

Iowa

A survey of family caregivers 18 years and older who care for children and adults with complex medical conditions or disabilities

More than half a million (657,000) adults in Iowa provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (27%) adults across the state.

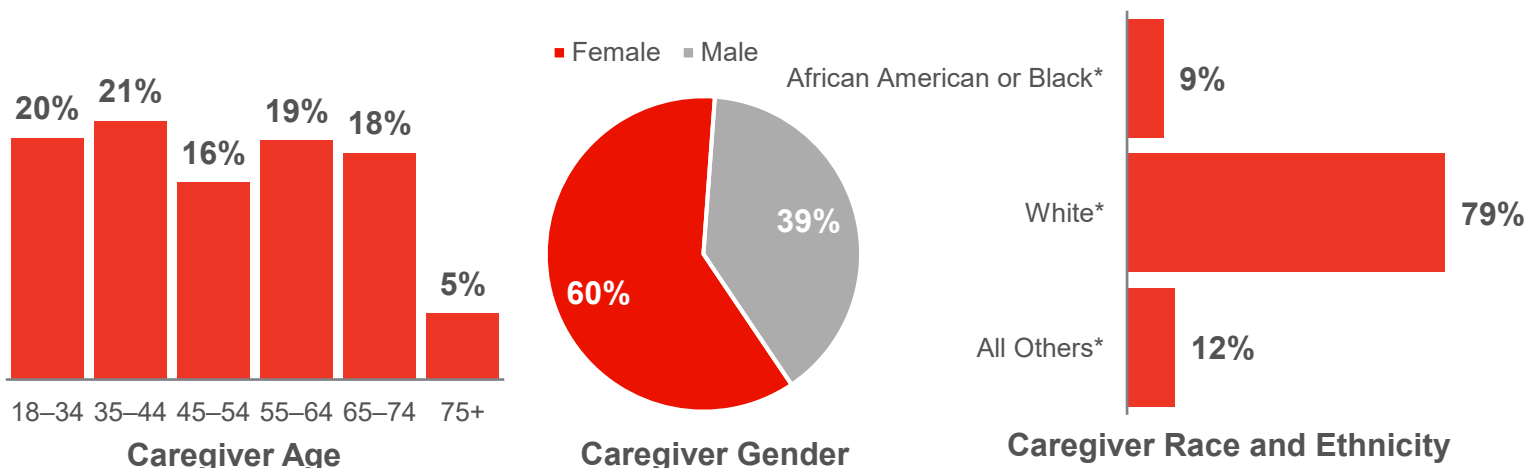
Most family caregivers in Iowa care for an adult (93%) — often a parent (37%). Seventeen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (76%). Two in five caregivers live in a household with income under \$50,000 (39%). Two in five caregivers (39%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in four caregivers live with a disability. Three in ten family caregivers live with their care recipient (31%).

On average, family caregivers are **51 years old** and care for someone **64 years old** in Iowa.

Six in ten family caregivers work while also caregiving (62%).

Most family caregivers in Iowa provide care to someone due to a long-term physical condition (65%).

Demographics of Family Caregivers in Iowa



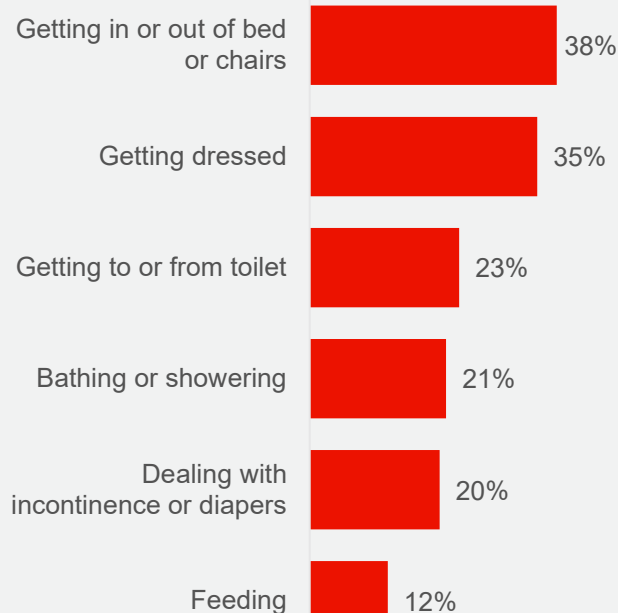
What Family Caregivers Do

Over half of family caregivers in Iowa (55%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

