

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.

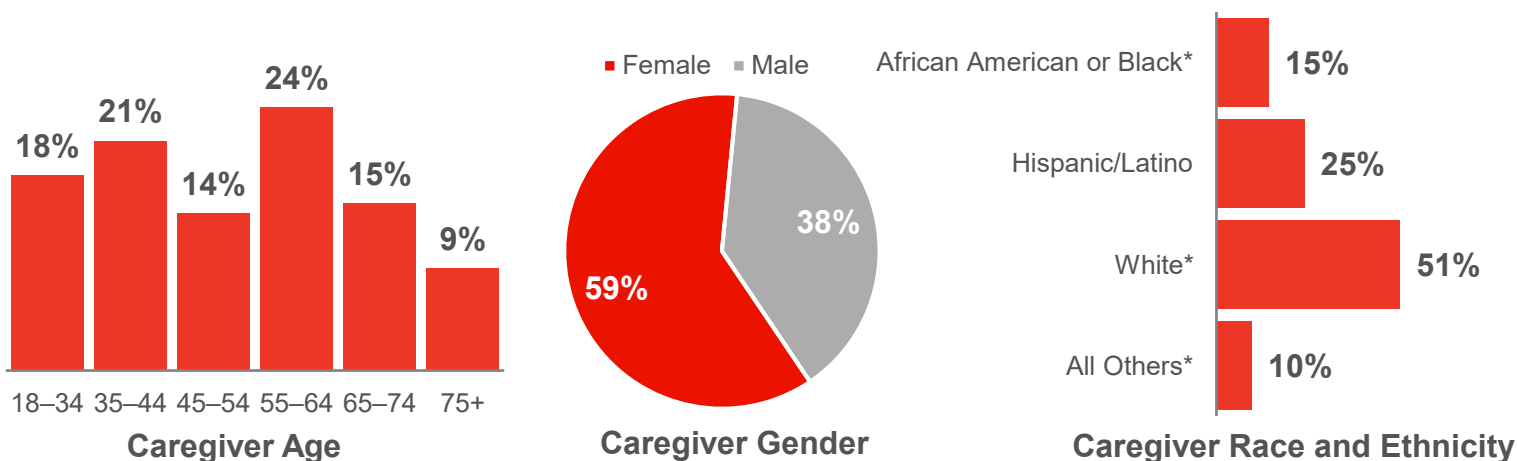
Most family caregivers in Florida care for an adult (98%) — most often a parent (50%). Fifteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (61%). One in three caregivers live in a household with income under \$50,000 (33%). A quarter of caregivers (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

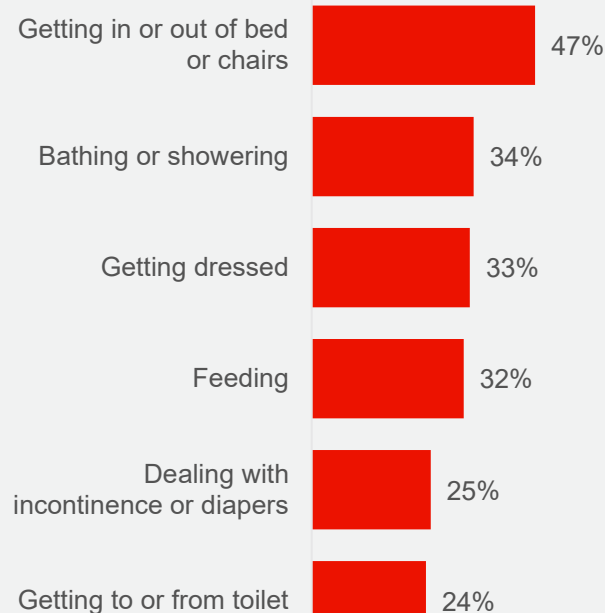
What Family Caregivers Do

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.

