

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.

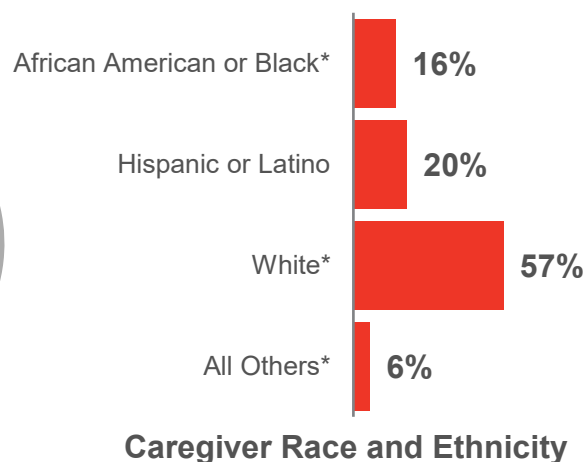
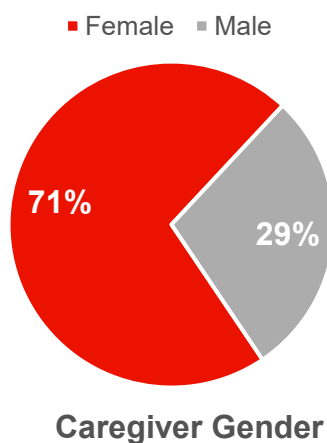
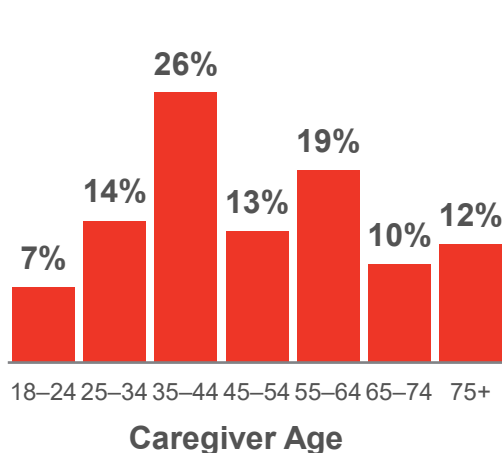
Most family caregivers in Illinois care for an adult (97%) — most often a parent (47%). Thirteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (62%). Three in ten caregivers live in a household with income under \$50,000 (29%). One-third of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

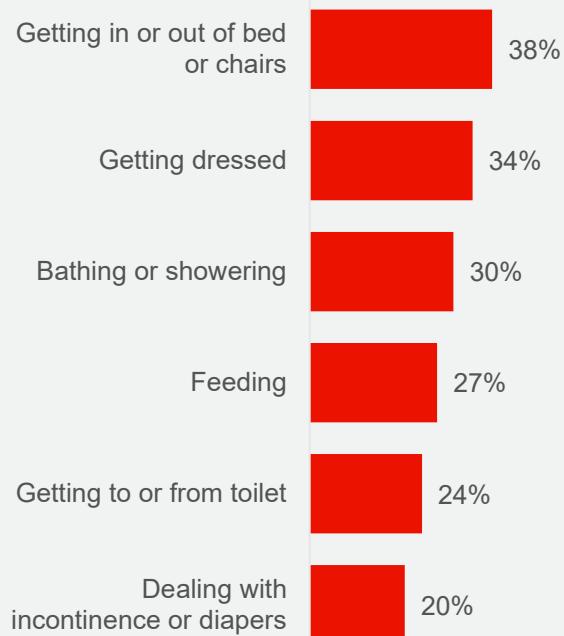
What Family Caregivers Do

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.

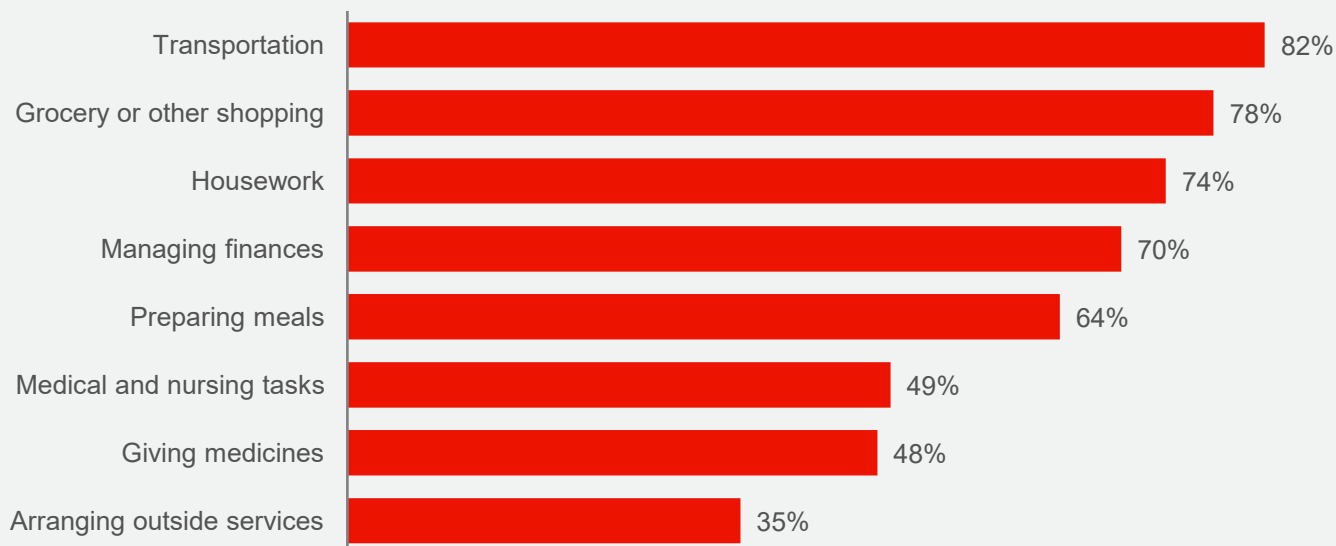
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

