Michigan	✓	
New York	✓	
North Carolina	✓	
Washington	✓	

Factors in Weighting: Language Dominance within Hispanic Ethnicity

State	English-Dominant Hispanic, Bilingual or Spanish-Dominant Hispanic, Non-Hispanic	English-Dominant Hispanic, Bilingual Hispanic, Spanish Dominant Hispanic, Non-Hispanic	English-Dominant Hispanic, Bilingual or Spanish Dominant Hispanic, Non-Hispanic
Alabama			
Missouri			
Tennessee			
Arizona	✓		
California		✓	
Colorado	✓		
New Jersey	✓		
Connecticut			
Oregon			
Florida			
Texas		✓	
Georgia		✓	
Ohio			
Pennsylvania			
Virginia			
Illinois			✓
Indiana			
Iowa			
Kansas			
Kentucky			
Louisiana			
Minnesota			
South Carolina			
Maryland			
Massachusetts			
Wisconsin			
Michigan			
New York		✓	
North Carolina			
Washington	✓		

KP and opt-in samples states

For states with KP and opt-in qualified caregiver respondents, the KP state-level screener weight was created (***KP_screen_state_wt***) and followed the same process as described previously. Using the state-level screener weights, weighting targets were derived based on KP-qualified caregivers and weighted total KP and opt-in qualified caregivers (used ***overall_wt*** as the starting weights) to the corresponding KP benchmarks. The resulting weights were trimmed and scaled to sum to the number of qualified KP and opt-in respondents for each applicable state and labeled as ***state_wt***.

The following section lists the demographic variables and categories used in weighting the states.

Oklahoma

KP_screen_state_wt

- a. Age (18-43, 44-59, 60-74, 75+) by gender (male, female, or other)
- b. Race/ethnicity (Hispanic, NH Black, NH Other/2+ races, NH white)
- c. Education (high school graduate or less, some college, bachelor's degree, or higher)
- d. Household income (under \$25K, \$25K-\$49,999, \$50K-\$74,999, \$75K-\$99,999, \$100K-\$149,999, or \$150K and over)

state_wt

- a. Age (18-43, 44-59, or 60+)
- b. Gender (male, female, or other)
- c. Race/ethnicity (NH white or all else)
- d. Education (high school graduate or less, some college, or bachelor's degree or higher)
- e. Household income (under \$50K, \$50K-\$99,999, or \$100K and over)
- f. Daily television viewing (less than three hours/day or more than three hours/day)
- g. Weekly personal internet usage (less than 10 hours/week or 10+ hours/week)
- h. Express political/community opinions online (not at all, less than a month, or more often)
- i. Interest in trying new products (not at all/somewhat or a lot/completely)

Utah

KP_screen_state_wt

- a. Age (18-43, 44-59, 60-74, or 75+) by gender (male or female)
- b. Race/ethnicity (Hispanic, NH Black/NH other/2+ races, NH white)
- c. Education (high school graduate or less, some college, or bachelor's degree or higher)
- d. Household income (under \$25K, \$25K-\$49,999, \$50K-\$74,999, \$75K-\$99,999, \$100K-\$149,999, or \$150K and over)
- e. Language dominance within Hispanic (English-Dominant Hispanic, Bilingual or Spanish-Dominant Hispanic, Non-Hispanic)

state_wt

- a. Age (18-43, 44-59, or 60+)
- b. Gender (male or female)
- c. Race/ethnicity (NH white, all else)
- d. Education (high school graduate or less, some college, or bachelor's degree or higher)
- e. Household income (under \$50K, \$50K-\$99,999, or \$100K and over)
- f. Daily television viewing (less than three hours/day, more than three hours/day)
- g. Weekly personal internet usage (less than 10 hours/week, more than 10 hours/week)
- h. Express political/community opinions online (not at all, less than a month, or more often)
- i. Interest in trying new products (not at all/somewhat or a lot/completely)

B. Design effects and margins of error

The next section displays the design effects and margins of error for state prevalence estimates, detailed survey items at the state level, and detailed survey items for Census Bureau Divisions. For a full description of the margins of error and response rates for national prevalence estimates, see *Caregiving in the US 2025*.

