

Michigan

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

More than 1.5 million (1,597,000) adults in Michigan provide care to a family member or friend with complex medical conditions or disabilities — one in five (20%) adults across the state.

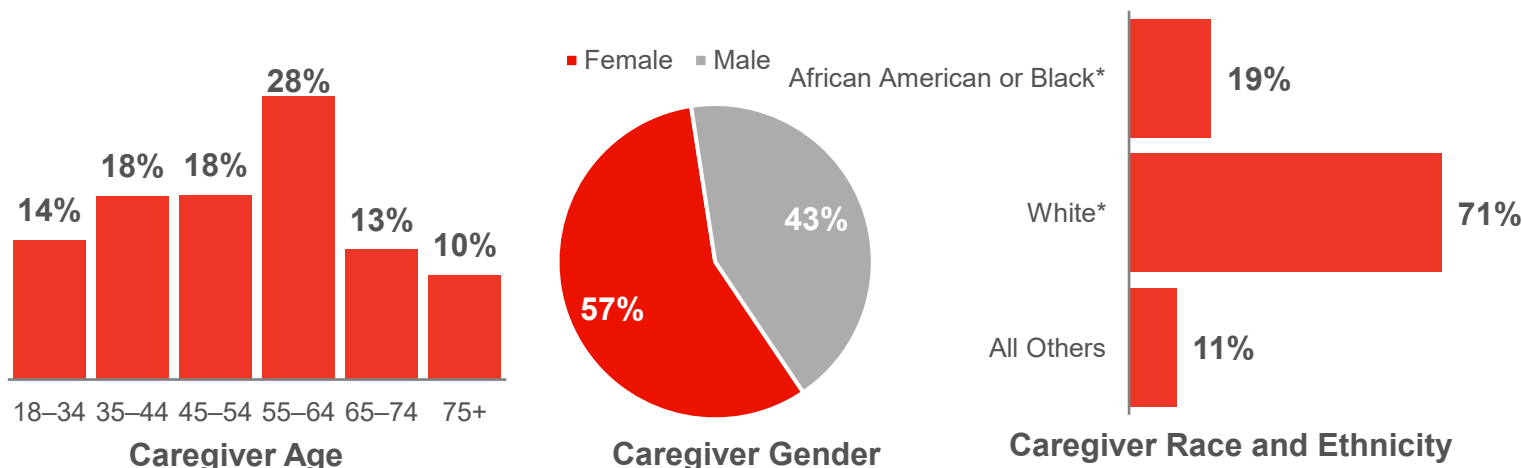
Most family caregivers in Michigan care for an adult (97%) — most often a parent (50%). Nine percent care for a child with complex medical needs. Most caregivers are married or living with a partner (58%). Over one in three caregivers live in a household with income under \$50,000 (37%). Three in ten caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One quarter of caregivers live with a disability. Four in ten family caregivers live with their care recipient (43%).

On average, family caregivers are **53 years old** and care for someone **69 years old** in Michigan.

Half of family caregivers work while also caregiving (53%).

