

Kansas

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

More half a million (647,000) adults in Kansas provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (29%) adults across the state.

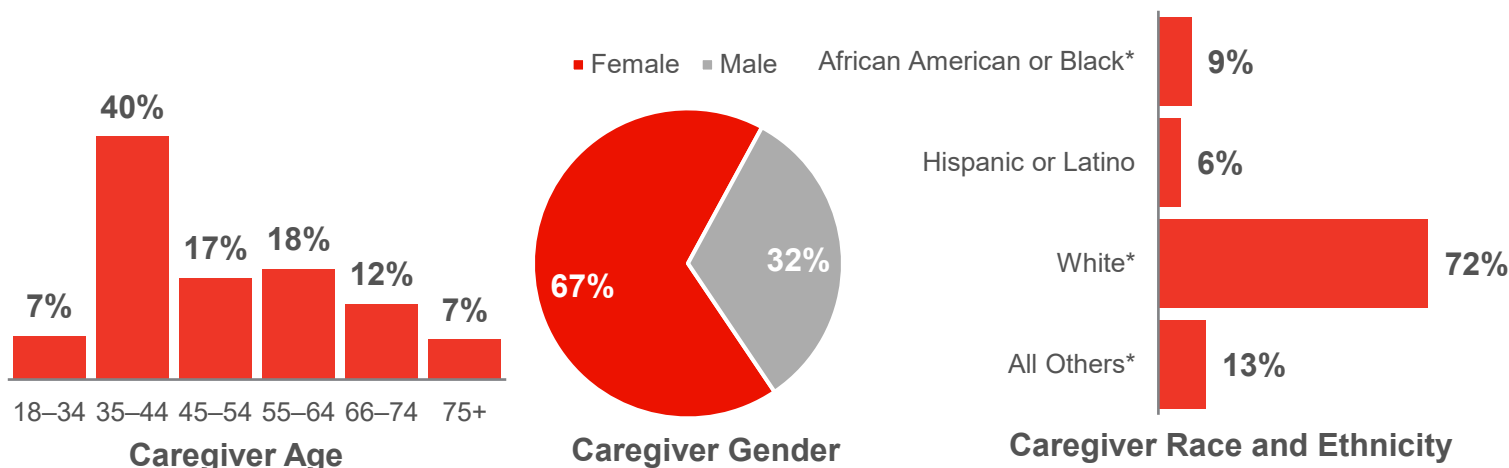
Most family caregivers in Kansas care for an adult (94%) — often a parent (38%). Thirteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (62%). One in three caregivers live in a household with income under \$50,000 (33%). Over one-third of caregivers (38%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. Two in five family caregivers live with their care recipient (40%).

On average, family caregivers are **50 years old** and care for someone **61 years old** in Kansas.

Six in ten family caregivers work while also caregiving (61%).

Most family caregivers in Kansas provide care to someone due to a long-term physical condition (67%).

Demographics of Family Caregivers in Kansas



*Non-Hispanic

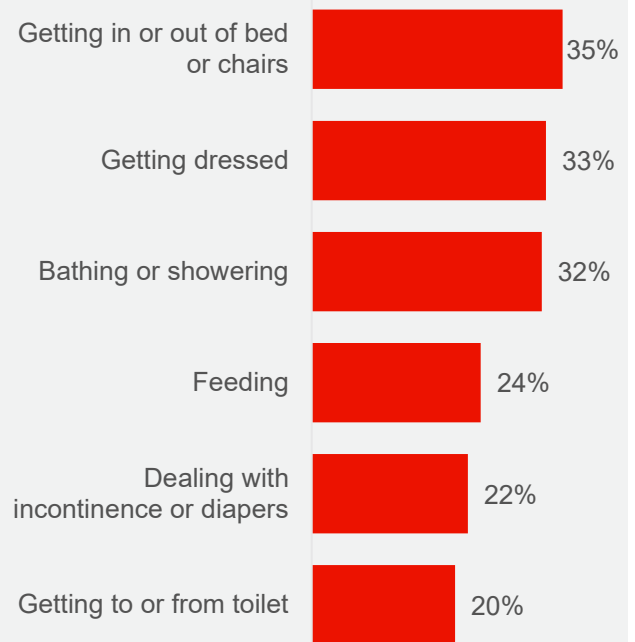
What Family Caregivers Do

Three in five family caregivers in Kansas (59%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

