

Massachusetts

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

More than 1 million (1,445,000) adults in Massachusetts provide care to a family member or friend with complex medical conditions or disabilities — one quarter (26%) of adults across the state.

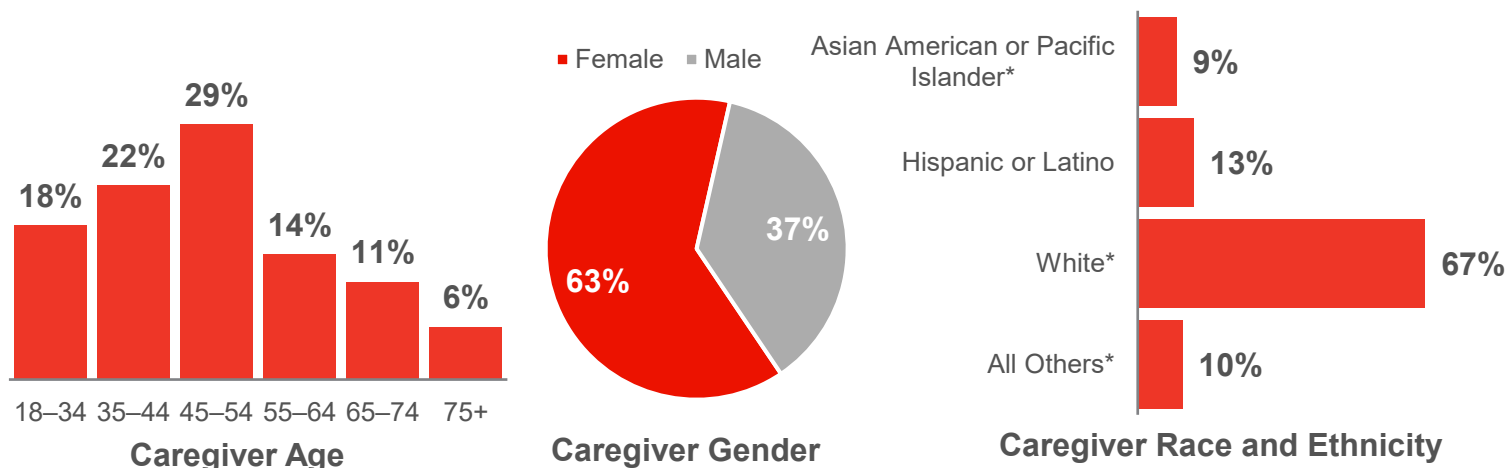
Most family caregivers in Massachusetts care for an adult (96%) — most often a parent (50%). Twenty-five percent care for a child with complex medical needs. Most caregivers are married or living with a partner (46%). One in four caregivers live in a household with income under \$50,000 (24%). Three in ten caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Fourteen percent of caregivers live with a disability. Four in ten family caregivers live with their care recipient (41%).

On average, family caregivers are **49 years old** and care for someone **67 years old** in Massachusetts.

Seven in ten family caregivers work while also caregiving (73%).

Most family caregivers in Massachusetts provide care to someone due to a long-term physical condition (64%).

Demographics of Family Caregivers in Massachusetts



*Non-Hispanic

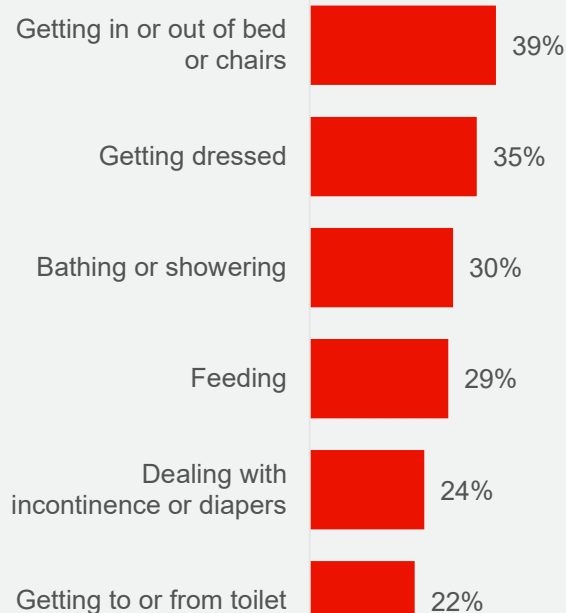
What Family Caregivers Do

Two-thirds of family caregivers in Massachusetts (65%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