Screened Respondents Design Effects and Margins of Error for State Prevalence

State	Unweighted N	Design Effect	Margin of Error
Alabama	382	1.3609	5.8%
Arizona	688	1.6377	4.8%
Arkansas	307	2.0492	8.0%
California	1,369	1.3299	3.1%
Colorado	631	2.0021	5.5%
Connecticut	438	1.7761	6.2%
Florida	730	1.2181	4.0%
Georgia	437	1.3022	5.3%
Idaho	240	2.0492	9.1%
Illinois	591	1.7155	5.3%
Indiana	560	1.2383	4.6%
Iowa	437	1.4397	5.6%
Kansas	361	1.7460	6.8%
Kentucky	498	1.6590	5.7%
Louisiana	387	1.5738	6.2%
Maine	160	2.0492	11.1%
Maryland	534	1.7570	5.6%
Massachusetts	461	1.5808	5.7%
Michigan	580	1.2495	4.5%
Minnesota	779	1.8946	4.8%
Mississippi	264	2.0492	8.6%
Missouri	455	1.2872	5.2%

State	Unweighted N	Design Effect	Margin of Error
Nebraska	250	2.0492	8.9%
Nevada	336	2.0492	7.7%
New Hampshire	158	2.0492	11.2%
New Jersey	682	1.7765	5.0%
New Mexico	338	2.0492	7.6%
New York	566	1.2412	4.6%
North Carolina	441	1.1441	5.0%
Ohio	474	1.2324	5.0%
Oklahoma	380	1.8091	6.8%
Oregon	563	1.8581	5.6%
Pennsylvania	525	1.2334	4.8%
South Carolina	536	1.6381	5.4%
Tennessee	417	1.4272	5.7%
Texas	900	1.2520	3.7%
Utah	381	2.1239	7.3%
Virginia	585	1.3403	4.7%
Washington	629	1.6314	5.0%
West Virginia	219	2.0492	9.5%
Wisconsin	528	1.1797	4.6%

Qualified Respondents Design Effects and Margins of Error for Detailed State Caregiving Data

State	N	Design Effect	Margin of Error
Alabama	116	1.3105	10.40%
Arizona	168	1.6139	9.60%
California	314	1.3033	6.30%
Colorado	156	2.0892	11.30%
Connecticut	106	1.7734	12.70%
Florida	164	1.2549	8.60%
Georgia	123	1.2505	9.90%
Iowa	115	1.8226	12.30%
Illinois	134	1.2253	9.40%
Indiana	133	1.2953	9.70%
Kansas	116	1.5645	11.40%
Kentucky	139	1.7332	10.90%
Louisiana	111	1.5792	11.70%
Massachusetts	113	1.4653	11.20%
Maryland	112	1.7773	12.30%
Michigan	120	1.1925	9.80%

State	N	Design Effect	Margin of Error
Minnesota	164	2.0931	11.10%
Missouri	116	1.3277	10.50%
North Carolina	114	1.1553	9.90%
New Jersey	154	1.8813	10.80%
New York	140	1.2547	9.30%
Ohio	110	1.2179	10.30%
Oklahoma	124	1.8247	11.90%
Oregon	135	1.9379	11.70%
Pennsylvania	113	1.2097	10.10%
South Carolina	138	1.6555	10.70%
Tennessee	116	1.4145	10.80%
Texas	198	1.2215	7.70%
Utah	127	1.9721	12.20%
Virginia	129	1.3648	10.10%
Washington	132	1.6538	11.00%
Wisconsin	123	1.1691	9.60%

Qualified Respondents Design Effects and Margins of Error for Detailed Census Division Caregiving Data

Census Division	N	Design Effect	Margin of Error
New England	344	2.04920	7.6%
Middle Atlantic	835	2.04920	4.9%
East North Central	910	2.04920	4.7%
West North Central	462	2.04920	6.5%
South Atlantic	1,398	2.04920	3.8%
East South Central	510	2.04920	6.2%
West South Central	825	2.04920	4.9%
Mountain	558	2.04920	5.9%
Pacific	1,016	2.04920	4.4%

C. Estimating prevalence of caregiving

The following steps were taken to estimate the prevalence of caregiving in these 41 states:

Alabama, Arizona, Arkansas, California, Colorado, Connecticut, Florida, Georgia, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, Tennessee, Texas, Utah, Virginia, Washington, West Virginia, and Wisconsin.