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

Demographics of Family Caregivers in Michigan



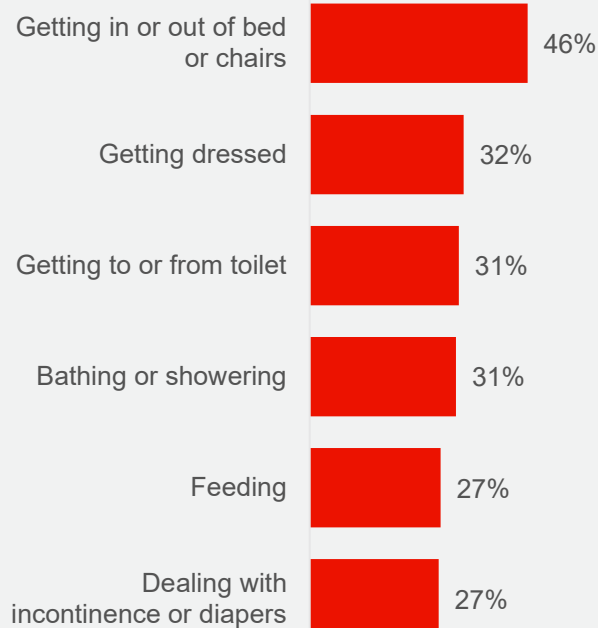
What Family Caregivers Do

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

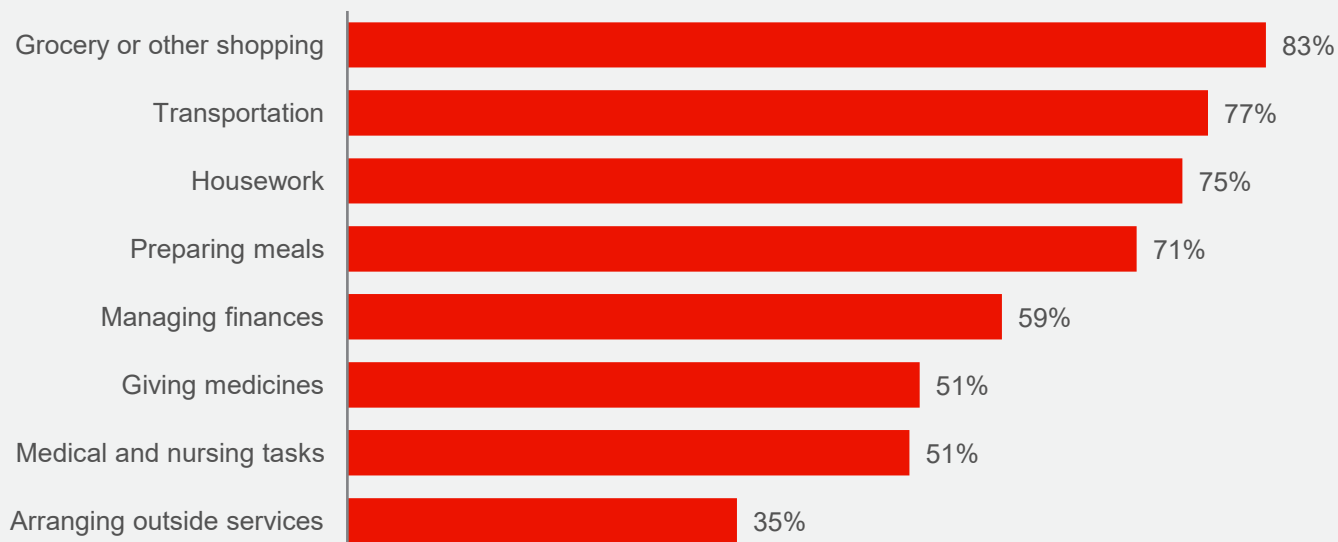
Nearly all (97%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

5% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Michigan Family Caregivers Help with Many Activities of Daily Living



Michigan Family Caregivers Help with Many Instrumental Activities of Daily Living



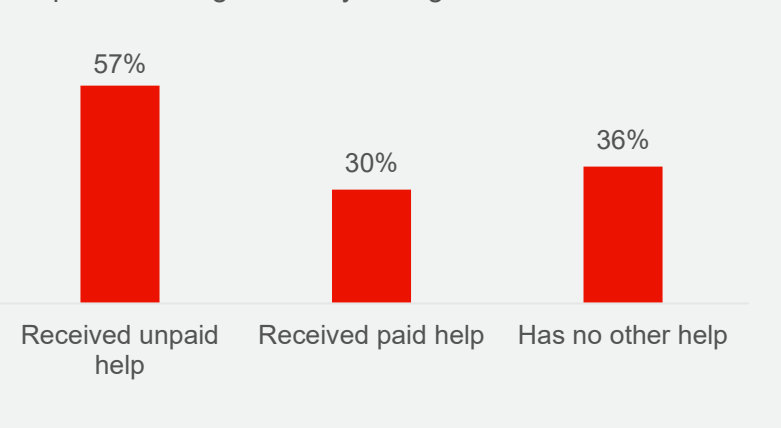
Nearly four in ten family caregivers (40%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

24% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Michigan Family Caregivers Receive



45% of caregivers have been providing care for three years or longer.

