

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.

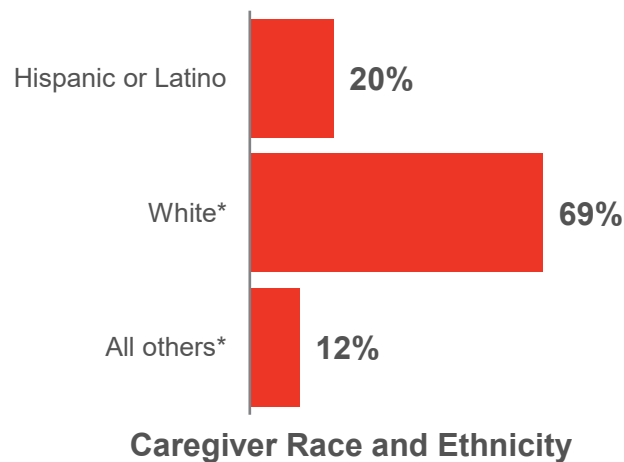
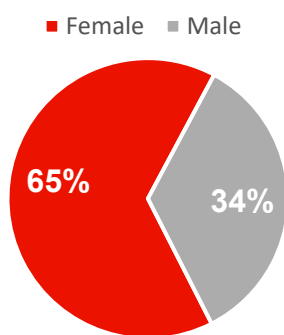
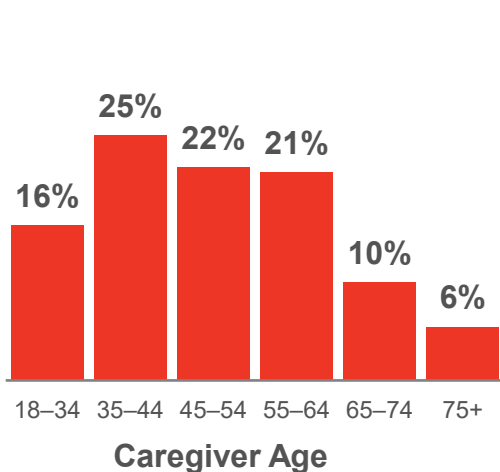
Most family caregivers in Colorado care for an adult (89%) — most often a parent (50%). Sixteen percent also care for a child with complex medical needs. Most caregivers are married or living with a partner (60%). A quarter of caregivers live in a household with income under \$50,000 (25%). One in six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

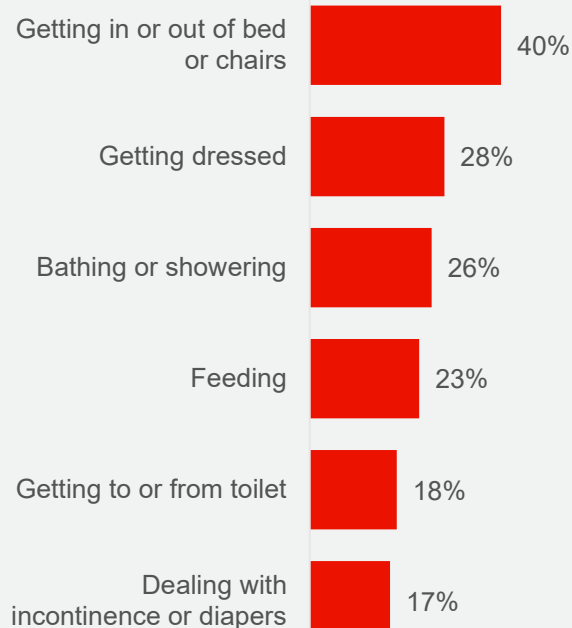
What Family Caregivers Do

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.

