

Kentucky

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

Nearly 1 million (987,000) adults in Kentucky provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (28%) adults across the state.

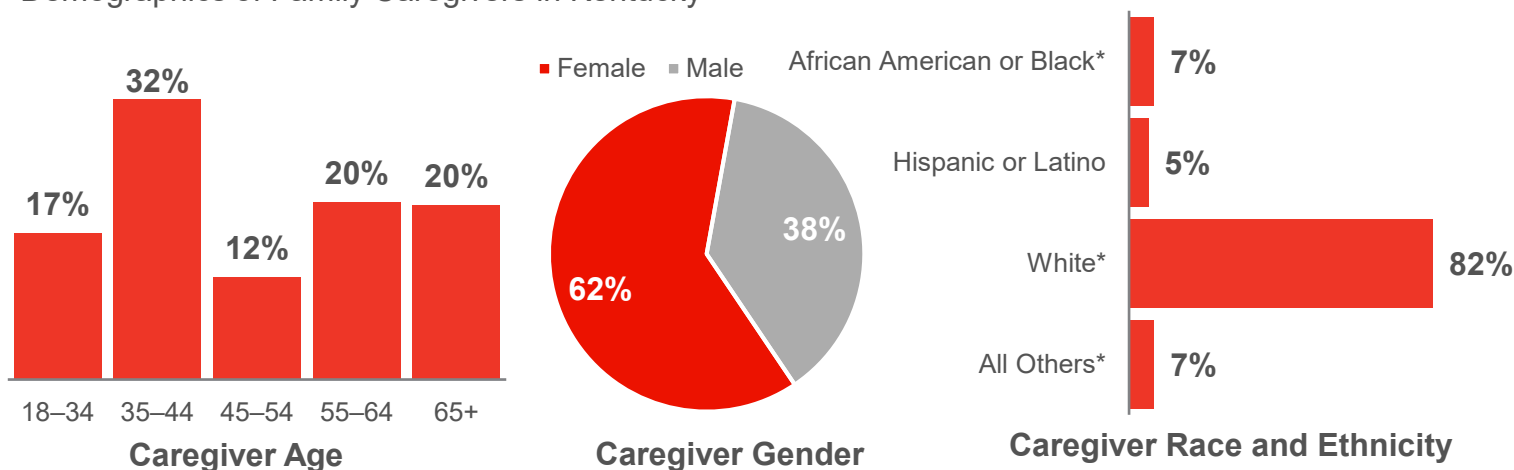
Most family caregivers in Kentucky care for an adult (92%) — often a parent (38%). Twenty-one percent care for a child with complex medical needs. Most caregivers are married or living with a partner (61%). Two in five caregivers live in a household with income under \$50,000 (40%). Over a quarter of caregivers (29%) 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. Nearly half of family caregivers live with their care recipient (45%).

On average, family caregivers are **49 years old** and care for someone **61 years old** in Kentucky.

Half of family caregivers work while also caregiving.

Most family caregivers in Kentucky provide care to someone due to a long-term physical condition (59%).

Demographics of Family Caregivers in Kentucky



*Non-Hispanic

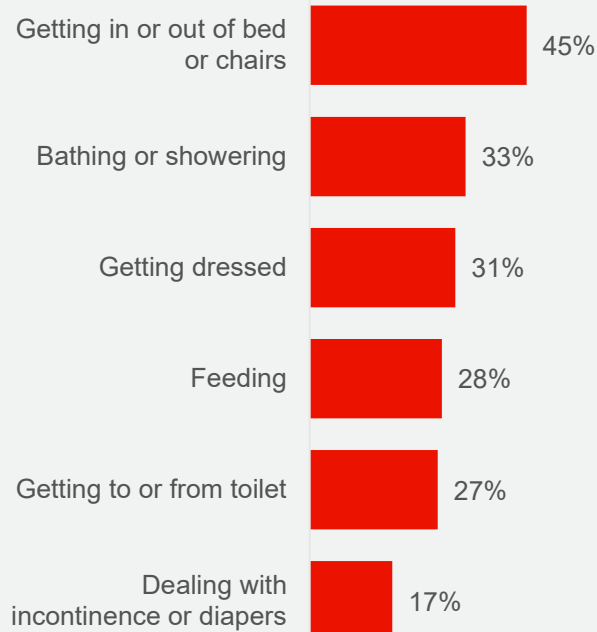
What Family Caregivers Do

Six in ten family caregivers in Kentucky (63%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

