

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.

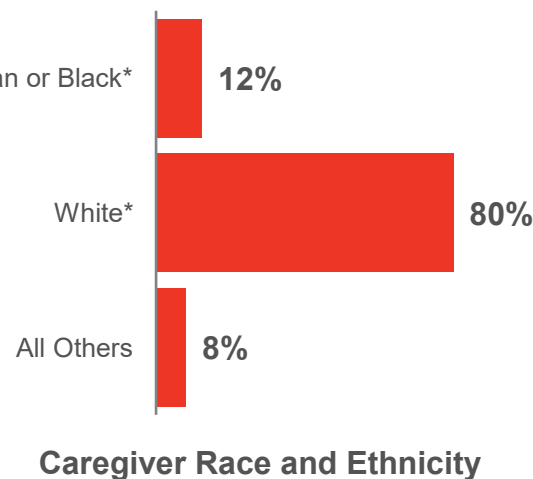
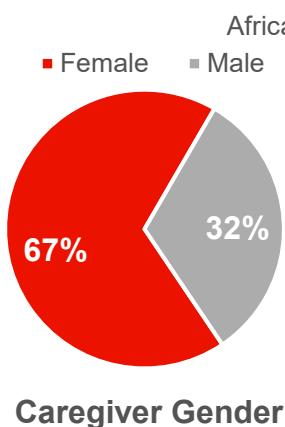
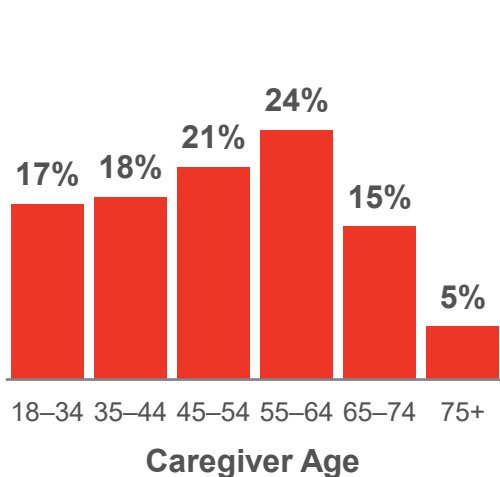
Most family caregivers in Indiana care for an adult (92%) — most often a parent (37%). Twenty-three percent care for a child with complex medical needs. Most caregivers are married or living with a partner (72%). Nearly one in three caregivers live in a household with income under \$50,000 (31%). Three 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

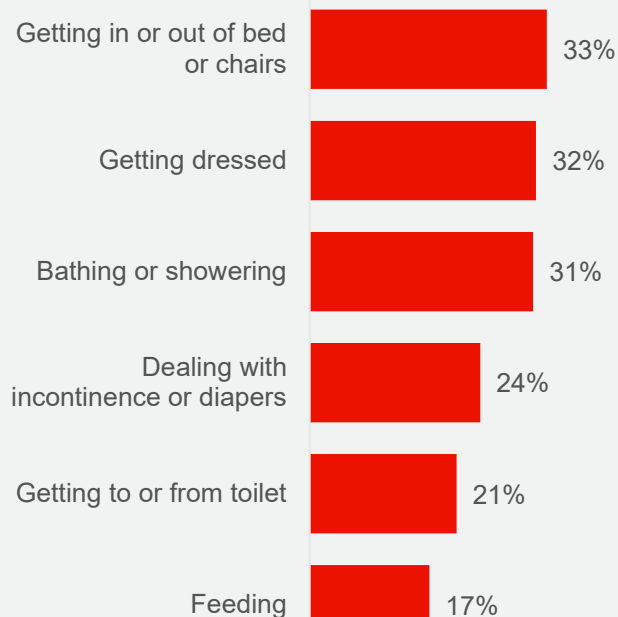
What Family Caregivers Do

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.

