

Minnesota

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

Nearly 1 million (931,000) adults in Minnesota provide care to a family member or friend with complex medical conditions or disabilities — one in five (21%) adults across the state.

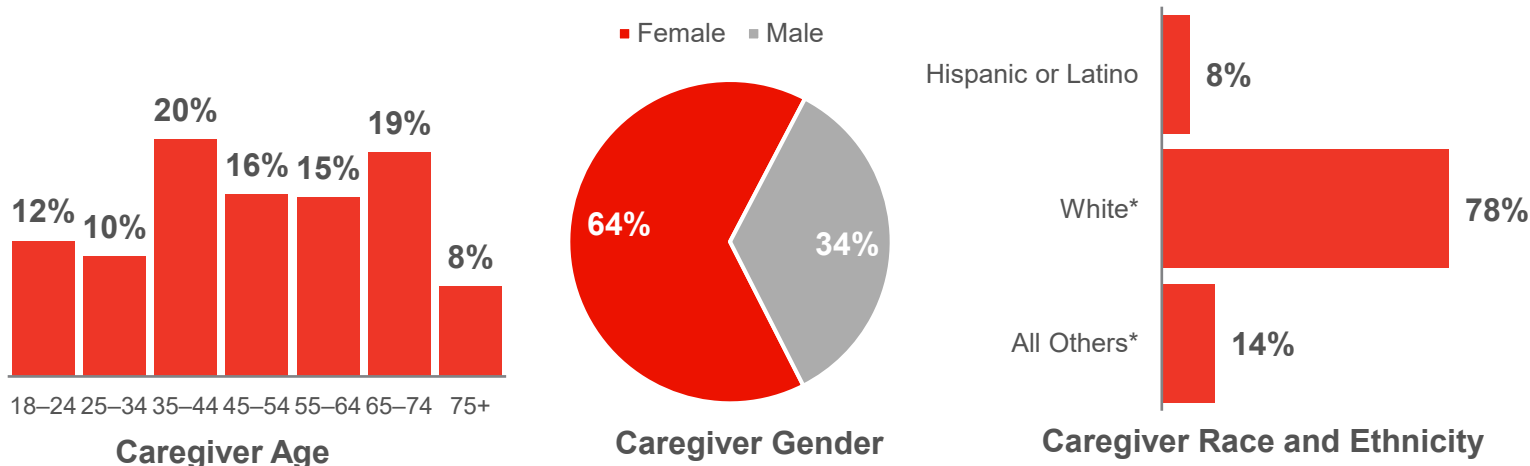
Most family caregivers in Minnesota care for an adult (92%) — most often a parent (42%). Seventeen percent care only for a child with complex medical needs. Most caregivers are married or living with a partner (56%). Two in ten caregivers live in a household with income under \$50,000 (22%). Three in ten caregivers (30%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Twelve percent of caregivers live with a disability.

On average, family caregivers are **50 years old** and care for someone **68 years old** in Minnesota.

Most family caregivers in Minnesota provide care to someone due to a long-term physical condition (65%).

One in three family caregivers live with their care recipient (32%), and half of caregivers (55%) who live separately from their care recipient are 20 minutes away or less.

Demographics of Family Caregivers in Minnesota



*Non-Hispanic

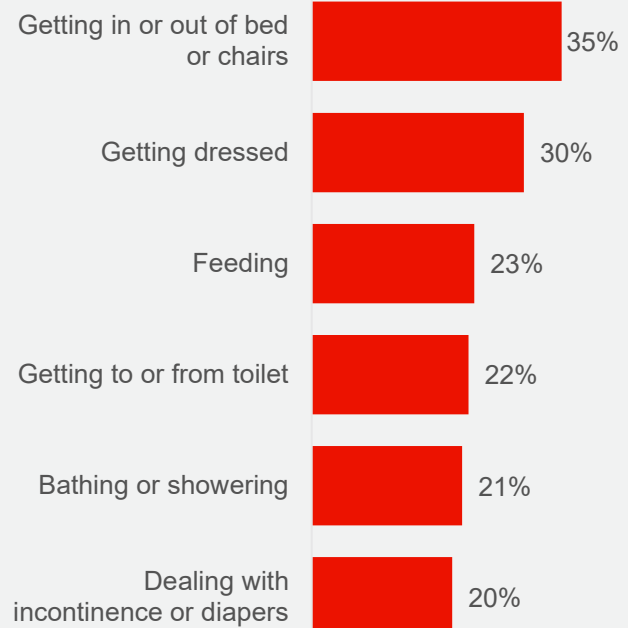
What Family Caregivers Do

Six in ten family caregivers in Minnesota (61%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