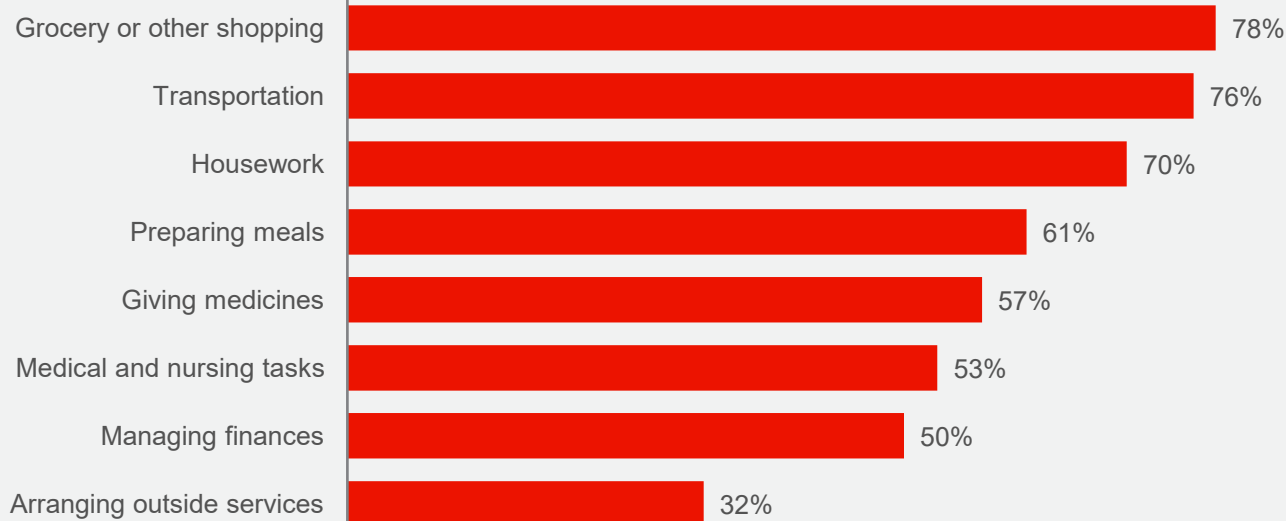
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

12% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Massachusetts Family Caregivers Help with Many Activities of Daily Living



Massachusetts Family Caregivers Help with Many Instrumental Activities of Daily Living



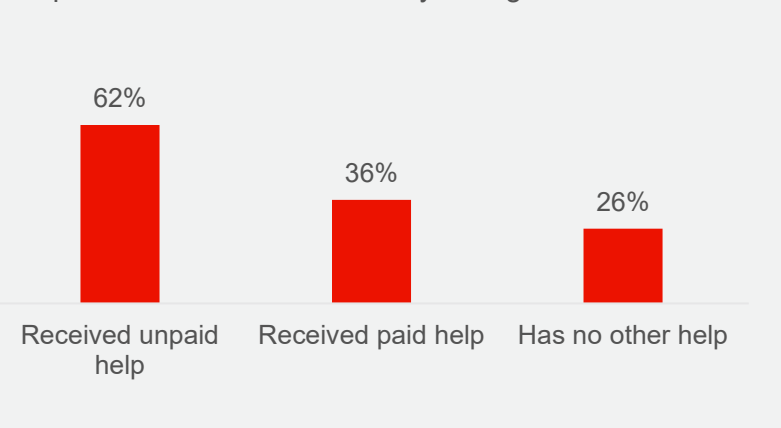
One-third of family caregivers (38%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

15% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Massachusetts Family Caregivers Receive



40% of caregivers have been providing care for three years or longer.