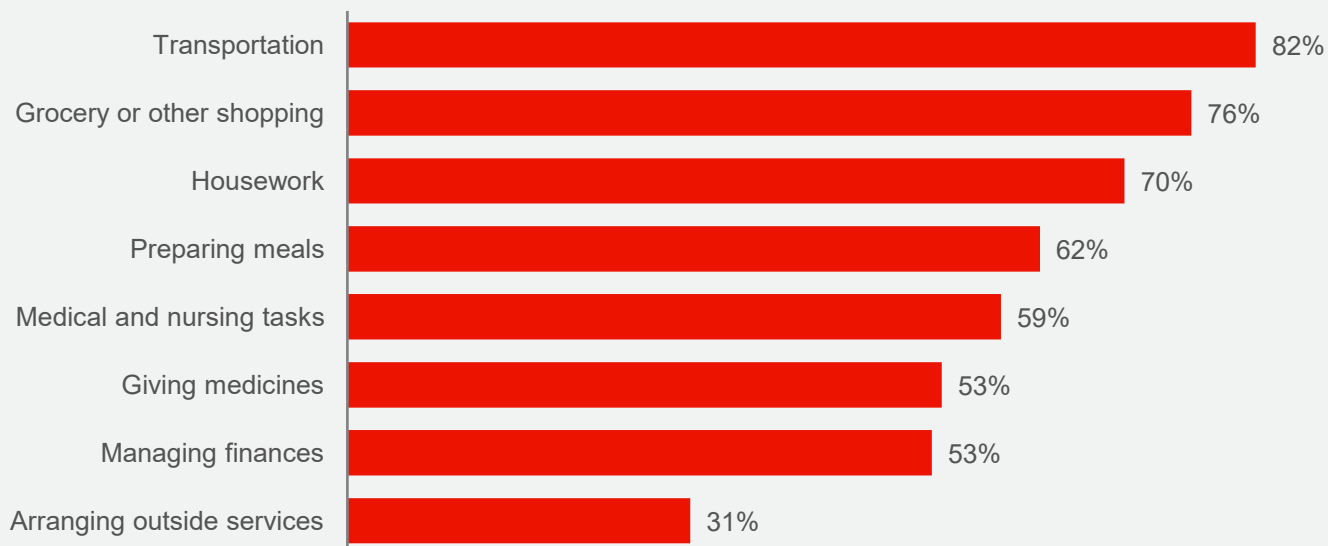
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

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



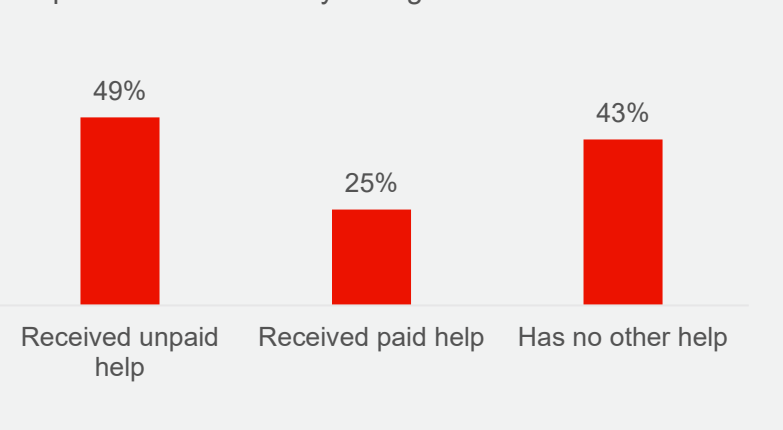
Four in ten family caregivers (45%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

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.

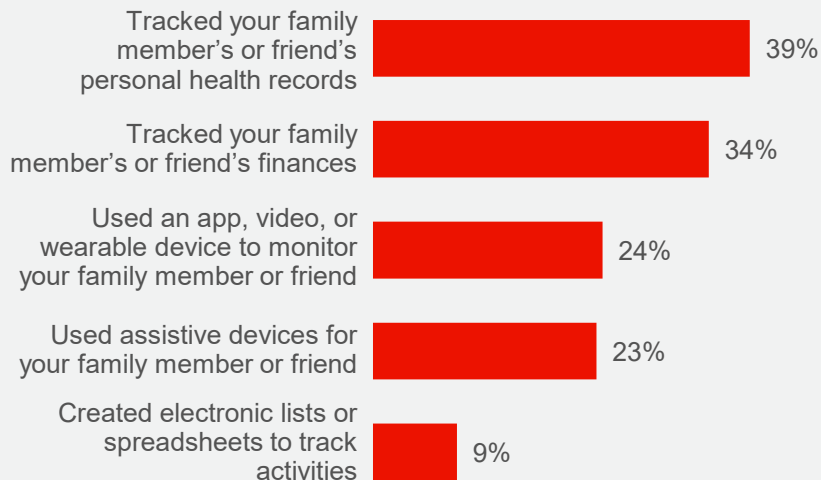
Over half of family caregivers (59%) help with medical and nursing tasks.