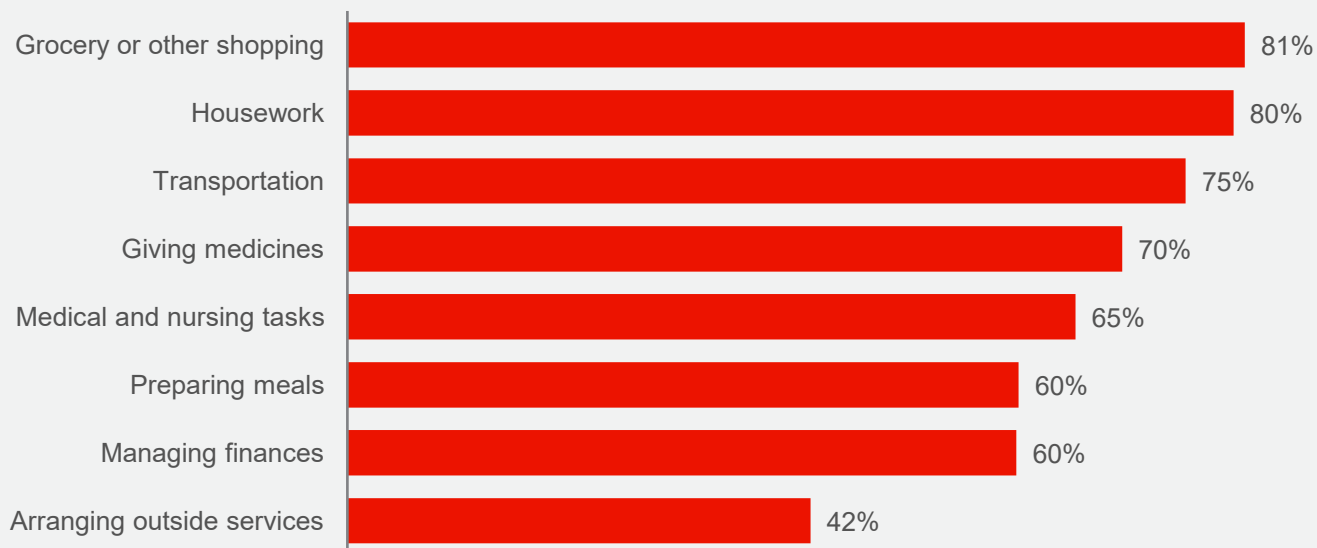
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

14% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Kentucky Family Caregivers Help with Many Activities of Daily Living



Kentucky Family Caregivers Help with Many Instrumental Activities of Daily Living



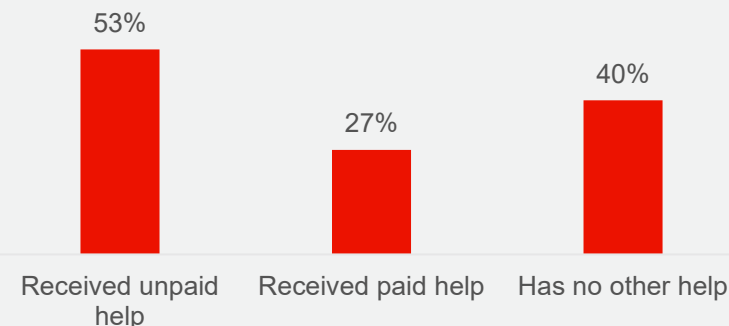
Nearly half of family caregivers (47%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

31% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Kentucky Family Caregivers Receive



43% of caregivers have been providing care for three years or longer.