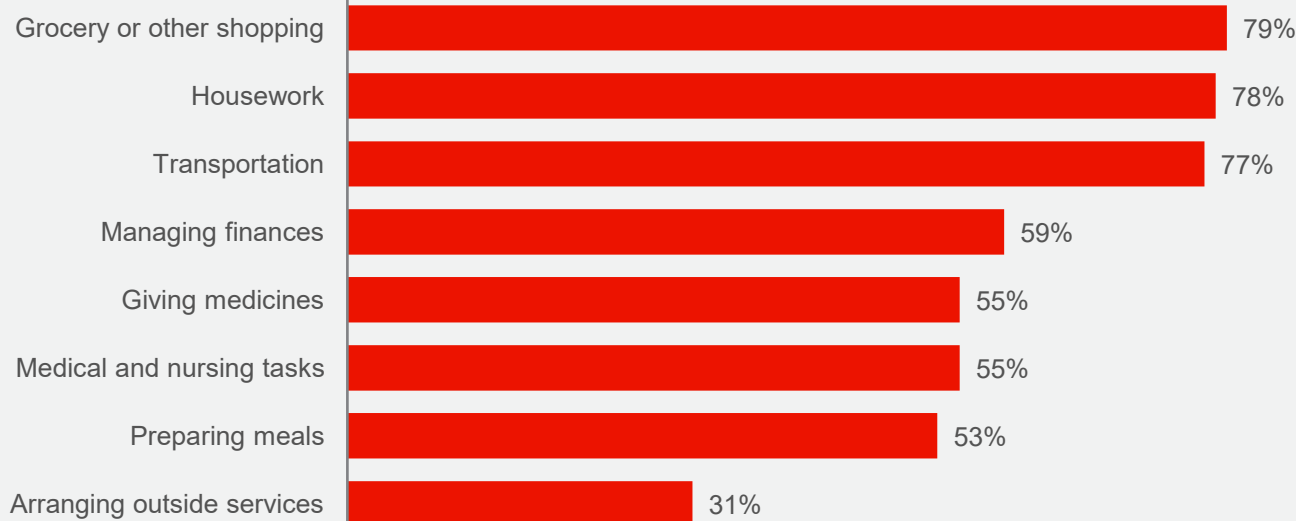
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

16% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Iowa Family Caregivers Help with Many Activities of Daily Living



Iowa Family Caregivers Help with Many Instrumental Activities of Daily Living



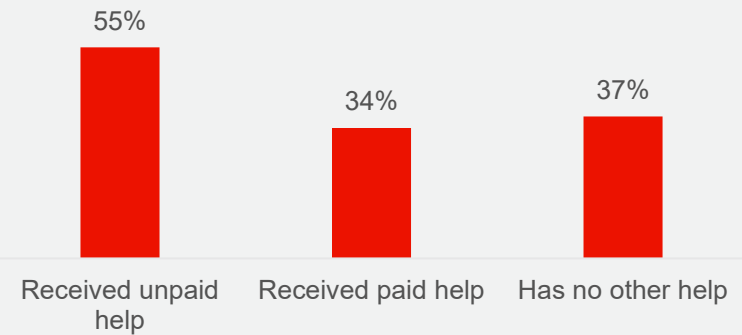
One-third of family caregivers (35%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

14% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

Family caregivers in Iowa rely on unpaid or paid (aides, housekeepers) assistance in their network of support.

Help That Iowa Family Caregivers Receive



48% of caregivers have been providing care for three years or longer.

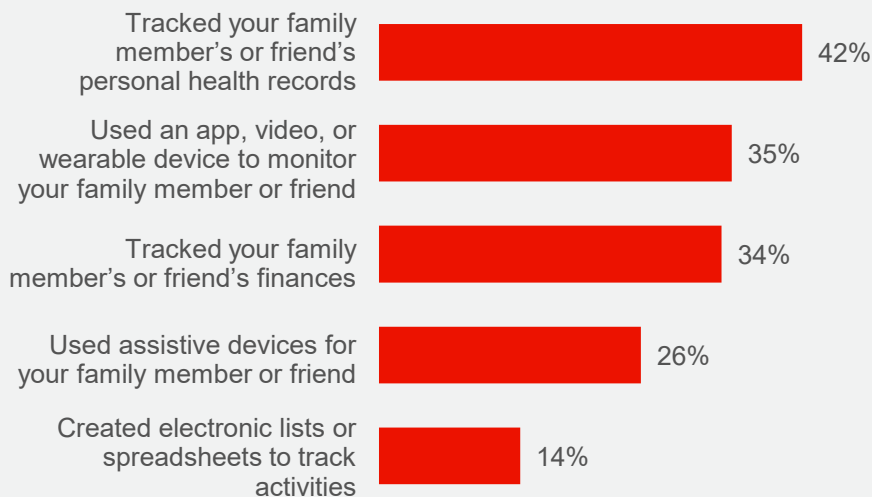
Over half of family caregivers (55%) help with medical and nursing tasks.