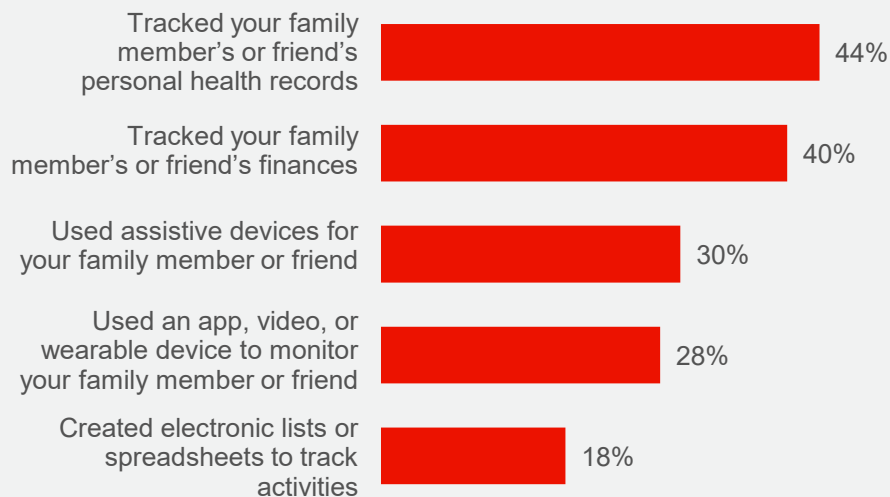
Half of family caregivers (51%) help with medical and nursing tasks.

Family caregivers in Michigan are key in managing health care:

- 79% monitor the severity of their care recipient's condition.
- 69% communicate with health care professionals about their family member's or friend's care.
- 66% 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 (89%)** have never used such services.

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



One-third of family caregivers (32%) have been asked by health care providers about care needed for their care recipient, and **18% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (46%) in Michigan have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, taking on more debt, and using up personal savings.

One in five family caregivers (21%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Michigan Family Caregivers

Stopped saving	35%	Used long-term savings	11%
Took on more debt	23%	Put off retirement	8%
Used up personal short-term savings	21%	Had to start working or work more	7%
Left bills unpaid or paid late	21%	Missed/late paying student loan	4%
Borrowed money from family/friends	20%	Moved to less expensive home	3%
Could not afford basic expenses	19%		