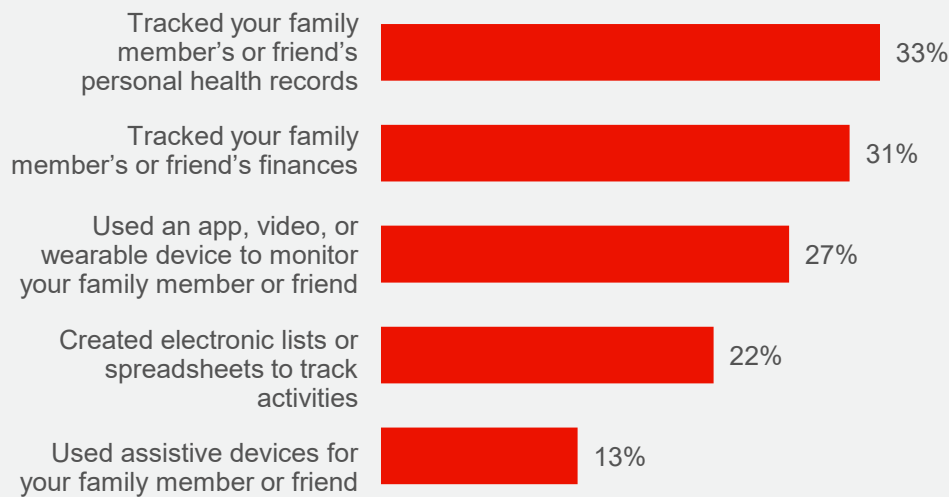
Half of family caregivers (53%) help with medical and nursing tasks.

Family caregivers in Massachusetts are key in managing health care:

- 69% monitor the severity of their care recipient's condition.
- 64% advocate for them with health care providers, community services, or government agencies.
- 62% communicate with health care professionals about their family member's or friend's care.

While nearly **four in ten (36%) family caregivers** would find respite care helpful, over **seven in ten (74%)** have never used such services.

Six in ten family caregivers (63%) use at least one of the technology solutions asked about in our survey.



One-third of family caregivers (35%) have been asked by health care providers about care needed for their care recipient, and **20% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (40%) in Massachusetts have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, taking on more debt, and leaving bills unpaid.

One in five family caregivers (22%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Massachusetts Family Caregivers

Stopped saving	24%	Had to start working or work more	9%
Took on more debt	22%	Borrowed money from family/friends	9%
Left bills unpaid or paid late	21%	Put off retirement	7%
Used up personal short-term savings	21%	Moved to less expensive home	5%
Could not afford basic expenses	12%	Missed/late paying student loan	3%
Used long-term savings	11%		

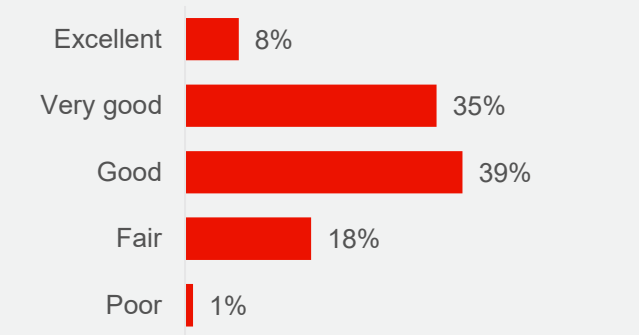
Information Needs of Family Caregivers

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



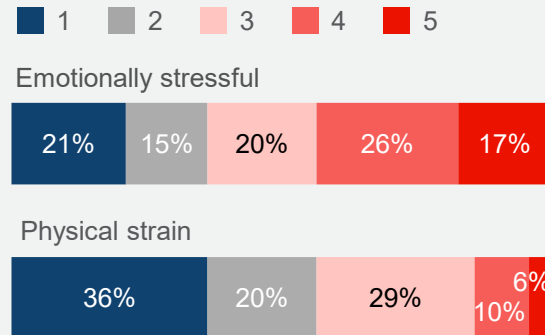
Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers