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



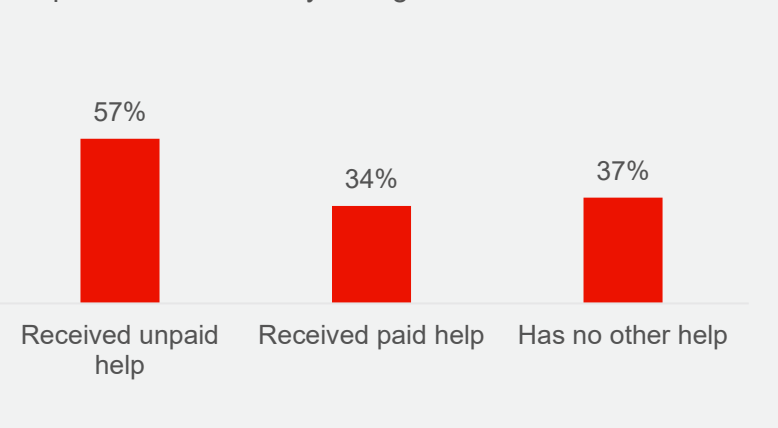
Over one-third family caregivers (36%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

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.

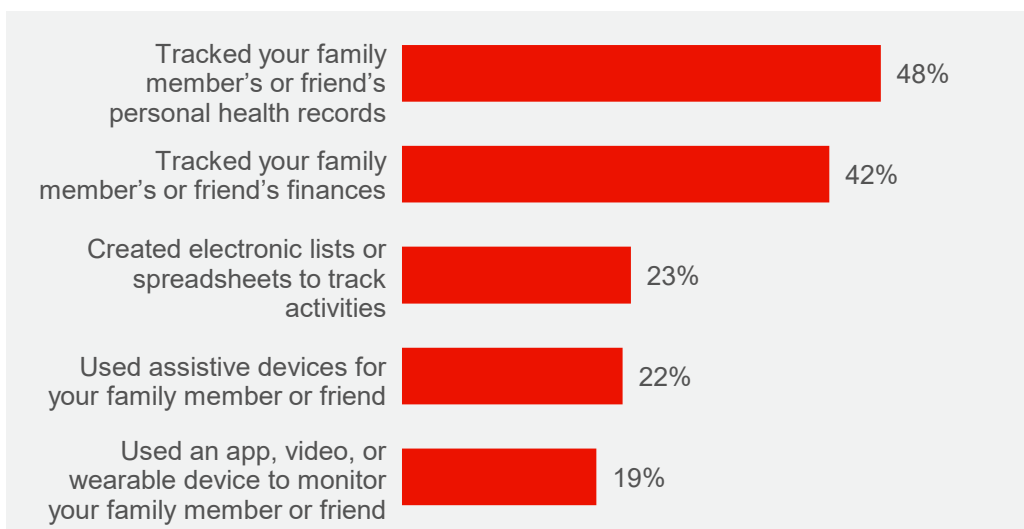
Half of family caregivers (49%) help with medical and nursing tasks.