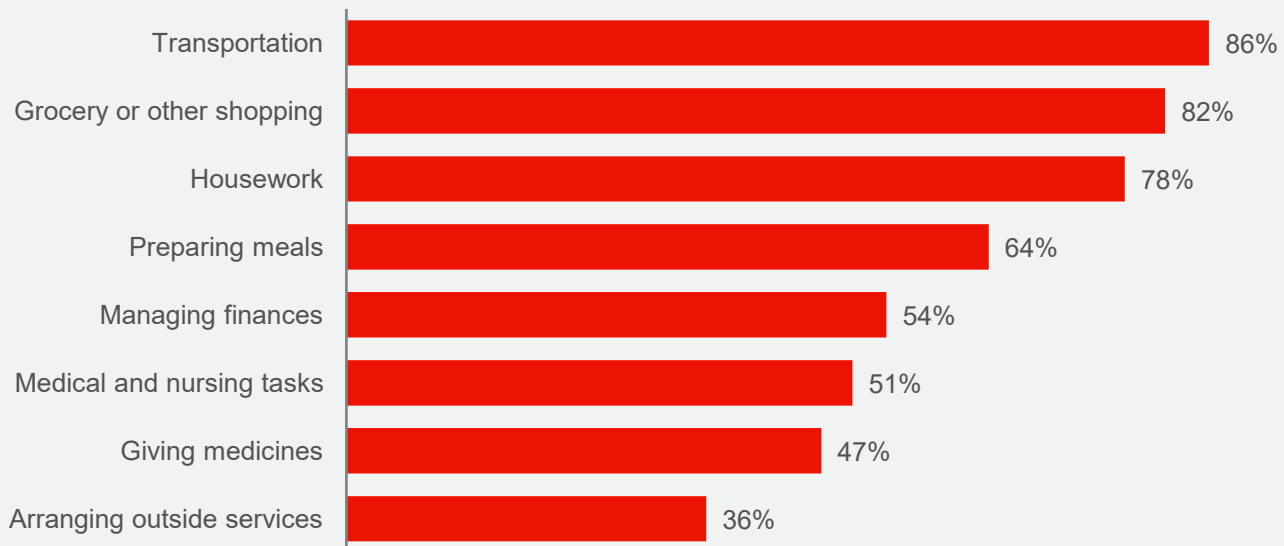
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

9% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Kansas Family Caregivers Help with Many Activities of Daily Living



Kansas Family Caregivers Help with Many Instrumental Activities of Daily Living



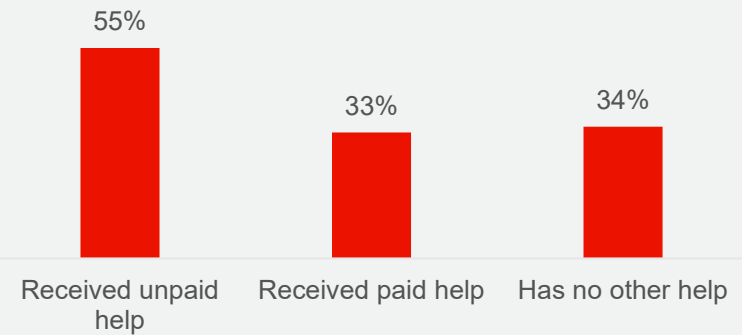
Nearly half of family caregivers (48%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

35% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Kansas Family Caregivers Receive



41% of caregivers have been providing care for three years or longer.

