

# 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.**

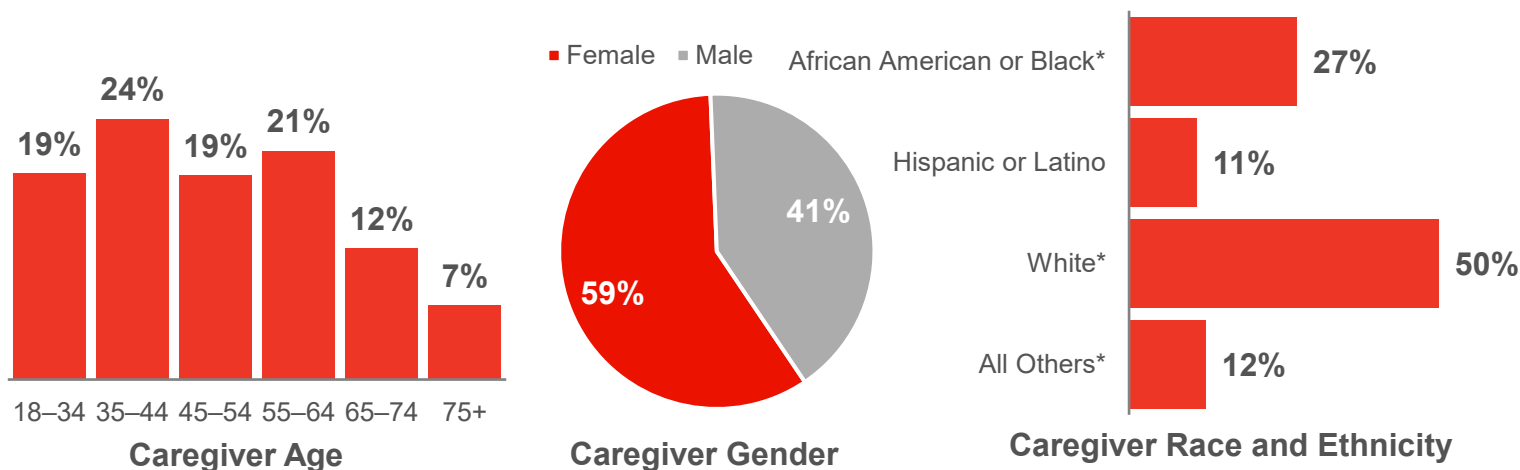
Most family caregivers in Georgia care for an adult (99%) — most often a parent (48%). Fifteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (65%). One in four caregivers live in a household with income under \$50,000 (25%). Three in ten caregivers (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

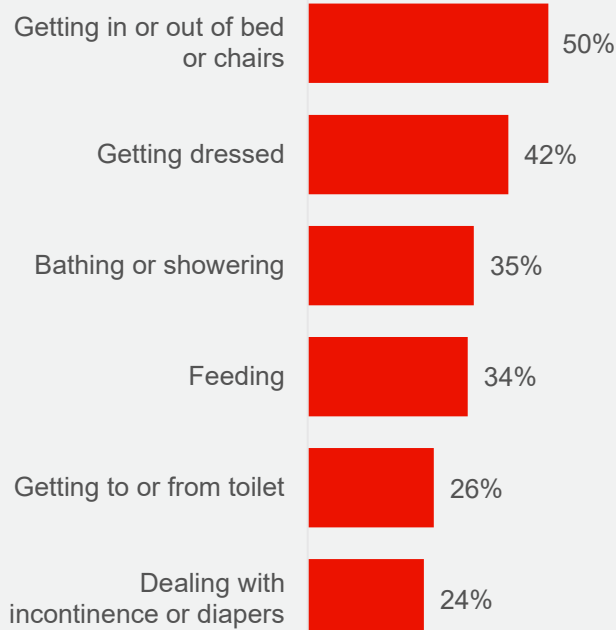
## What Family Caregivers Do

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.