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.

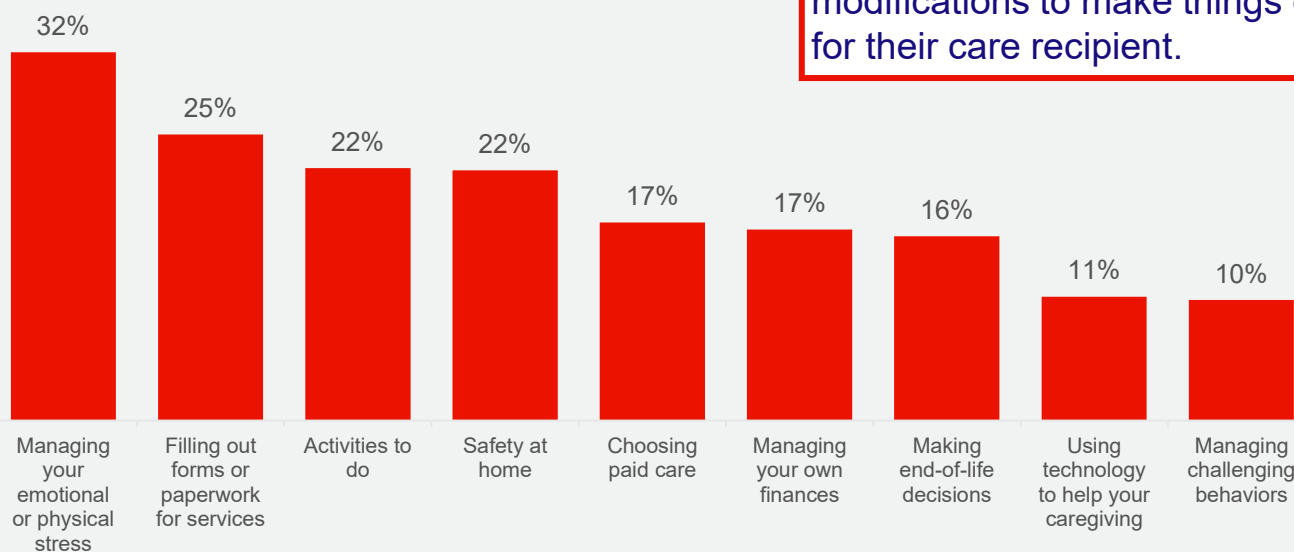
One in four family caregivers (27%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