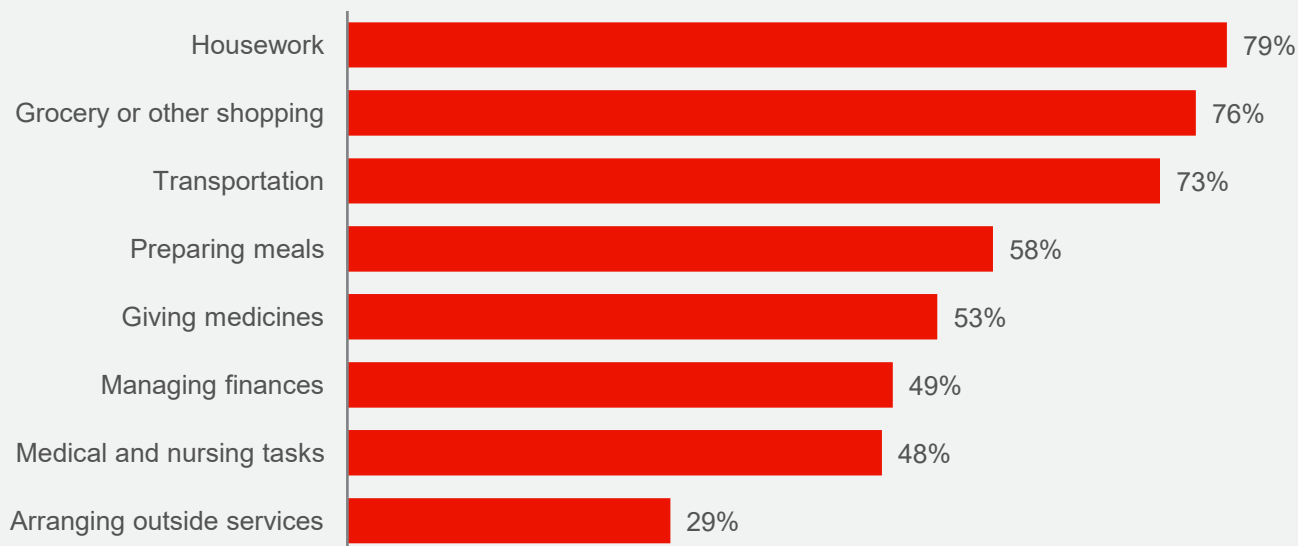
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

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



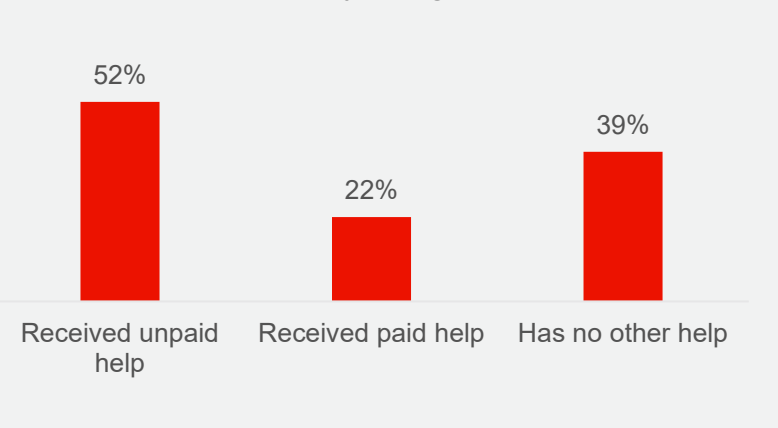
One-third of family caregivers (42%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

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.

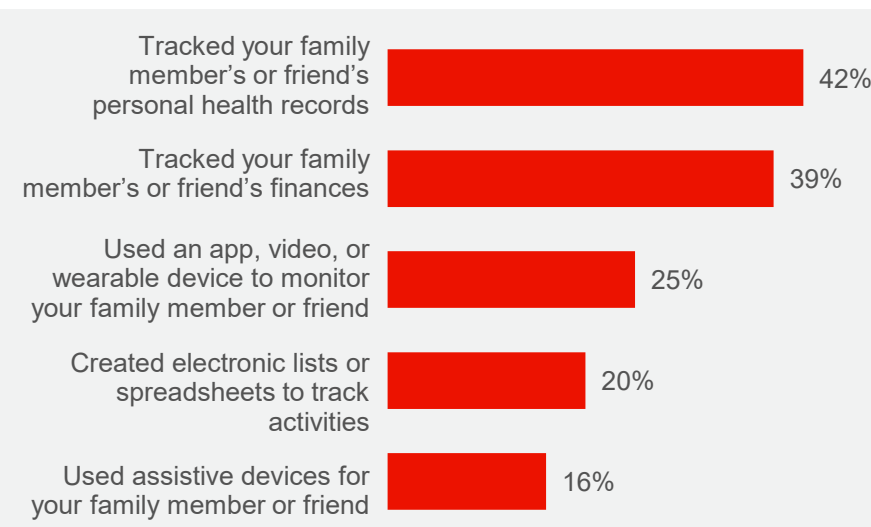
Nearly half (48%) of family caregivers help with medical and nursing tasks.