These steps follow the national prevalence methodology used in 2020 and 2015 to maintain consistency in reporting. All cases are weighted using the screened respondent weight for prevalence calculations.

1. Designate respondents who indicated they are a caregiver in the screener and assist with an activity of daily living (ADL), instrumental activity of daily living (IADL), or medical or nursing task as validated caregivers.
2. Designate respondents who indicated they are a caregiver in the screener but did not assist with an ADL, IADL, or medical or nursing task or did not complete enough of the survey to indicate whether they assisted with these tasks as nonvalidated caregivers.
3. Adjust nonvalidated caregivers as follows: 94.85 percent of respondents who reported being a caregiver in the screener are validated caregivers. Multiply this percentage by nonvalidated caregivers as an adjustment.
4. Add the number of validated caregivers and adjusted nonvalidated caregivers.
5. Divide by the total number of adults age 18+ according to US Census data.

For nine states and the District of Columbia, caregiver prevalence was modeled using the Fay Harriet small area mixed model specification (2 level Hierarchical Logit Model) to estimate the likelihood of caregiving in states with fewer than 100 screened respondents.

These states are Alaska; Delaware; Hawai'i; Montana; North Dakota; Rhode Island; South Dakota; Vermont; Washington, DC; and Wyoming.

The national weight was used in this analysis. Predicted values (weighted by the adjustment factor) from the models were used to calculate the incidence within these states. An additional weight was used at the state level where the state's own data were given a weight of 3, states that were close in demographic makeup and proximity were given a weight of 2, and all other states were given a weight of 1. This weighting had little impact on the predicted values. The variables included in the model (other than state and caregiving status) were part-time employment (as opposed to full-time, unemployed, or not in the labor force), household income of less than \$75,000, gender, education (high school or less), household size, rural/urban, ethnicity, home ownership, and housing type. The margin of error for each state's subset of predicted values was not calculated because the required bootstrapping exceeded our computational capabilities.

D. Advisory committee

The *Caregiving in the US 2025* survey and report development were guided by a group of scientific experts across various subfields of caregiving research. The steering committee met several times per year to provide guidance on multiple aspects of the survey and gave guidance via email and individual meetings. Steering committee meeting dates and membership are listed as follows:

Caregiving in the US steering committee meetings

- April 10, 2024
- December 10, 2024
- February 28, 2025
- June 3, 2025

Caregiving in the US steering committee members

- Maggie Ornstein, PhD, MPH, Guest Faculty, Sarah Lawrence College
- Ranak Trivedi, PhD, Investigator, Health Services Research and Development Center for Innovation to Implementation, Veterans Affairs Palo Alto
- Courtney Van Houtven, PhD, Professor, Department of Population Health Science, Duke University
- Maria Aranda, PhD, MSW, MPA, LCSW, Professor of Social Work and Gerontology, University of Southern California
- Donna Benton, PhD, Research Associate, Professor of Gerontology, University of Southern California
- J. Nicholas Dionne-Odom, PhD, RN, Associate Professor, School of Nursing, University of Alabama at Birmingham
- Regina Shih, PhD, Professor, School of Public Health, Emory University
- Fayron Epps, PhD, RN, FGSA, FAAN, Professor, Karen and Ron Hermann Endowed Chair in Caregiver Research, University of Texas Health San Antonio
- Debra Lerner, PhD, MS, Professor, School of Medicine, Tufts University
- Leanne Clark-Shirley, PhD, President and CEO, American Society on Aging
- Didier Trinh, National Director, Diverse Elders Coalition

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AARP and National Alliance for Caregiving.
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Washington, DC: AARP, October 2025.
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