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%		

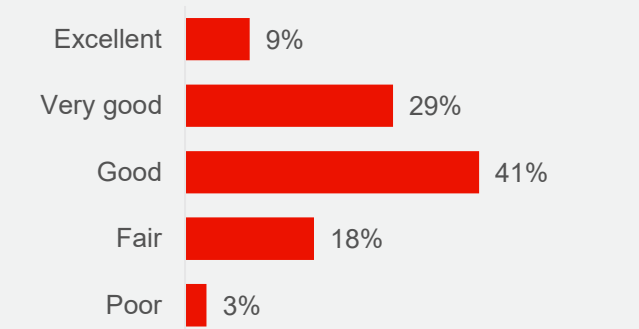
Information Needs of Family Caregivers

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

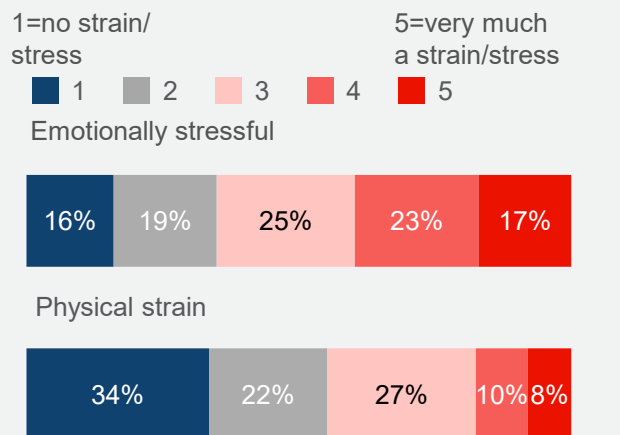


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

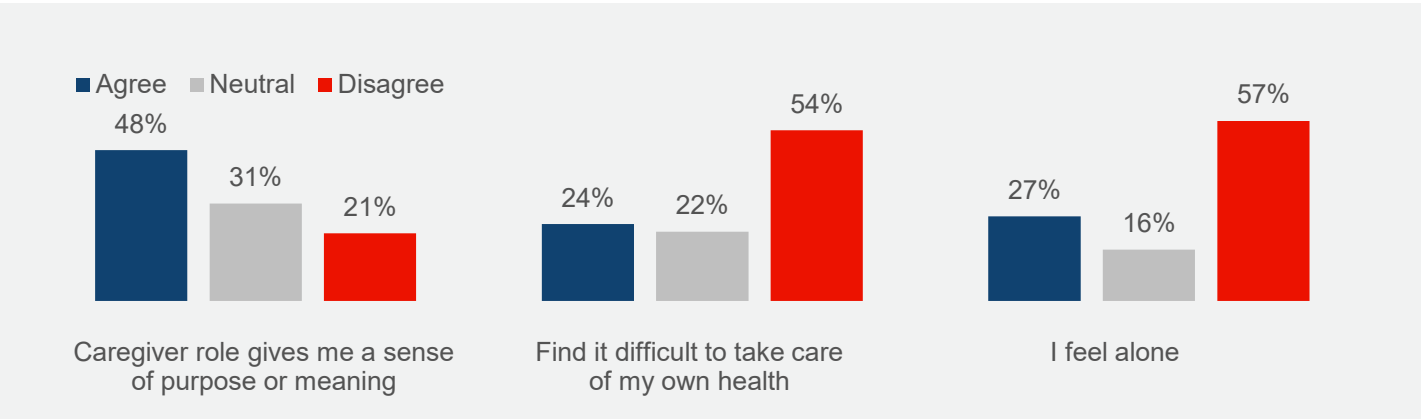
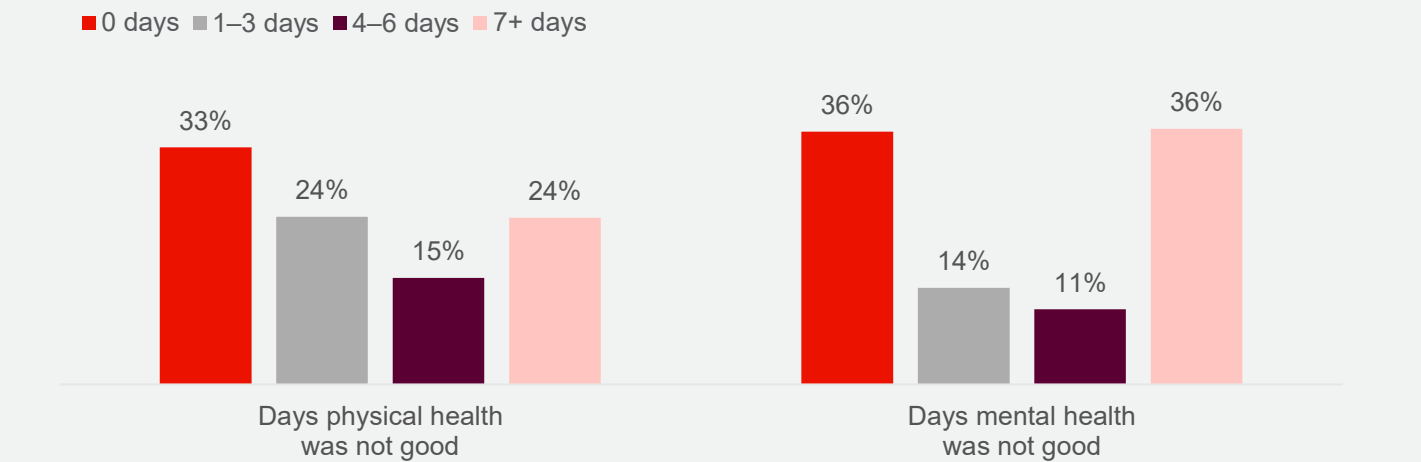


Stress and Strain Felt by Illinois Caregivers



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