

Louisiana

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

Nearly 1 million (973,000) adults in Louisiana provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (28%) adults across the state.

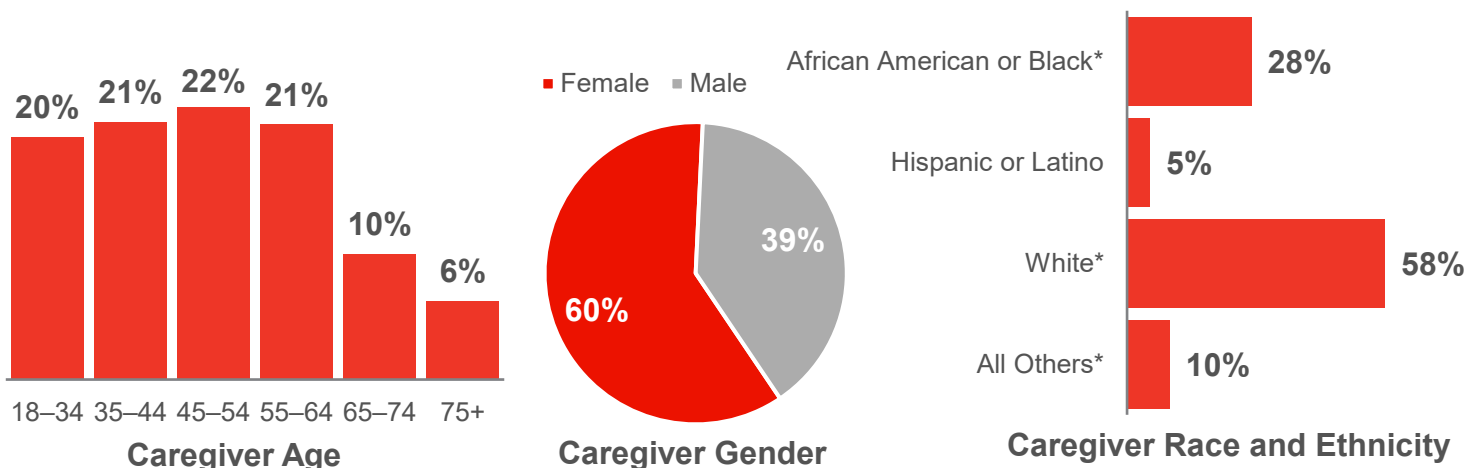
Most family caregivers in Louisiana care for an adult (92%) — often a parent (39%). Twenty percent care for a child with complex medical needs. Most caregivers are married or living with a partner (60%). Nearly half of caregivers live in a household with income under \$50,000 (45%). One-third of caregivers (34%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Nearly one quarter 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 Louisiana.

Six in ten family caregivers work while also caregiving (58%).

Most family caregivers in Louisiana provide care to someone due to a long-term physical condition (57%).

Demographics of Family Caregivers in Louisiana



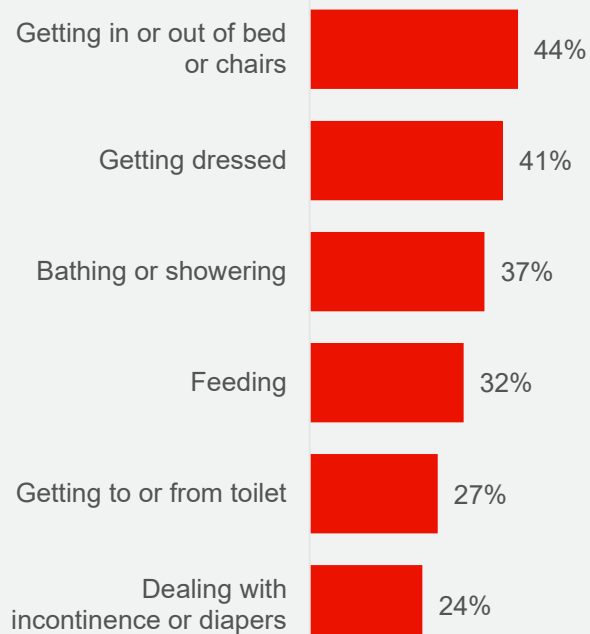
What Family Caregivers Do

Two-thirds of family caregivers in Louisiana (67%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