Family caregivers in Iowa are key in managing health care:

- 66% monitor the severity of their care recipient's condition.
- 66% 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 nearly **four in ten (36%) family caregivers** would find respite care helpful, **nine in ten (89%)** have never used such services.

Two-thirds of family caregivers (65%) 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 **11% 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 Iowa have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, using up personal savings, and taking on more debt.

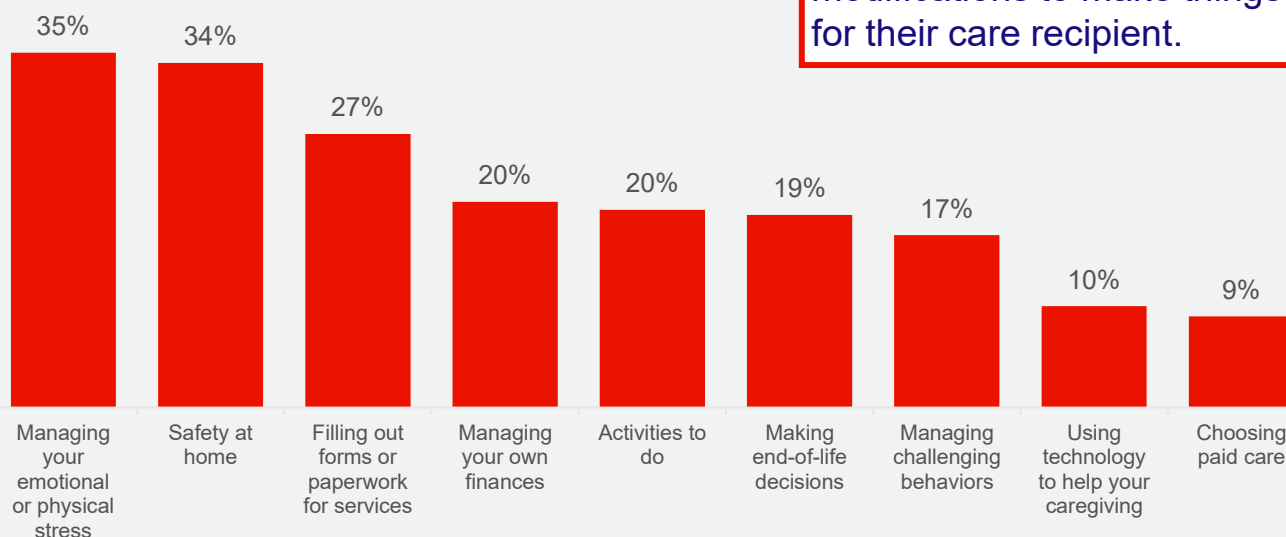
Three in ten family caregivers (30%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Iowa Family Caregivers

Stopped saving	38%	Put off retirement	13%
Used up personal short-term savings	36%	Moved to less expensive home	13%
Took on more debt	24%	Used long-term savings	13%
Left bills unpaid or paid late	21%	Missed/late paying student loan	8%
Could not afford basic expenses	21%	Filed for bankruptcy	6%
Borrowed money from family/friends	19%	Was evicted or home foreclosed	5%
Had to start working or work more	14%		

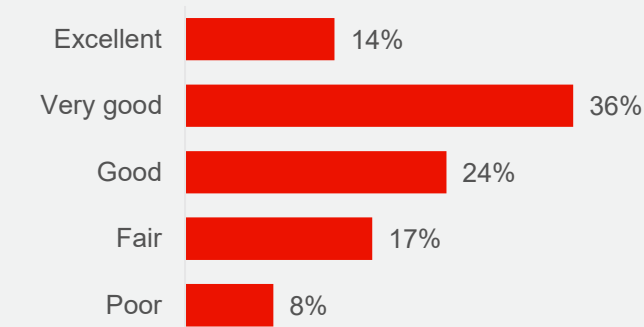
Information Needs of Family Caregivers

Four in ten family caregivers (39%) have made home modifications to make things easier for their care recipient.