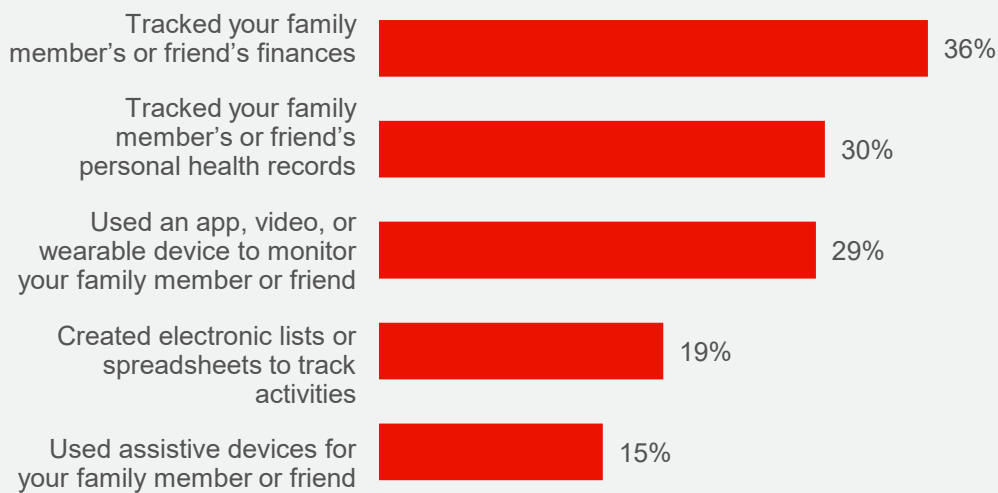
Half of family caregivers (51%) help with medical and nursing tasks.

Family caregivers in Kansas are key in managing health care:

- 64% monitor the severity of their care recipient's condition.
- 56% communicate with health care professionals about their family member's or friend's care.
- 56% advocate for them with health care providers, community services, or government agencies.

While **four in ten (43%) family caregivers** would find respite care helpful, **nine in ten (91%)** have never used such services.

Six in ten family caregivers (62%) use at least one of the technology solutions asked about in our survey.



Nearly one quarter of family caregivers (23%) have been asked by health care providers about care needed for their care recipient, and **7% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over half of family caregivers (55%) in Kansas have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, taking on more debt, or leaving bills unpaid.

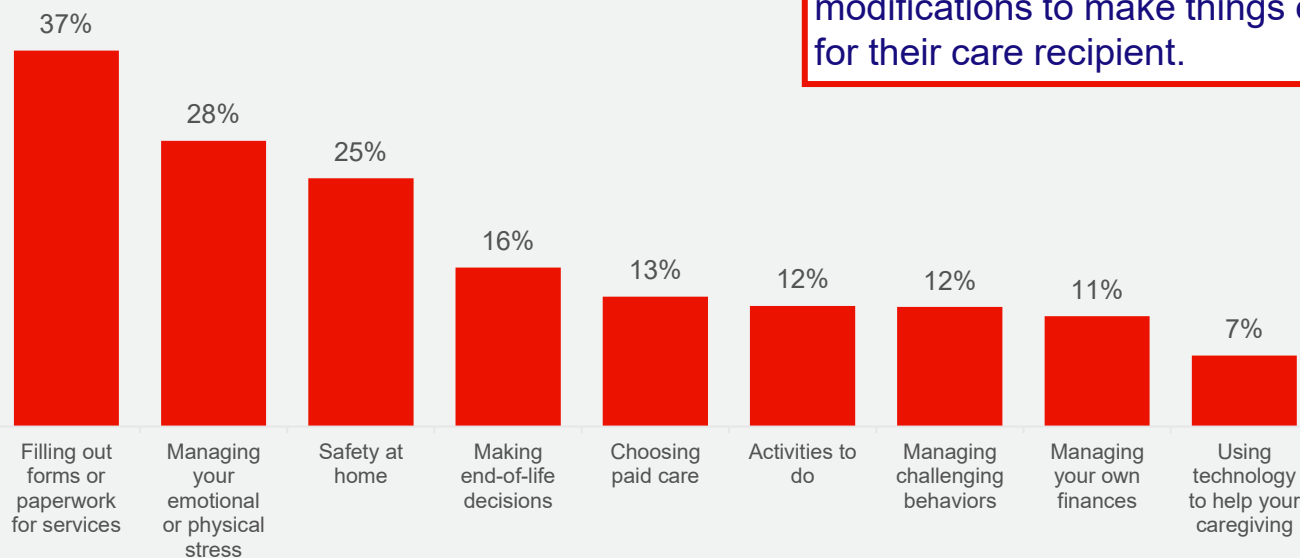
One-third of family caregivers (32%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Kansas Family Caregivers