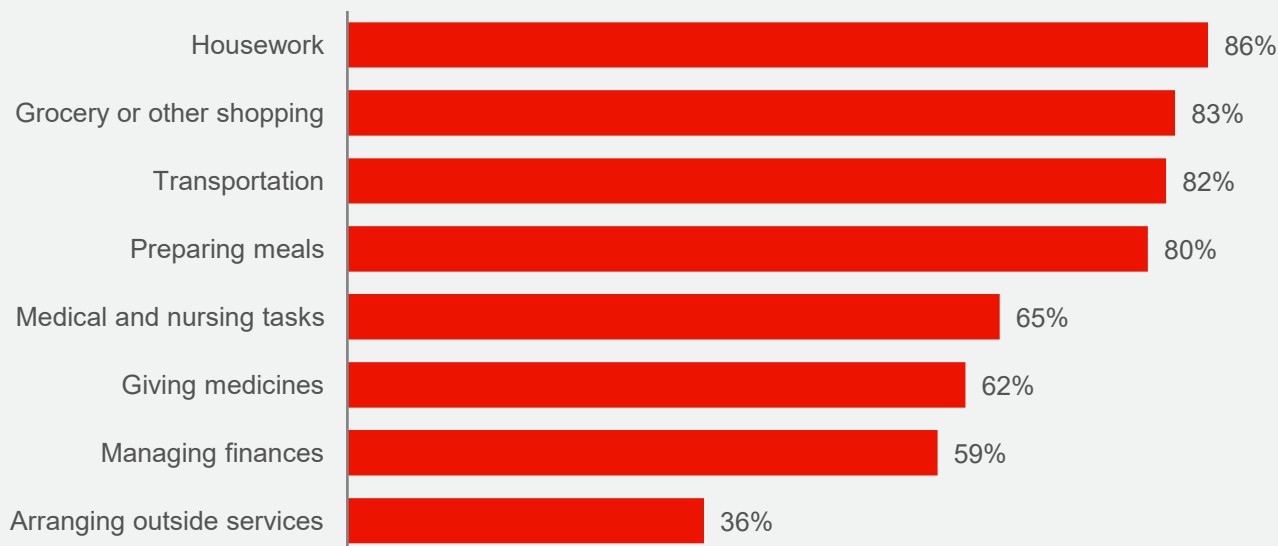
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

11% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Louisiana Family Caregivers Help with Many Activities of Daily Living



Louisiana Family Caregivers Help with Many Instrumental Activities of Daily Living



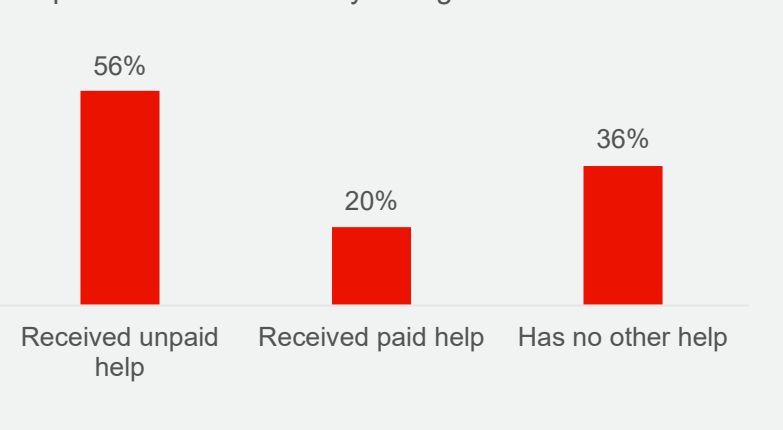
Half of family caregivers (55%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

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

What Family Caregivers Do

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

Help That Louisiana Family Caregivers Receive



44% of caregivers have been providing care for three years or longer.