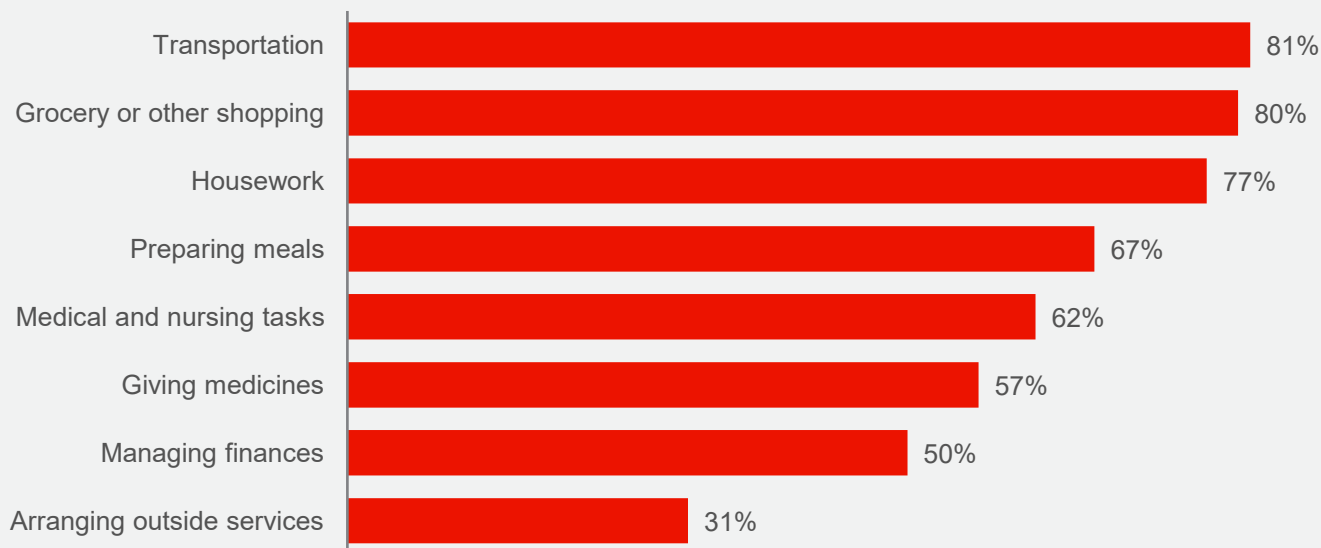
Nearly all family caregivers (99%) help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

**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



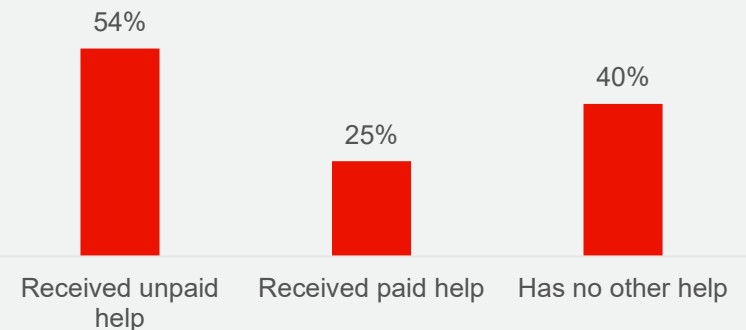
**Half of family caregivers (49%)** are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

**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.

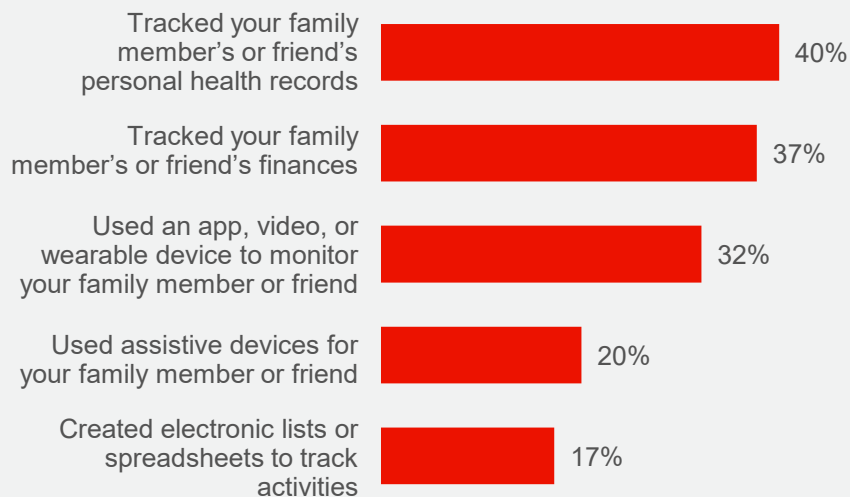
**Six in ten family caregivers (62%)** help with medical and nursing tasks.

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.