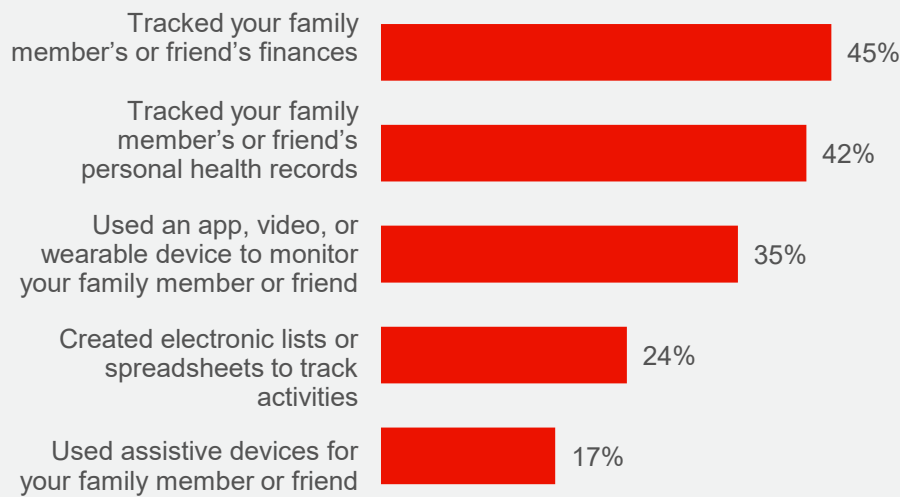
Two-thirds of family caregivers (65%) help with medical and nursing tasks.

Family caregivers in Kentucky are key in managing health care:

- 76% monitor the severity of their care recipient's condition.
- 72% communicate with health care professionals about their family member's or friend's care.
- 67% advocate for them with health care providers, community services, or government agencies.

While **four in ten (39%) family caregivers** would find respite care helpful, **nine in ten (91%)** have never used such services.

Seven in ten family caregivers (70%) use at least one of the technology solutions asked about in our survey.



Three in ten family caregivers (31%) have been asked by health care providers about care needed for their care recipient, and **10% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Half of family caregivers (52%) in Kentucky have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include using up personal savings, stopping saving, and taking on more debt.

One-third of family caregivers (34%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

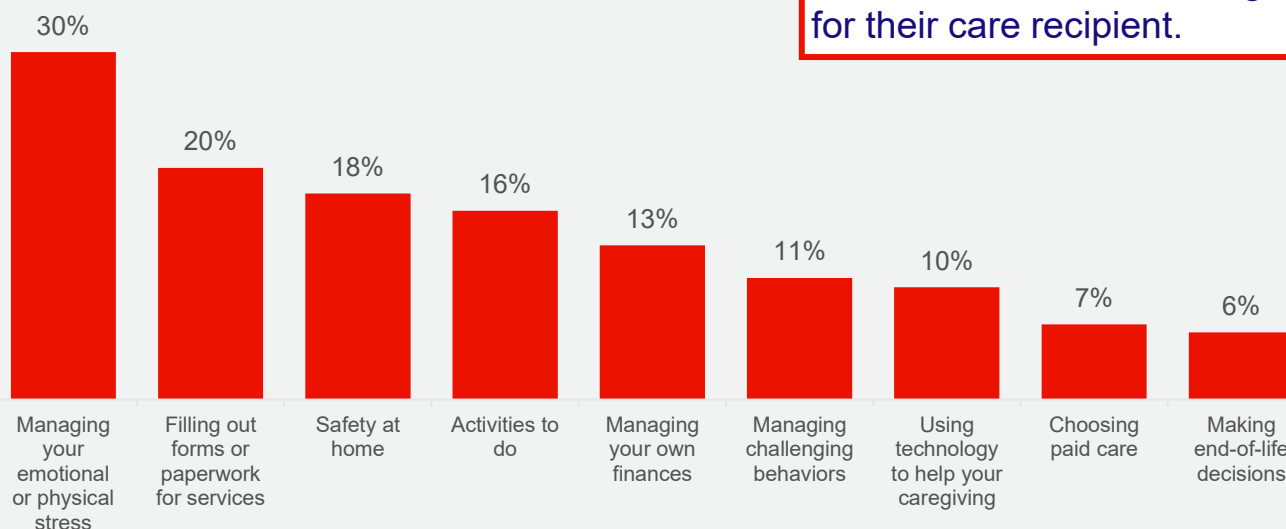
Financial Hardships Experienced by Kentucky Family Caregivers