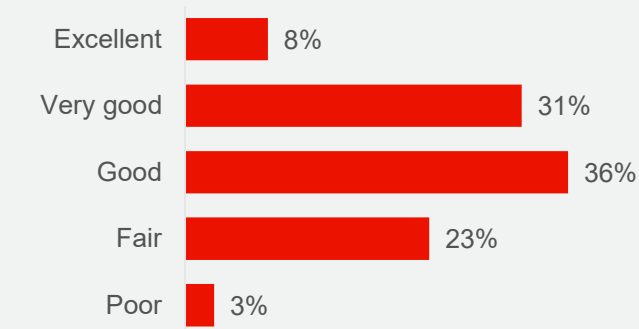
Information Needs of Family Caregivers

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

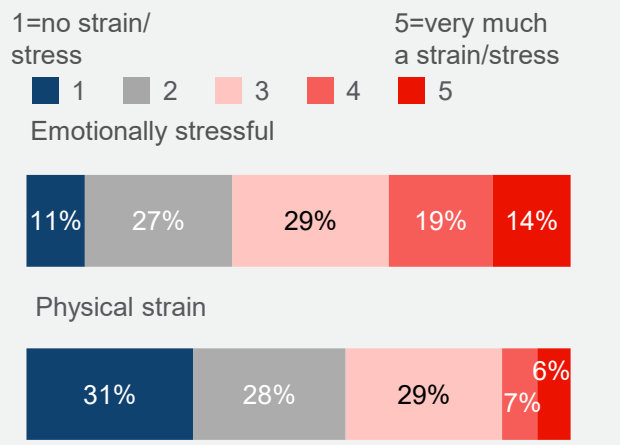


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

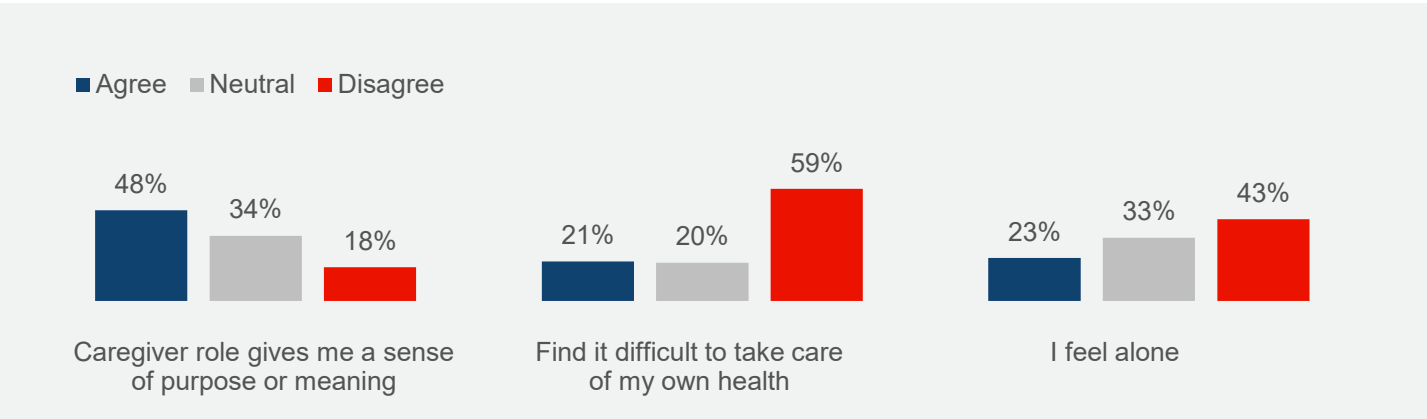
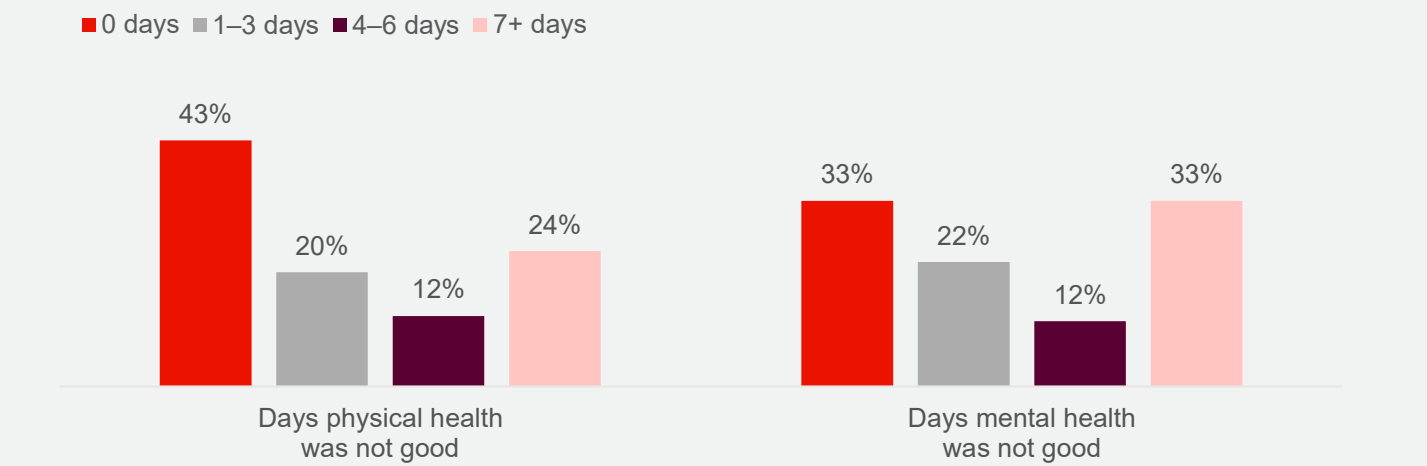


Stress and Strain Felt by Michigan Caregivers



One quarter of family caregivers experience seven or more days a month of poor physical health. One in three caregivers (33%) 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 quarter (23%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Michigan

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	16%
Did not graduate from high school	4%	Has health insurance coverage	90%
Graduated from high school	24%	Has been a student while caregiving	6%
Some college or associate's degree	40%	Has a disability or handicap that limits them	26%
Bachelor's degree or higher	32%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	58%	Rural	24%
Single/never married	24%	Urban	31%
Widowed	3%	Suburban	46%
Separated/divorced	15%	Living situation	
Household income		Lives alone	12%
<\$25,000	17%	Lives with others	89%
\$25,000-\$49,999	20%		
\$50,000-\$99,999	29%		
\$100,000+	34%		

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 120 caregivers in Michigan, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.8%.