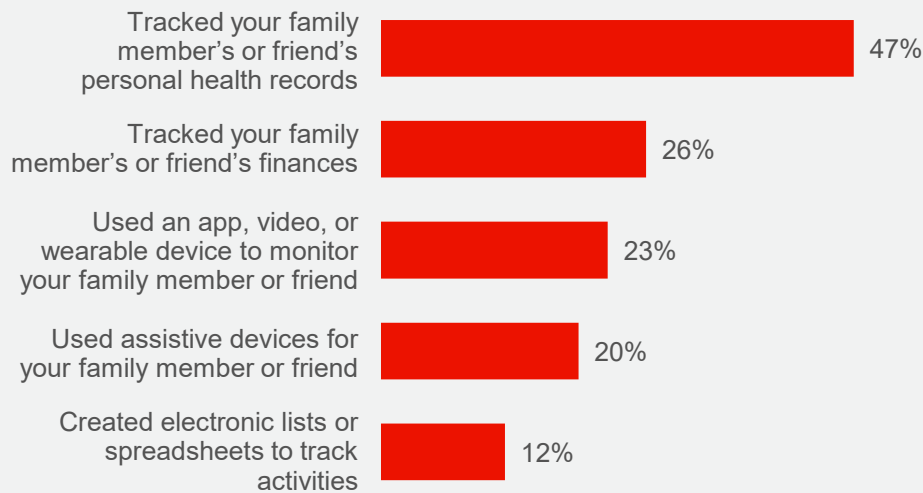
Two-thirds of family caregivers (65%) help with medical and nursing tasks.

Family caregivers in Louisiana are key in managing health care:

- 76% monitor the severity of their care recipient's condition.
- 70% communicate with health care professionals about their family member's or friend's care.
- 58% advocate for them with health care providers, community services, or government agencies.

While **three in ten (31%) family caregivers** would find respite care helpful, over **eight in ten (85%)** have never used such services.

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



One quarter of family caregivers (25%) have been asked by health care providers about care needed for their care recipient, and **12% 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 Louisiana have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, using up savings, and leaving bills unpaid.

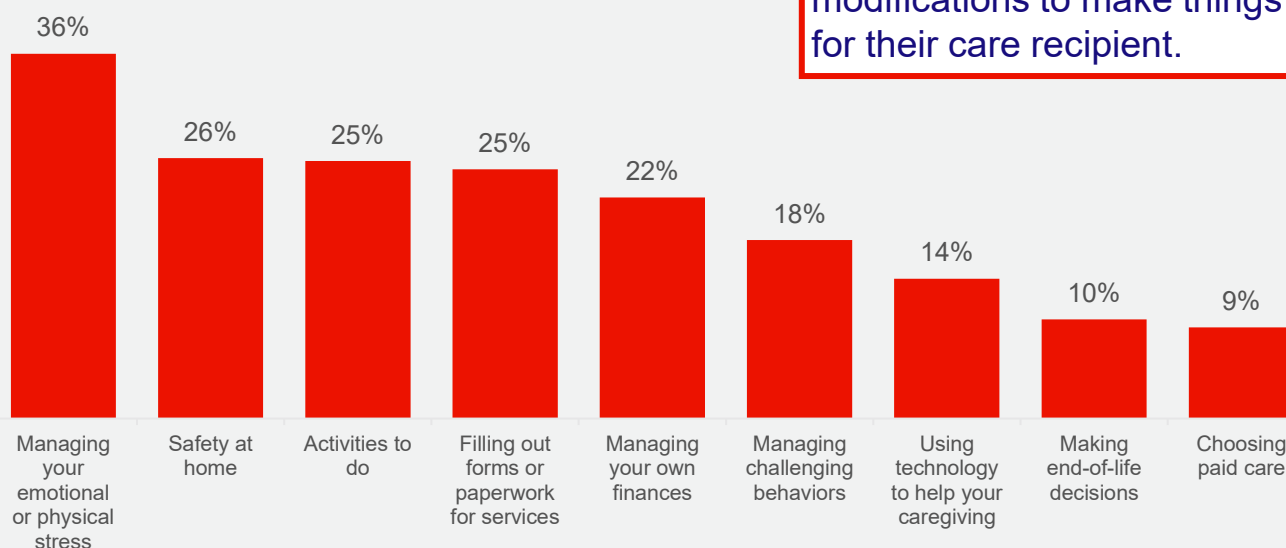
One in four family caregivers (26%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Louisiana Family Caregivers