Used up personal short-term savings	28%
Stopped saving	27%
Took on more debt	26%
Left bills unpaid or paid late	23%
Borrowed money from family/friends	20%
Had to start working or work more	16%

Could not afford basic expenses	14%
Used long-term savings	12%
Was evicted or home foreclosed	6%
Put off retirement	6%
Moved to less expensive home	3%

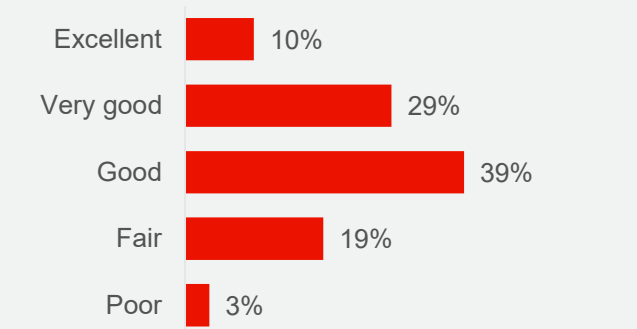
Information Needs of Family Caregivers

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

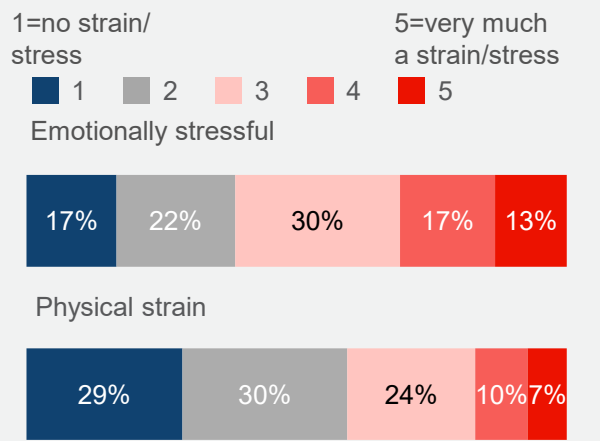


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

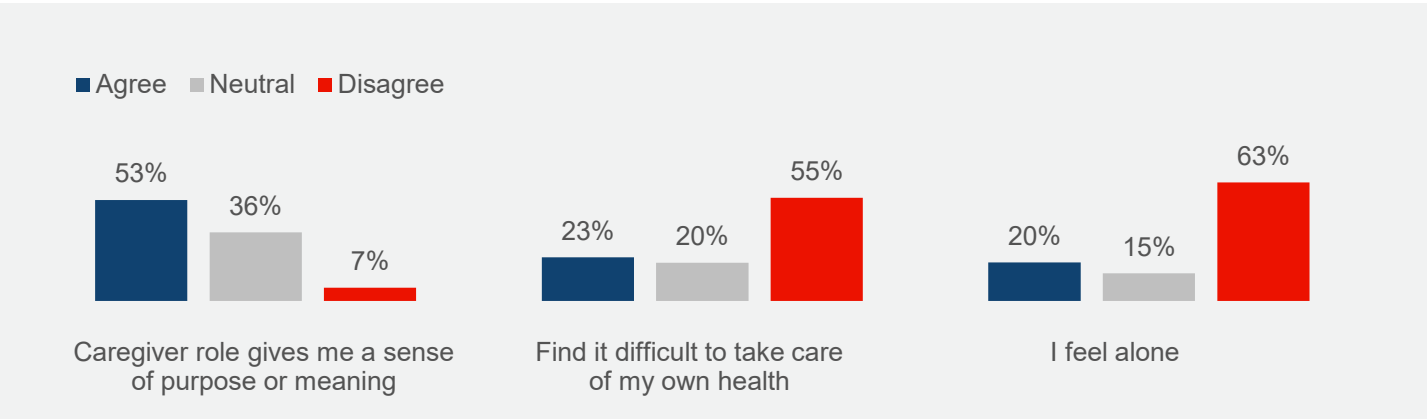
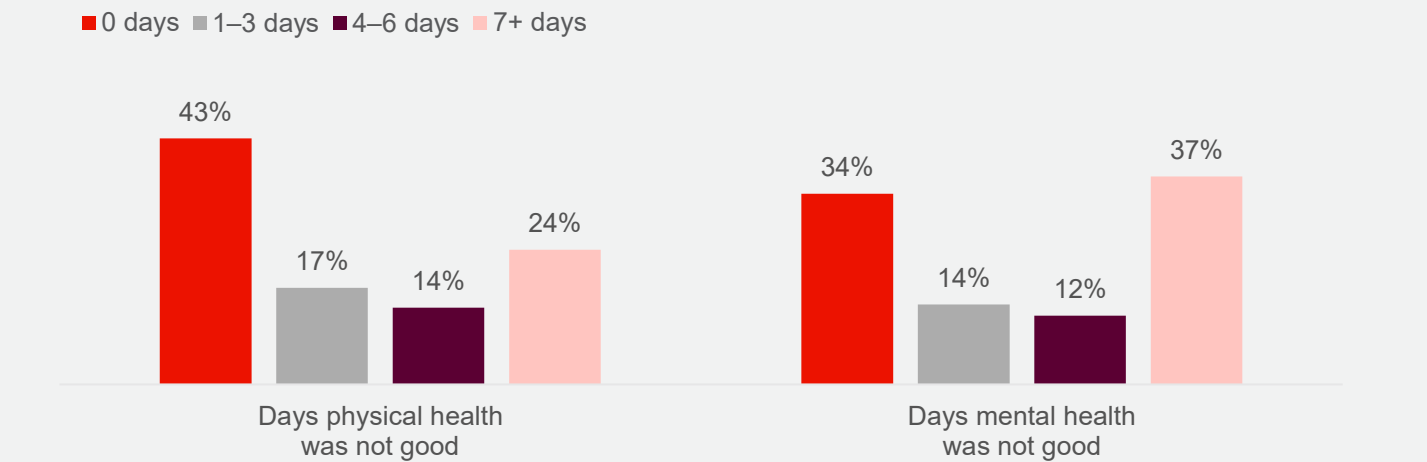


Stress and Strain Felt by Kentucky Caregivers



A quarter of family caregivers experience seven or more days a month of poor physical health. Three in ten caregivers (31%) experience high emotional stress while caregiving. Nearly one quarter (23%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Two in ten (20%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Kentucky

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Served in US Armed Forces	7%
Education		Cares for someone who served in the US Armed Forces	7%
Did not graduate from high school	9%	Has health insurance coverage	86%
Graduated from high school	39%	Has been a student while caregiving	8%
Some college or associate's degree	30%	Has a disability or handicap that limits them	27%
Bachelor's degree or higher	22%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	61%	Rural	49%
Single/never married	28%	Urban	21%
Widowed	4%	Suburban	31%
Separated/divorced	6%	Living situation	
Household income		Lives alone	11%
<\$25,000	28%	Lives with others	89%
\$25,000-\$49,999	12%		
\$50,000-\$99,999	33%		
\$100,000+	26%		

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 139 caregivers in Kentucky, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.9%.