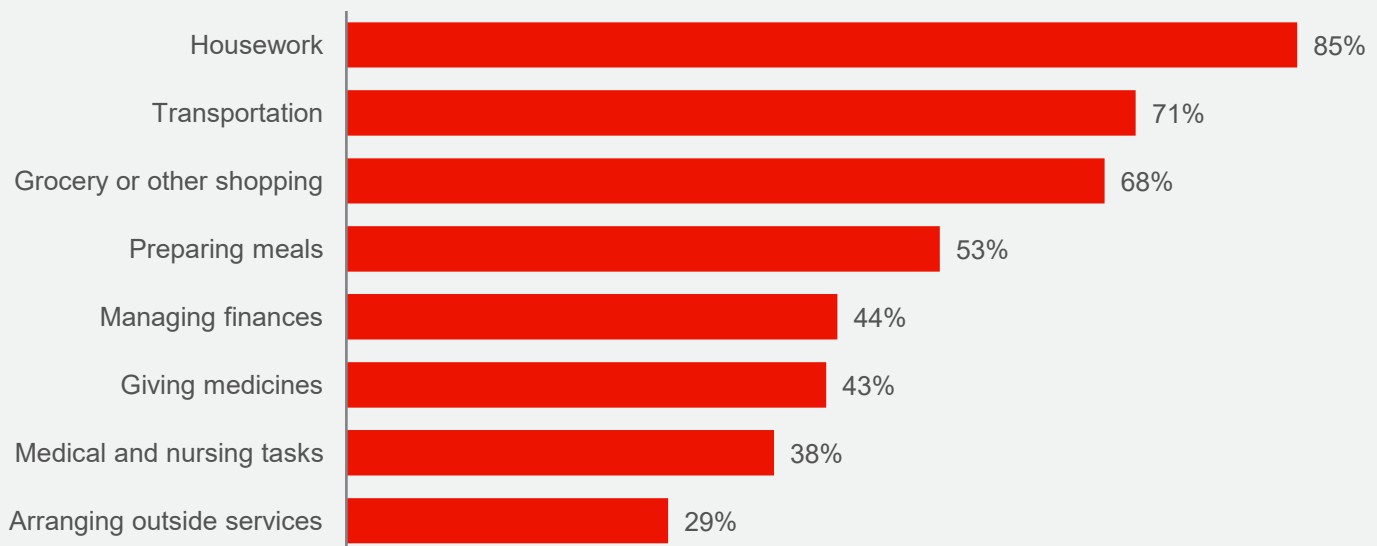
Nearly all family caregivers (99%) help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

About one in five family caregivers (17%) find these ADL tasks difficult. 12% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Minnesota Family Caregivers Help with Many Activities of Daily Living



Minnesota Family Caregivers Help with Many Instrumental Activities of Daily Living



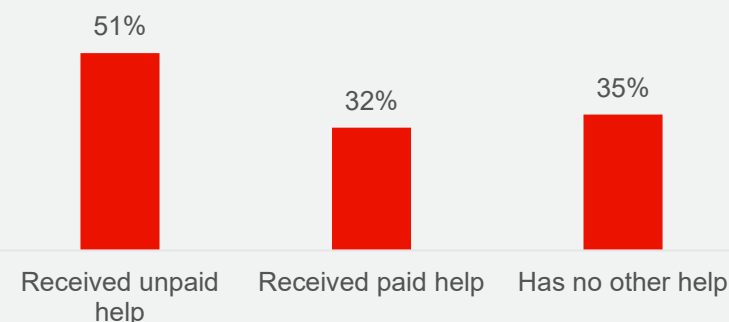
One in three family caregivers (36%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

23% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Minnesota Family Caregivers Receive



42% of caregivers have been providing care for three years or longer.

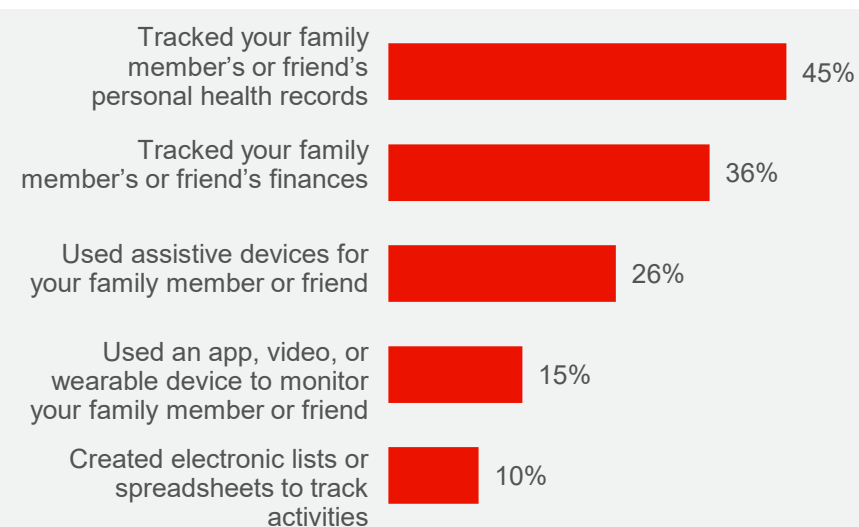
Four in ten (38%) family caregivers help with medical and nursing tasks.