Stopped saving	39%	Could not afford basic expenses	16%
Used up personal short-term savings	27%	Had to start working or work more	15%
Left bills unpaid or paid late	25%	Moved to less expensive home	12%
Used long-term savings	21%	Put off retirement	10%
Borrowed money from family/friends	20%	Missed/late paying student loan	7%
Took on more debt	20%	Was evicted or home foreclosed	4%

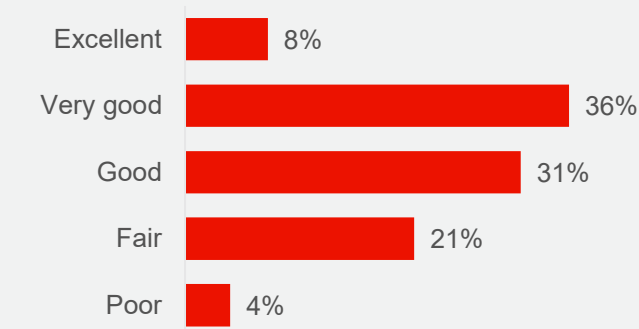
Information Needs of Family Caregivers

Four in ten family caregivers (41%) have made home modifications to make things easier for their care recipient.

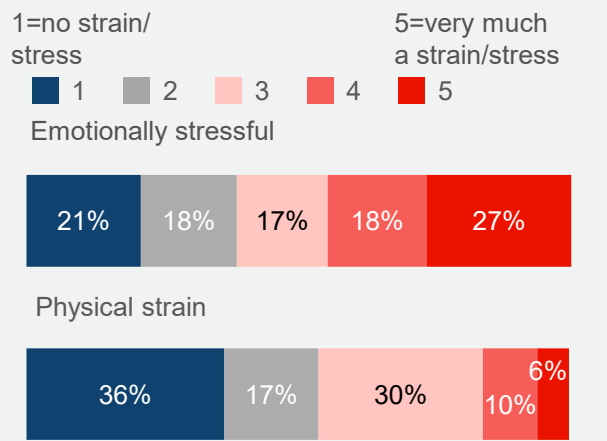


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

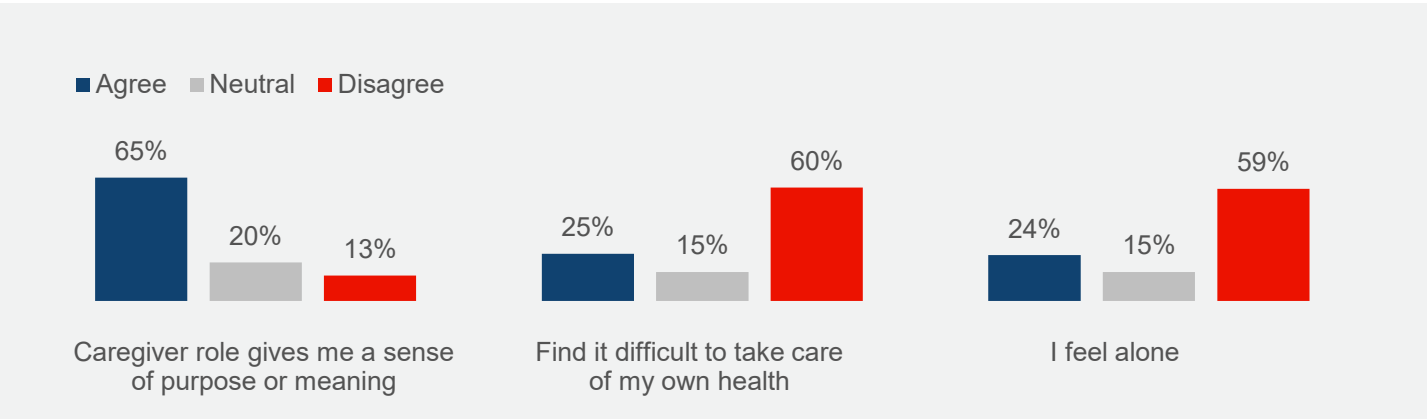
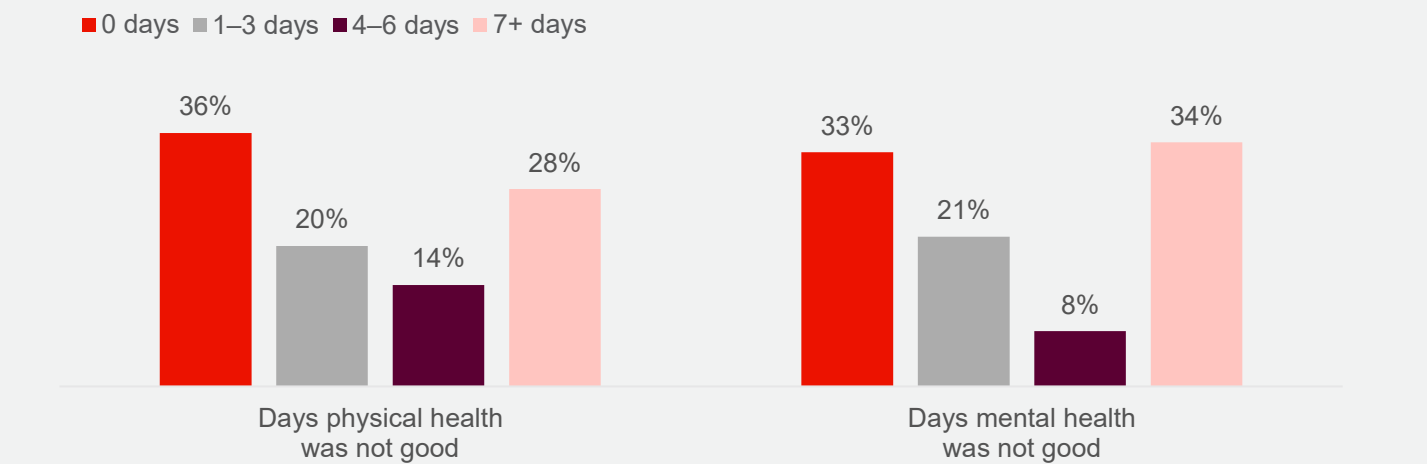


Stress and Strain Felt by Louisiana Caregivers



Nearly three in ten family caregivers experience seven or more days a month of poor physical health. Almost half of caregivers (45%) 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. One quarter (24%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Louisiana

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	34%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	9%
Did not graduate from high school	12%	Has health insurance coverage	91%
Graduated from high school	37%	Has been a student while caregiving	10%
Some college or associate's degree	25%	Has a disability or handicap that limits them	23%
Bachelor's degree or higher	27%	Has internet access in home	92%
Marital status		Place of residence	
Married/living with partner	60%	Rural	31%
Single/never married	29%	Urban	34%
Widowed	3%	Suburban	35%
Separated/divorced	8%	Living situation	
Household income		Lives alone	19%
<\$25,000	24%	Lives with others	81%
\$25,000-\$49,999	21%		
\$50,000-\$99,999	34%		
\$100,000+	22%		

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 111 caregivers in Louisiana, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.7%.