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%		

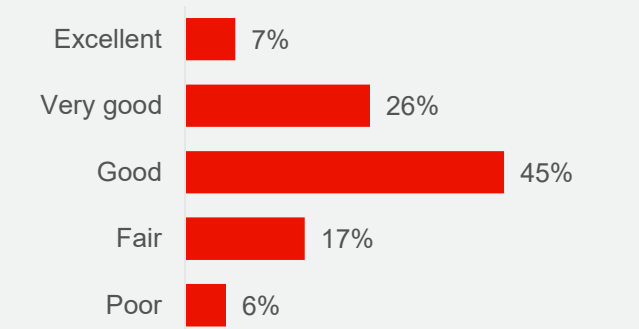
Information Needs of Family Caregivers

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

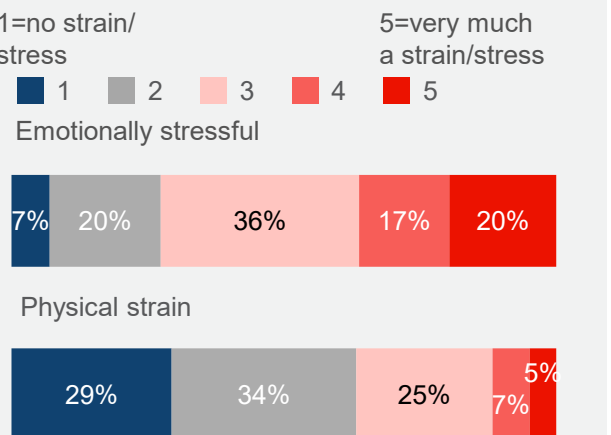


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

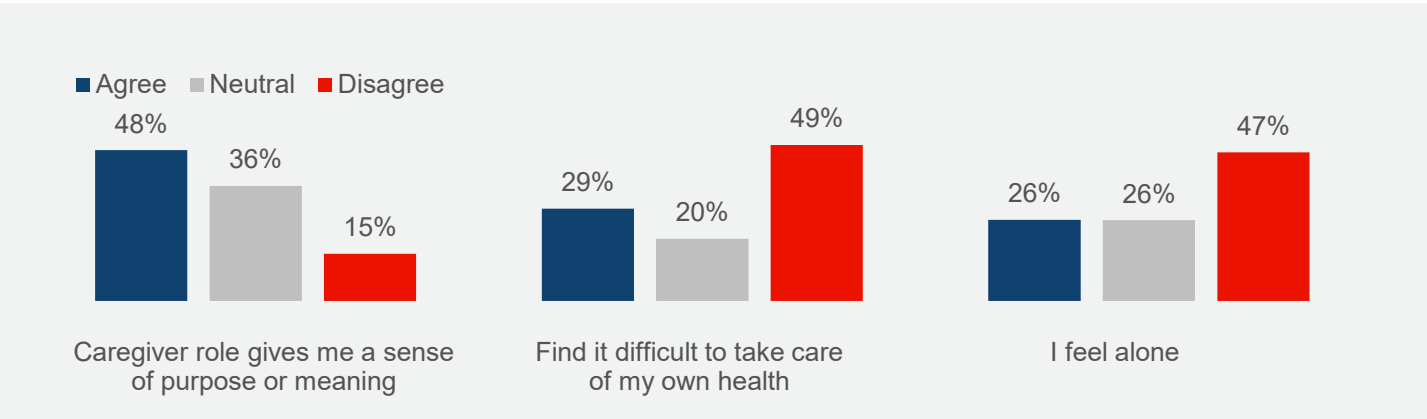
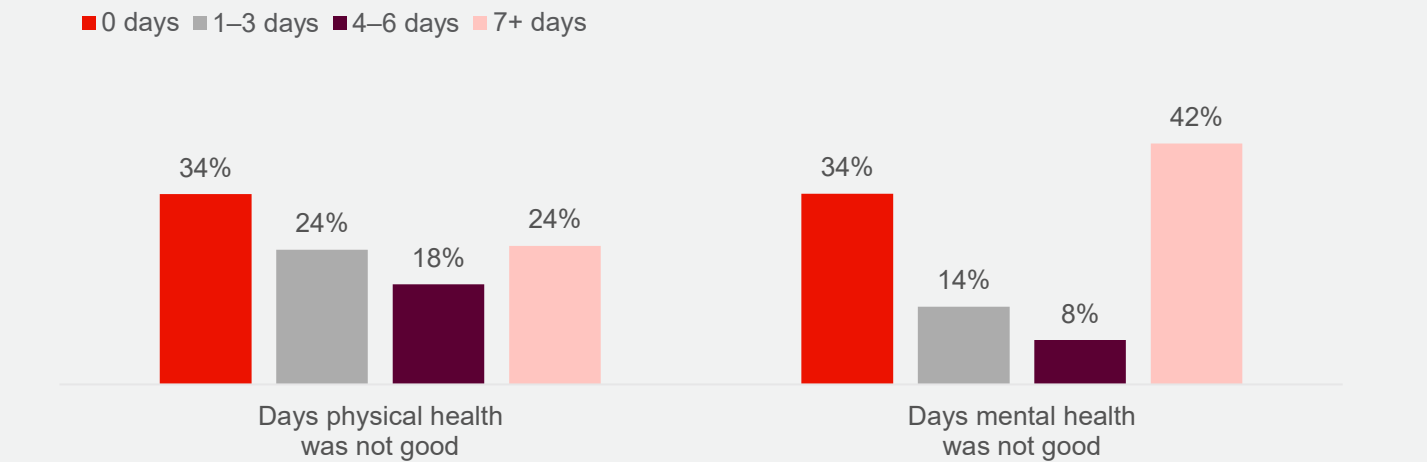


Stress and Strain Felt by Indiana Caregivers



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