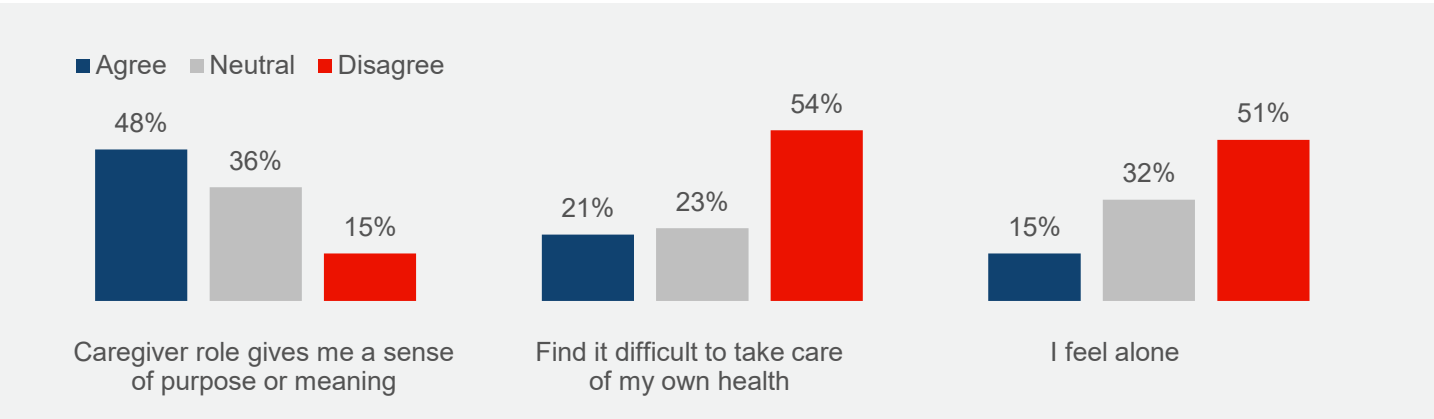
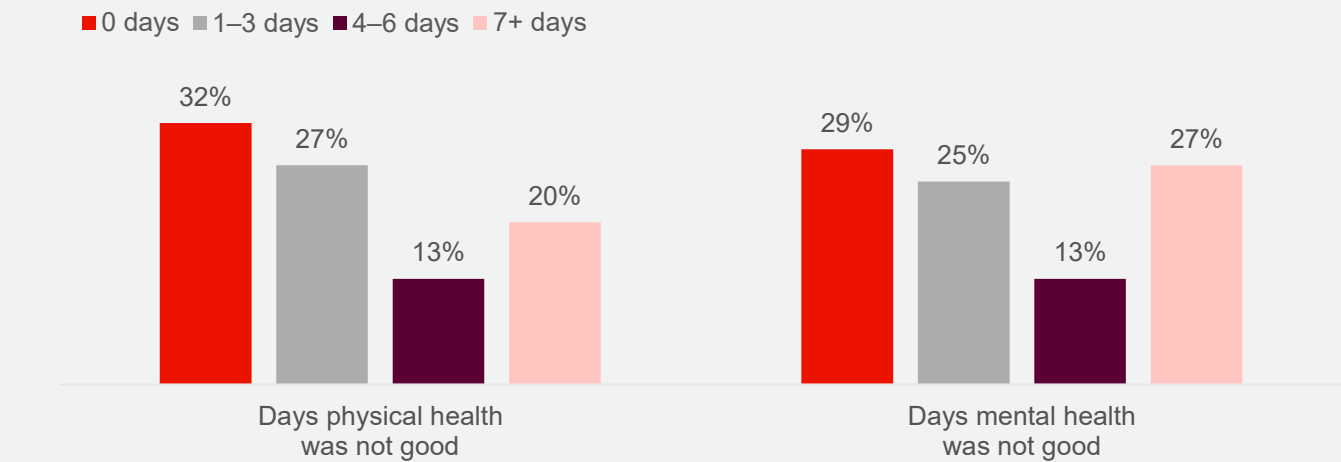
Stress and Strain Felt by Massachusetts Caregivers

1=no strain/stress 5=very much a strain/stress



Two in ten 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 in five (21%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One in six (15%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Massachusetts

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Cares for someone who served in the US Armed Forces	7%
Education		Has health insurance coverage	92%
High school graduate or less	29%	Has been a student while caregiving	11%
Some college or associate's degree	29%	Has a disability or handicap that limits them	14%
Bachelor's degree	21%	Has internet access in home	96%
Master's degree or above	22%	Place of residence	
Marital status		Rural	11%
Married/living with partner	46%	Urban	22%
Single/never married	37%	Suburban	67%
Widowed	4%	Living situation	
Separated/divorced	11%	Lives alone	16%
Household income		Lives with others	84%
<\$25,000	13%		
\$25,000-\$49,999	11%		
\$50,000-\$99,999	23%		
\$100,000+	53%		

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 113 caregivers in Massachusetts, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.2%.