Stopped saving	27%	Had to start working or work more	8%
Took on more debt	22%	Moved to less expensive home	7%
Left bills unpaid or paid late	21%	Filed for bankruptcy	6%
Used up personal short-term savings	21%	Used long-term savings	6%
Borrowed money from family/friends	20%	Put off retirement	6%
Could not afford basic expenses	13%	Was evicted or home foreclosed	5%

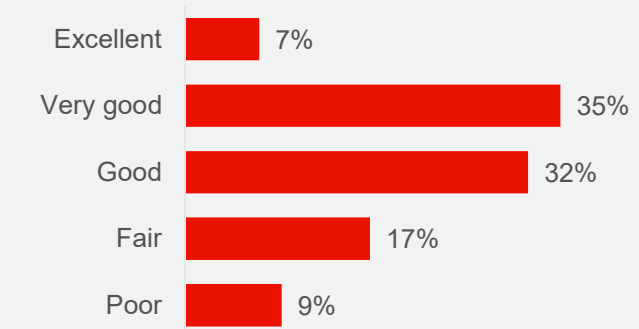
Information Needs of Family Caregivers

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

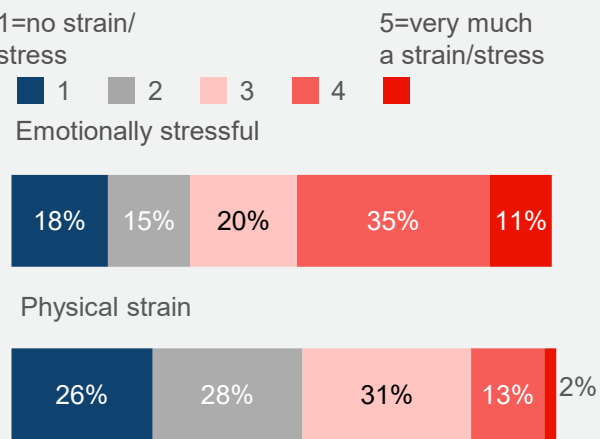


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

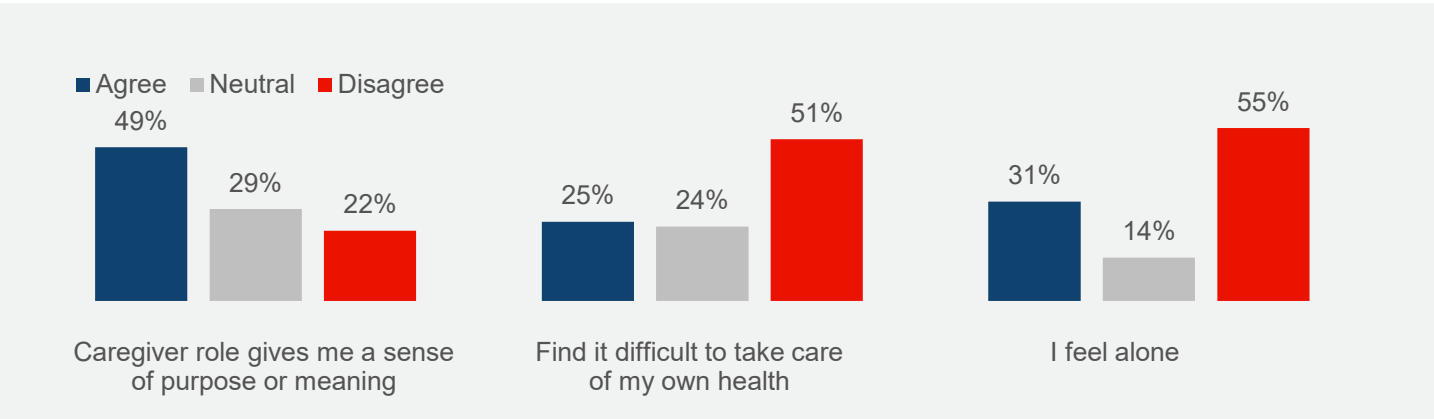
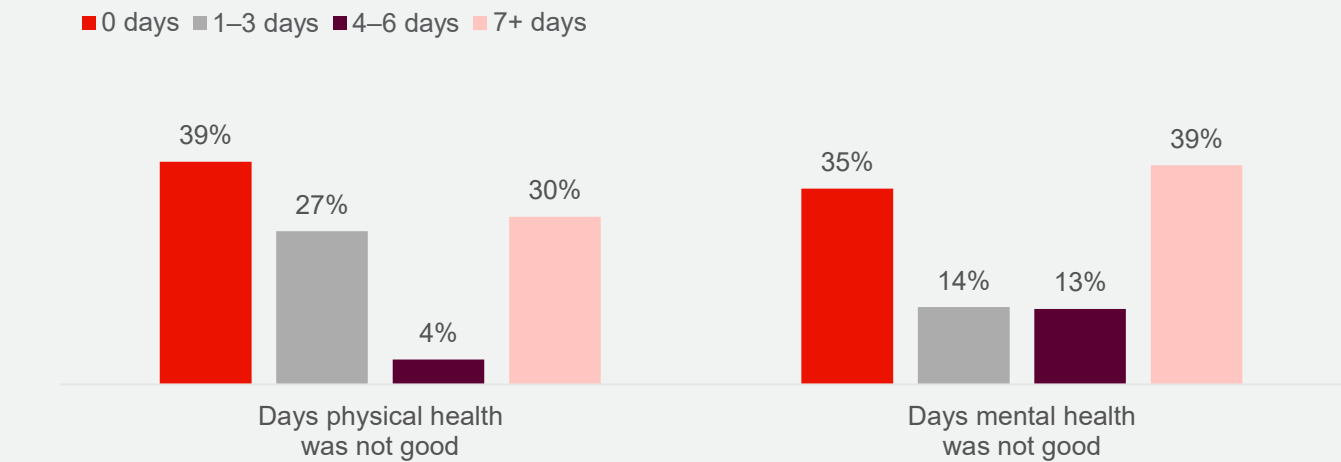


Stress and Strain Felt by Kansas Caregivers



Three in ten family caregivers experience seven or more days a month of poor physical health. Nearly half of caregivers (47%) 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. Three in ten (31%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Kansas

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	38%	Cares for someone who served in the US Armed Forces	17%
Education		Has health insurance coverage	83%
High school graduate or less	26%	Has been a student while caregiving	8%
Some college or associate's degree	40%	Has a disability or handicap that limits them	22%
Bachelor's degree	17%	Has internet access in home	98%
Master's degree or above	17%	Place of residence	
Marital status		Rural	20%
Married/living with partner	62%	Urban	62%
Single/never married	19%	Suburban	18%
Widowed	4%	Living situation	
Separated/divorced	14%	Lives alone	14%
Household income		Lives with others	86%
<\$25,000	26%		
\$25,000-\$49,999	8%		
\$50,000-\$99,999	35%		
\$100,000+	31%		

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 116 caregivers in Kansas, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.4%.