Family caregivers in Minnesota are key in managing health care:

- 64% monitor the severity of their care recipient's condition.
- 61% communicate with health care professionals about their family member's or friend's care.
- 57% advocate for them with health care providers, community services, or government agencies.

Nearly four in ten (37%) family caregivers would find respite care helpful, yet **nine in ten (90%)** have never used such services.

Six in ten (59%) family caregivers use at least one of the technology solutions asked about in our survey.



One in five family caregivers (22%) have been asked by health care providers about care needed for their care recipient, and **11% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

One in three (34%) family caregivers in Minnesota have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, using up savings, and taking on more debt.

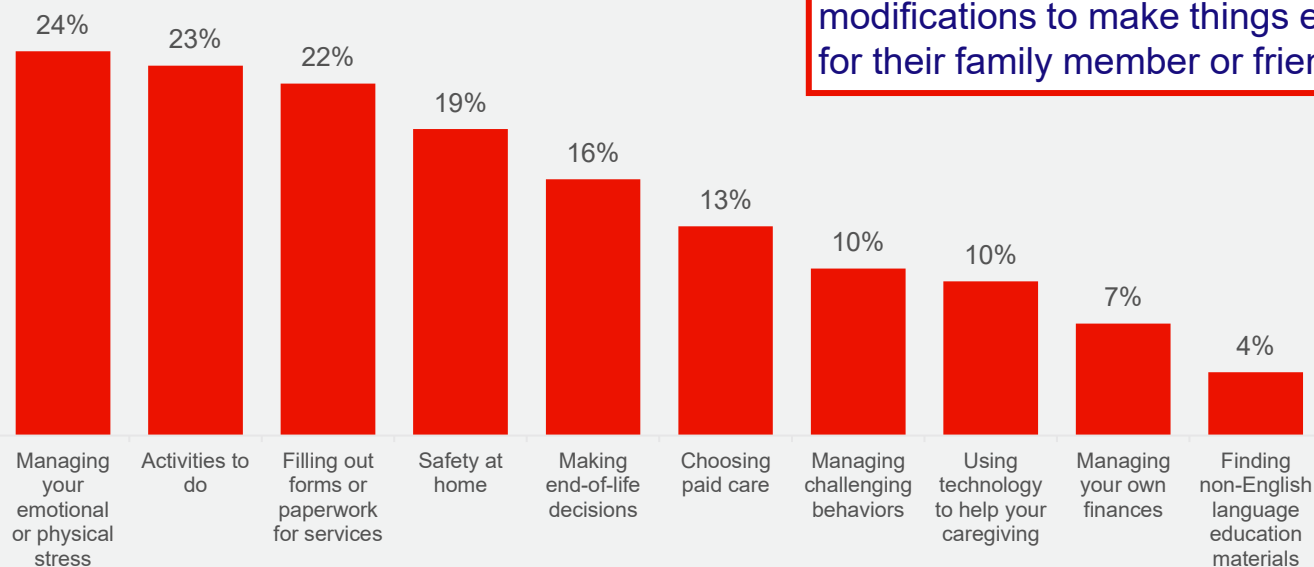
One in four family caregivers (24%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Minnesota Family Caregivers

Stopped saving	21%	Had to start working or work more	8%
Took on more debt	21%	Could not afford basic expenses	8%
Used up personal short-term savings	17%	Moved to less expensive home	7%
Left bills unpaid or paid late	14%	Missed student loans or paid late	5%
Borrowed money from family/friends	8%	Put off retirement	4%
Used long-term savings	8%		