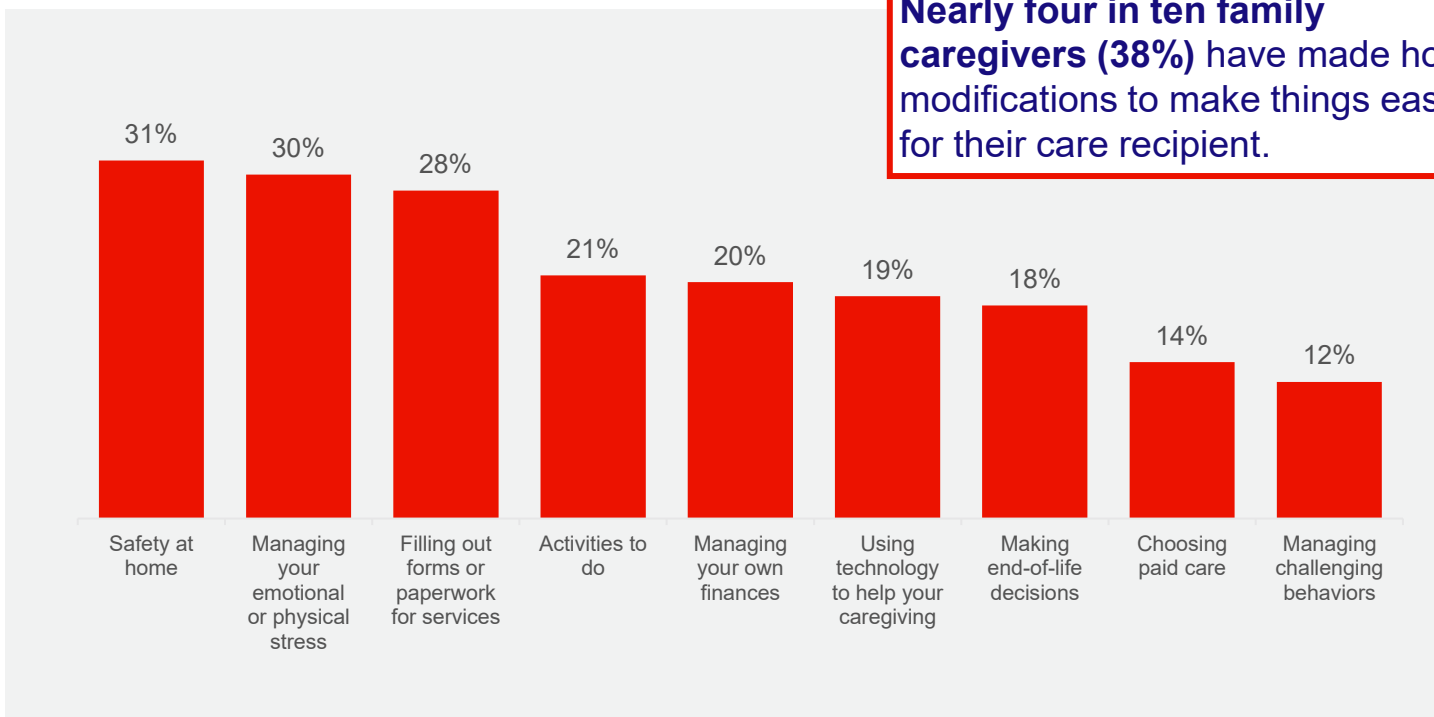
**One in five family caregivers (22%)** have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

### 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% |                                 |     |

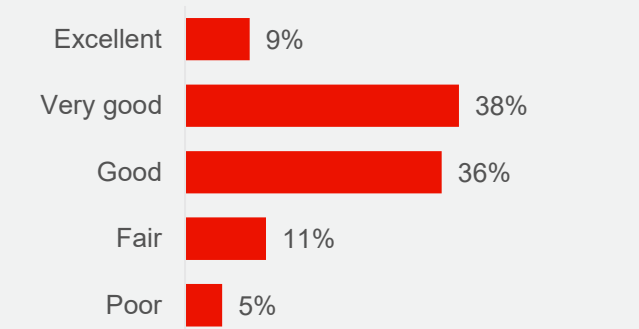
## Information Needs of Family Caregivers