Well-Being of Family Caregivers

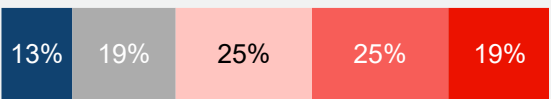
Self-Reported Health Status of Family Caregivers



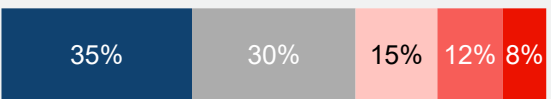
Stress and Strain Felt by Iowa Caregivers

1=no strain/stress 5=very much a strain/stress
1 2 3 4 5

Emotionally stressful



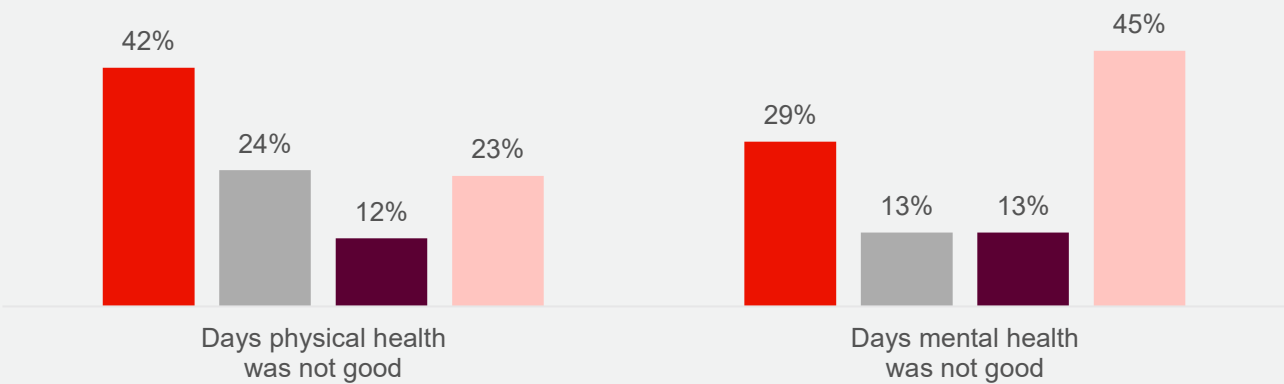
Physical strain



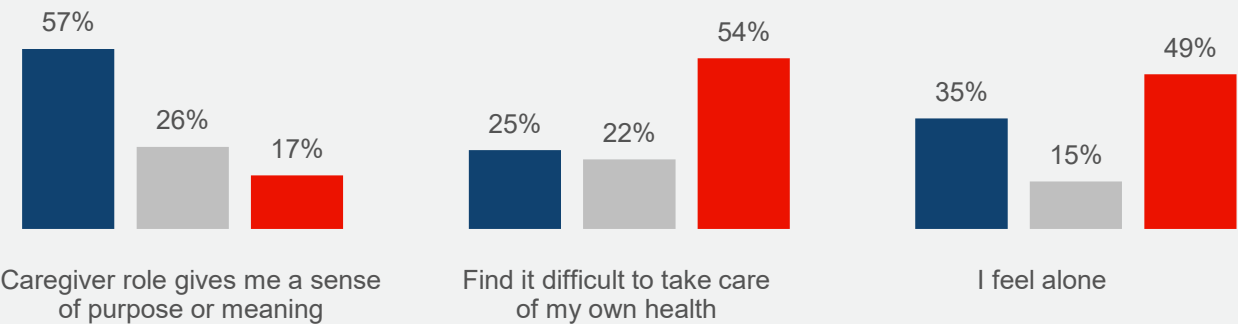
One quarter of family caregivers experience seven or more days a month of poor physical health. Over four in ten caregivers (43%) experience high emotional stress while caregiving. One quarter (25%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Just over one-third (35%) feel alone while caregiving.

Caregivers Healthy Days Measure

0 days 1–3 days 4–6 days 7+ days



Agree Neutral Disagree



Demographic Characteristics of Family Caregivers in Iowa

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	39%	Served in US Armed Forces	6%
Education		Cares for someone who served in the US Armed Forces	18%
Did not graduate from high school	6%	Has health insurance coverage	94%
Graduated from high school	20%	Has been a student while caregiving	17%
Some college or associate's degree	48%	Has a disability or handicap that limits them	24%
Bachelor's degree or higher	26%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	76%	Rural	30%
Single/never married	13%	Urban	53%
Widowed	5%	Suburban	17%
Separated/divorced	5%	Living situation	
Household income		Lives alone	13%
<\$25,000	20%	Lives with others	87%
\$25,000-\$49,999	19%		
\$50,000-\$99,999	26%		
\$100,000+	35%		

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 115 caregivers in Iowa, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±12.3%.