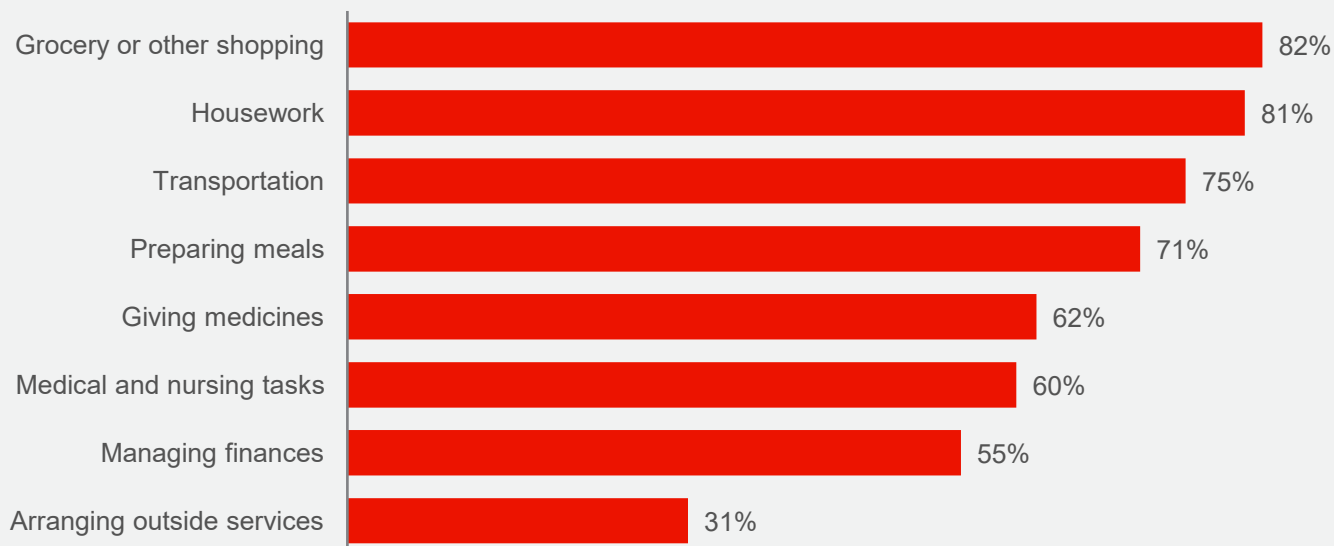
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

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



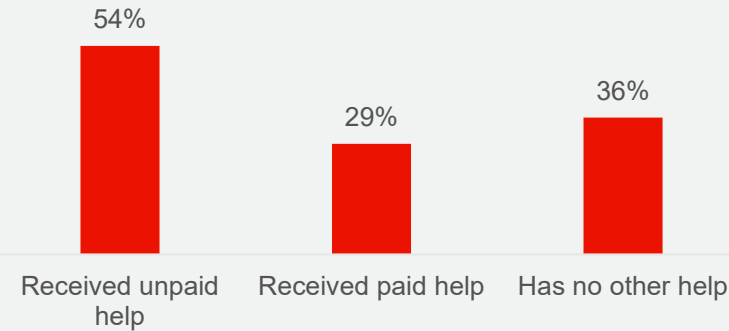
Half of family caregivers (46%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

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.

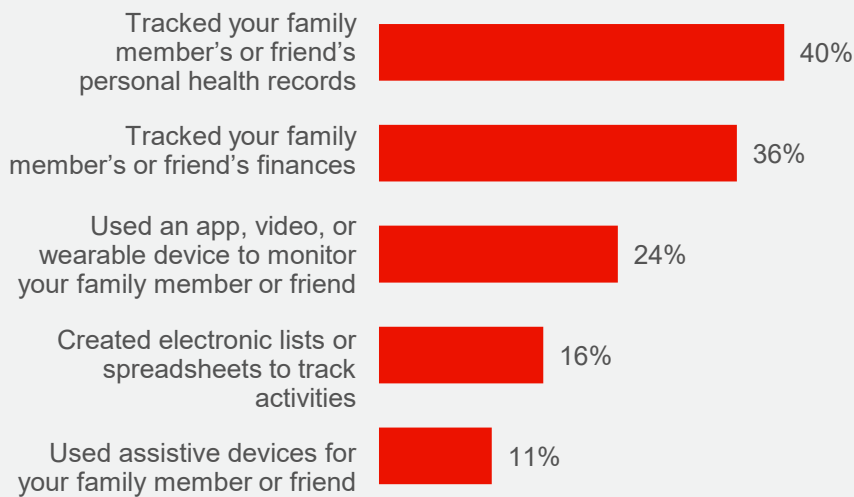
Six in ten family caregivers (60%) help with medical and nursing tasks, and **13% of caregivers** receive training for such tasks.