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

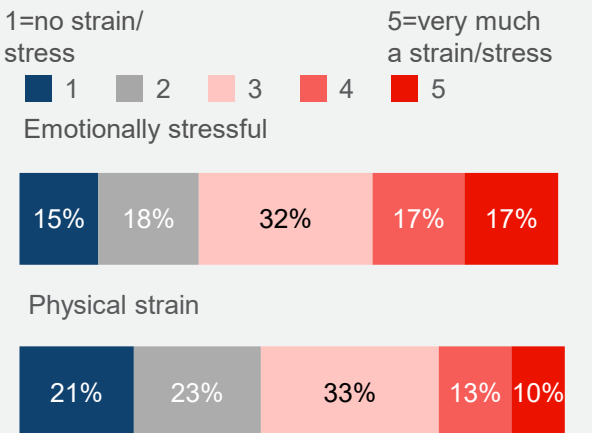


# Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

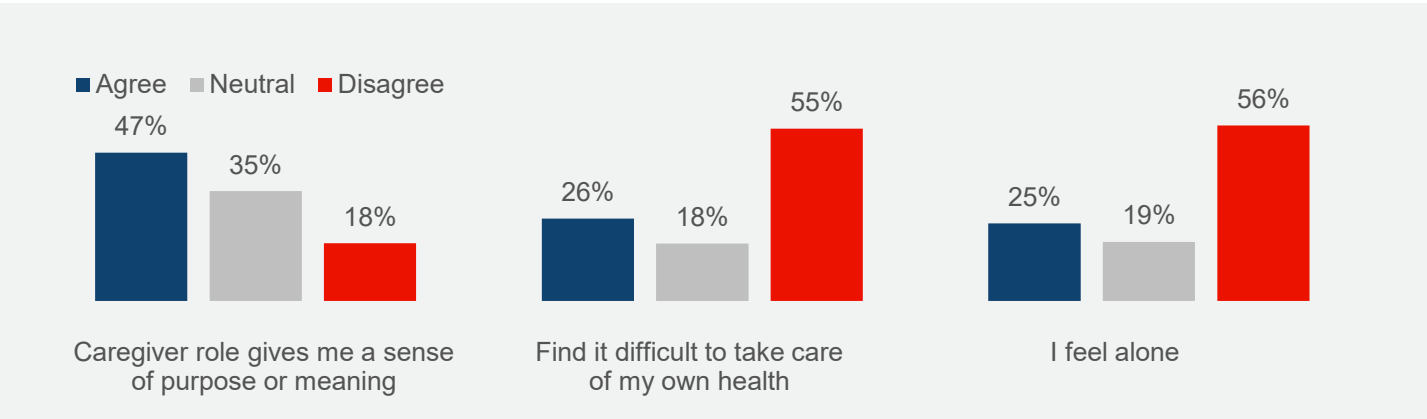
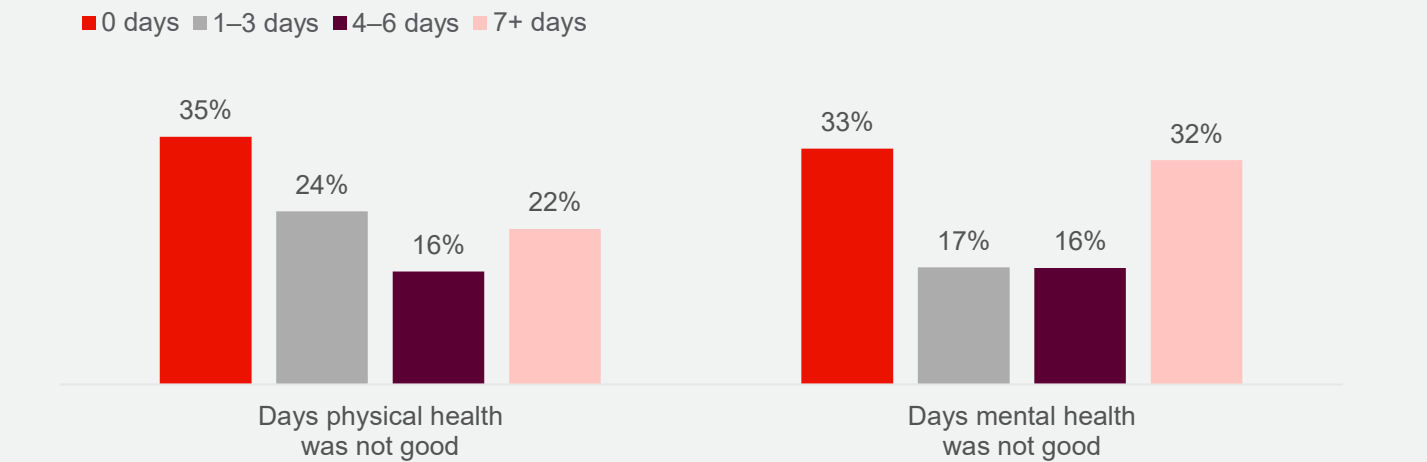


Stress and Strain Felt by Georgia Caregivers



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%       |
| <b>Education</b>                                     |          | 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%      |
| <b>Marital status</b>                                |          | <b>Place of residence</b>                           |          |
| Married/living with partner                          | 65%      | Rural                                               | 26%      |
| Single/never married                                 | 23%      | Urban                                               | 21%      |
| Widowed                                              | 2%       | Suburban                                            | 53%      |
| Separated/divorced                                   | 8%       | <b>Living situation</b>                             |          |
| <b>Household income</b>                              |          | 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 <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025-caring-across-states>. 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%.