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

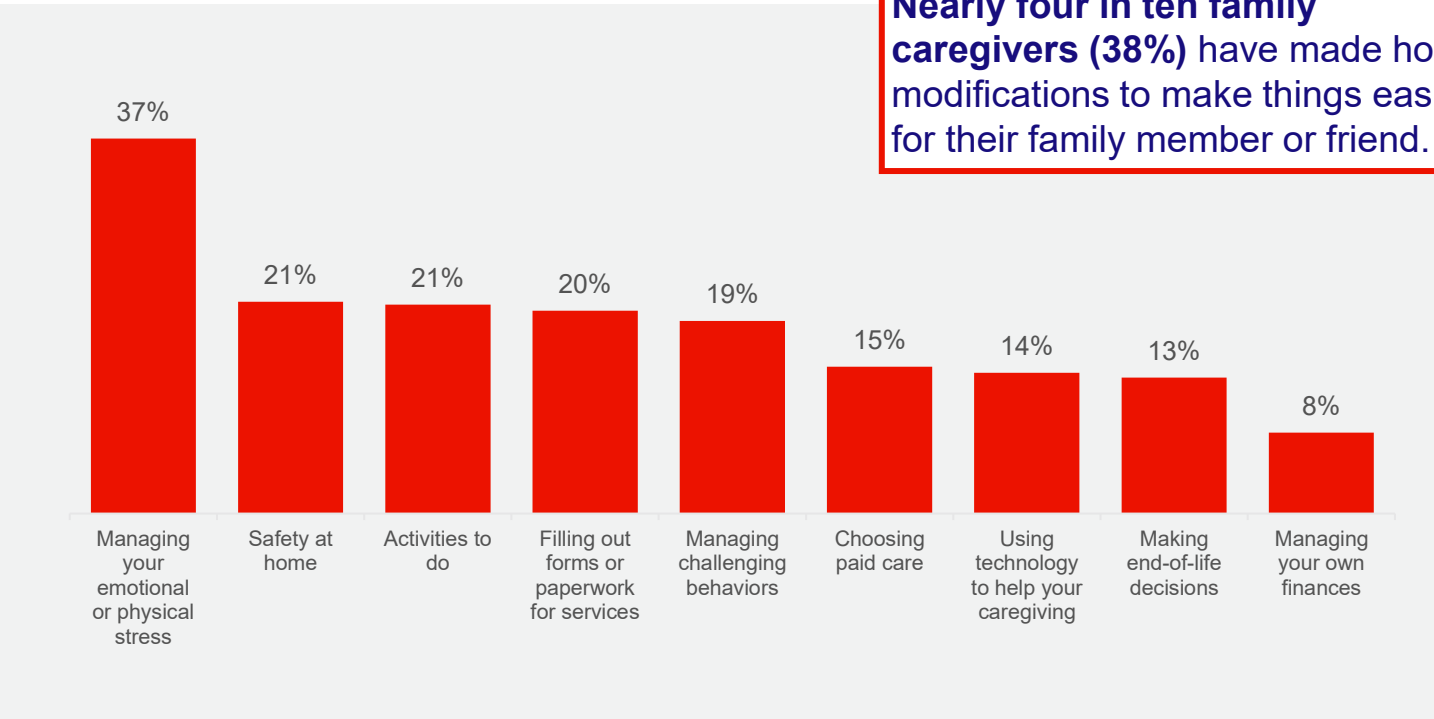
Nearly half of family caregivers (47%) in Colorado have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, using up savings, and taking on more debt.

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

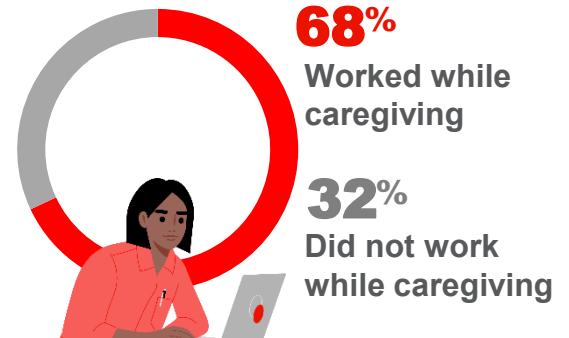
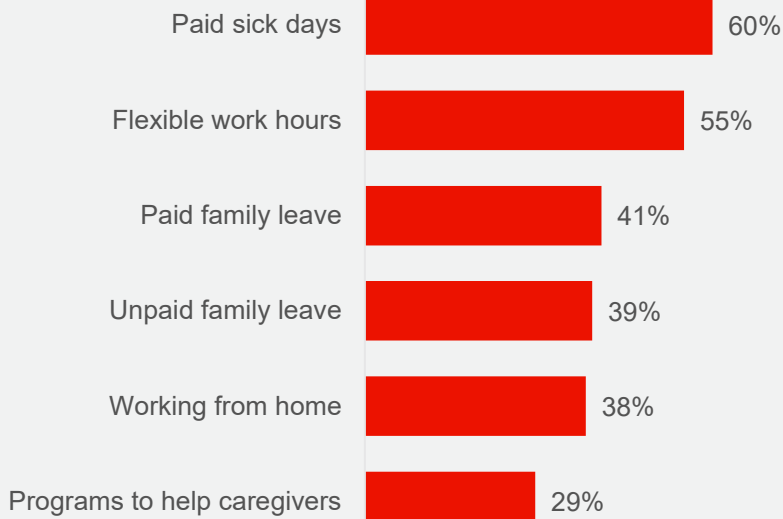