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.

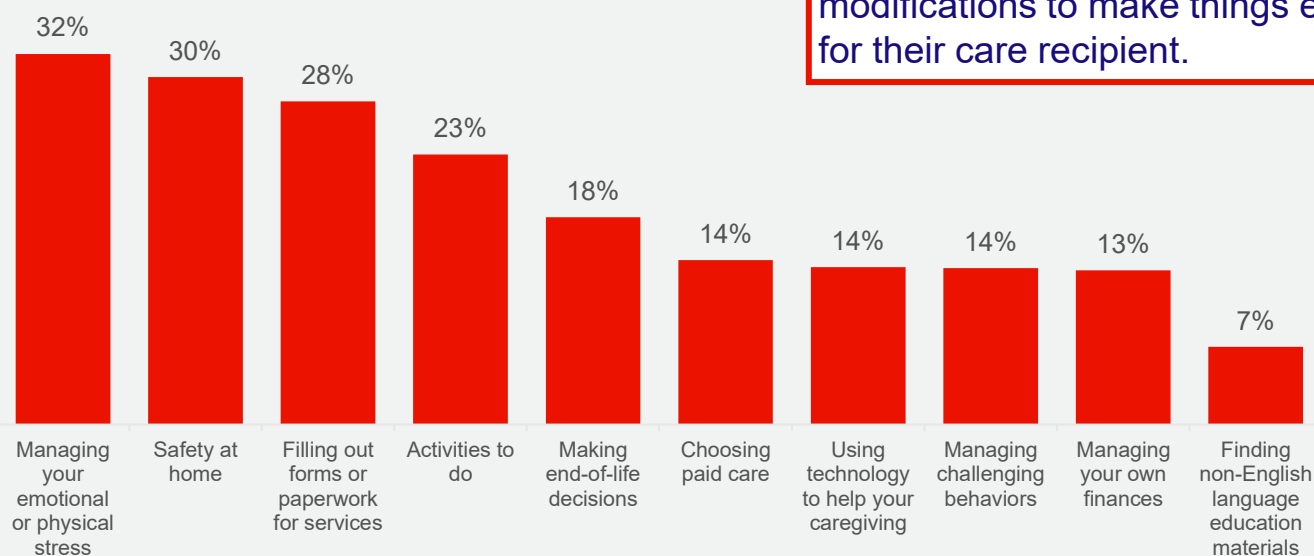
One-third of family caregivers (32%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