Nearly four in ten family caregivers (38%) have made home modifications to make things easier for their family member or friend.

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.

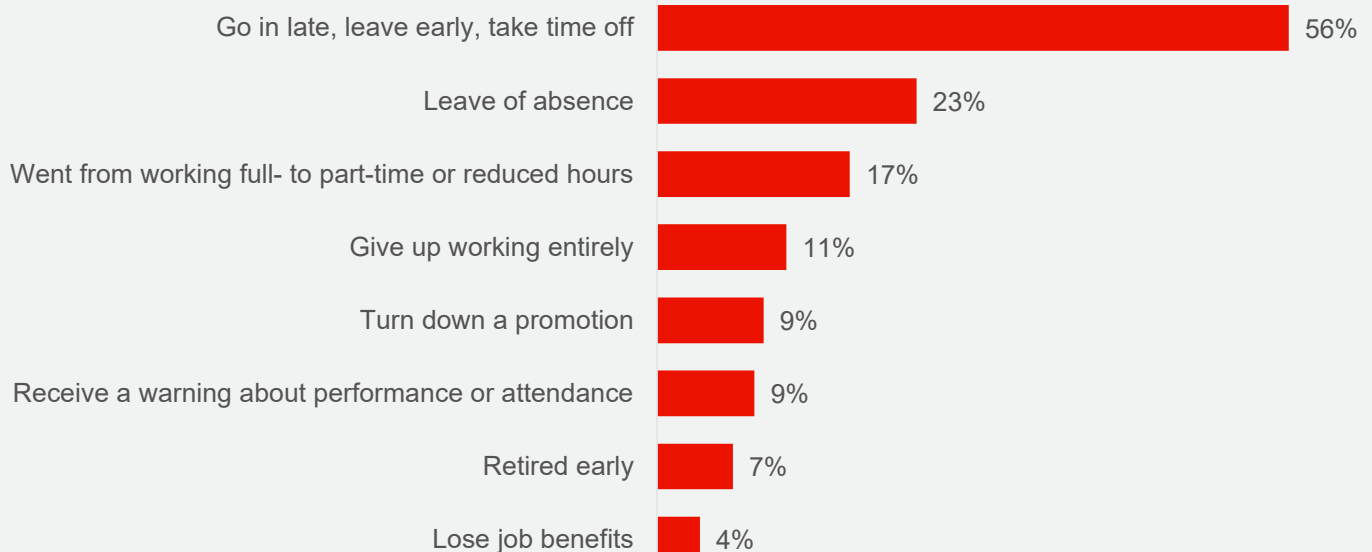
Workplace Benefits Offered to Colorado Family Caregivers



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

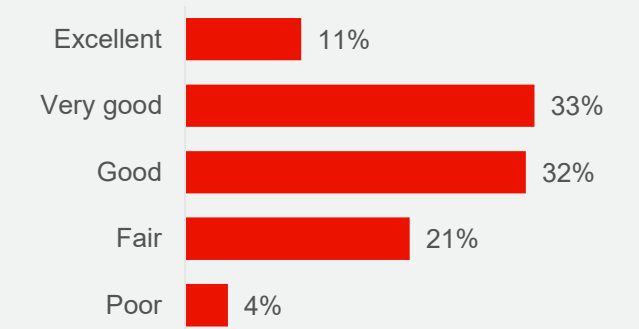
Support for working family caregivers has increased in recent years, but many workers still face challenges balancing care and paid employment.

Colorado Family Caregivers Experience Work Disruptions

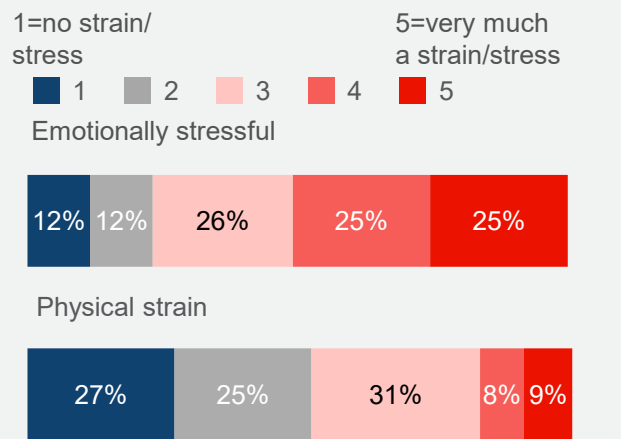


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

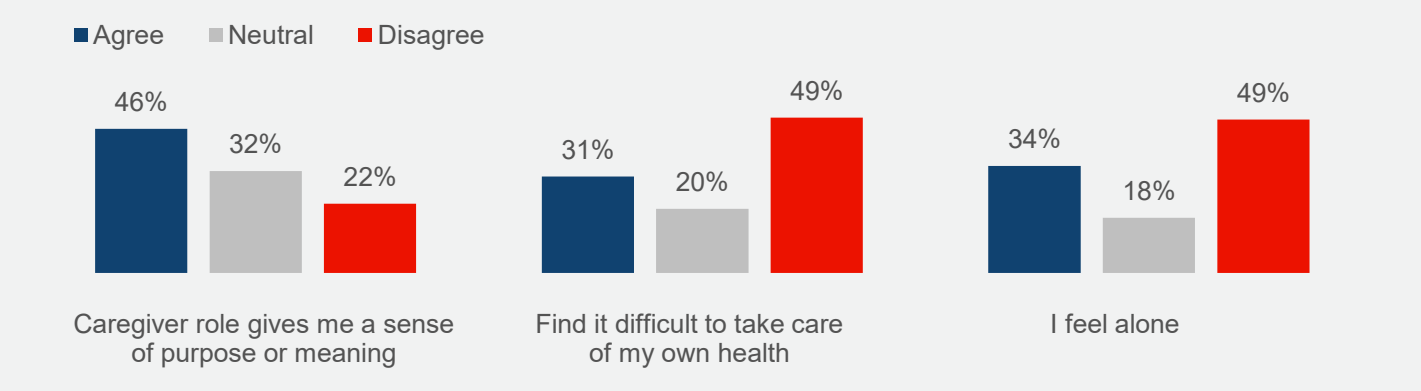
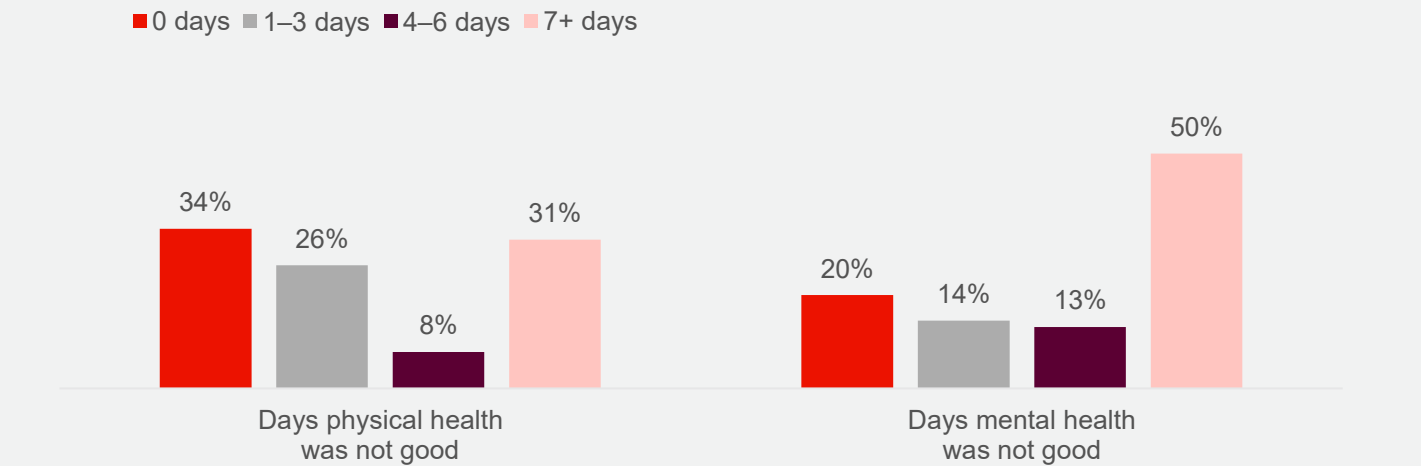


Stress and Strain Felt by Colorado Caregivers



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 <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025-caring-across-states>. 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%.