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%		

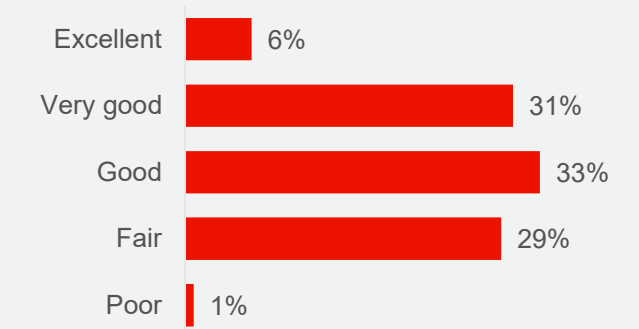
Information Needs of Family Caregivers

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

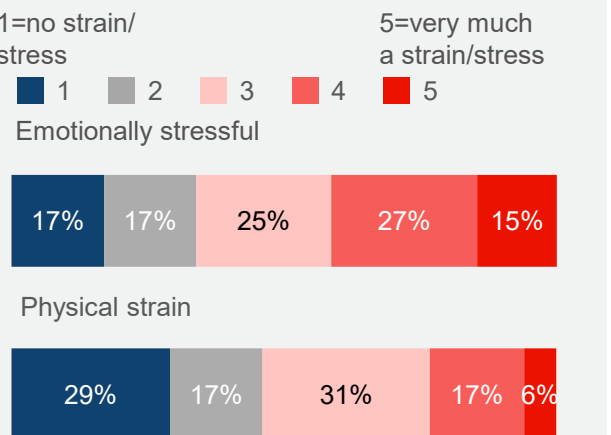


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

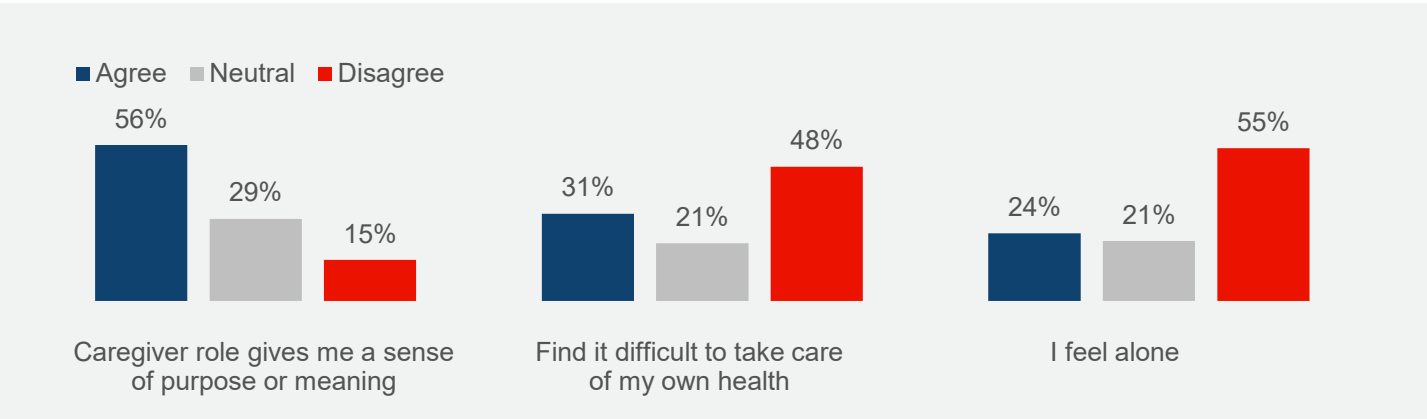
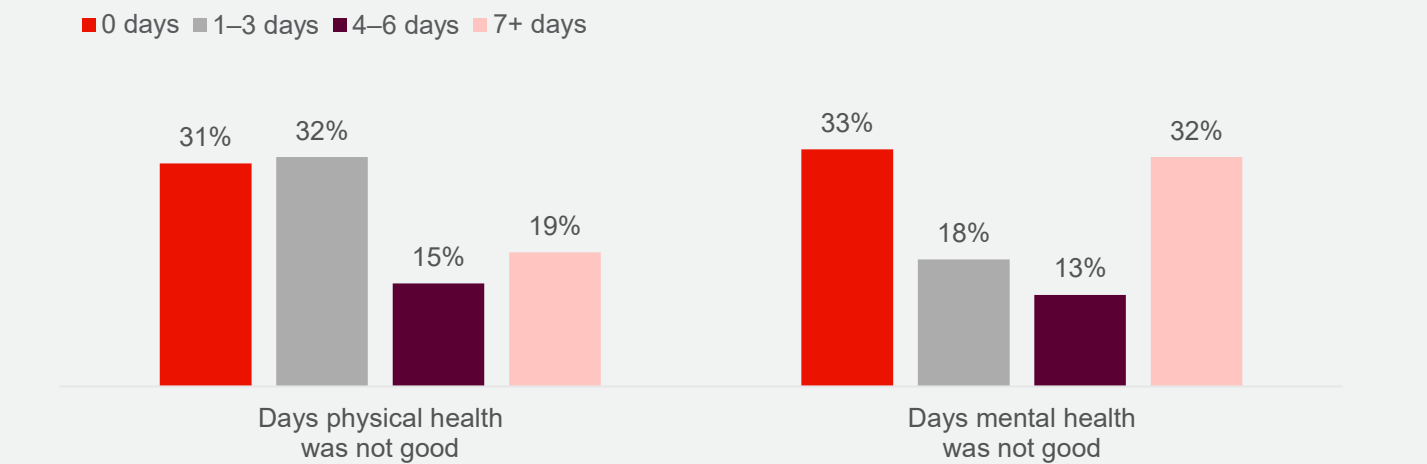


Stress and Strain Felt by Florida Caregivers



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