Information Needs of Family Caregivers

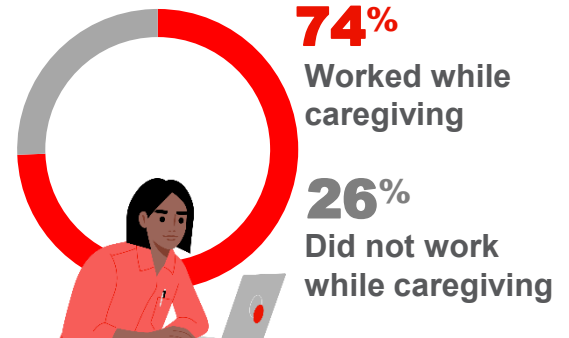
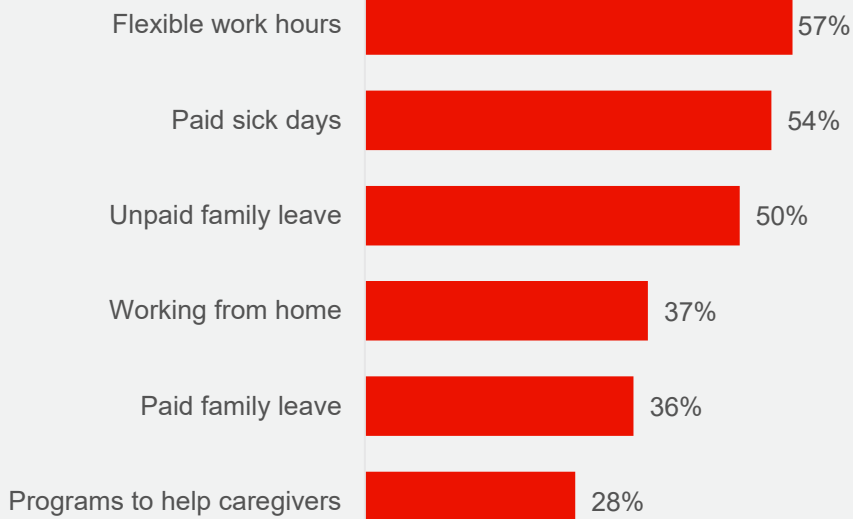
Three in ten family caregivers (31%) have made home modifications to make things easier for their family member or friend.



Working While Caregiving

Three in four family caregivers work while caregiving, and six in ten are full-time employees (working more than 30 hours a week). Six in ten working caregivers (62%) in Minnesota are hourly-wage employees.

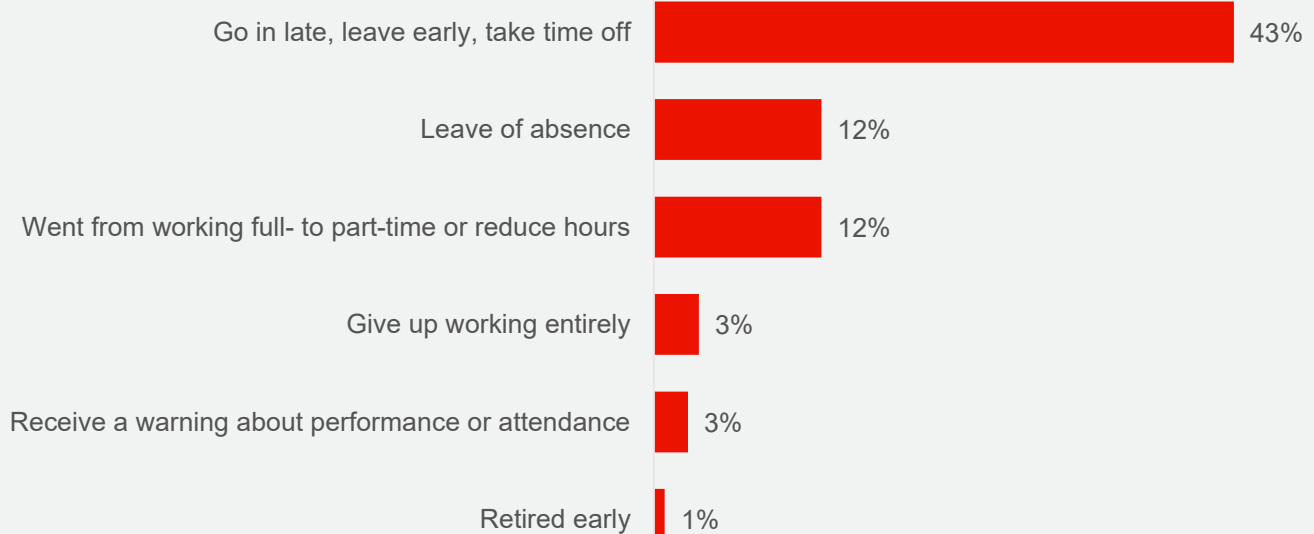
Workplace Benefits Offered to Minnesota Family Caregivers



26% of working caregivers have not told their supervisor that they are caregiving.

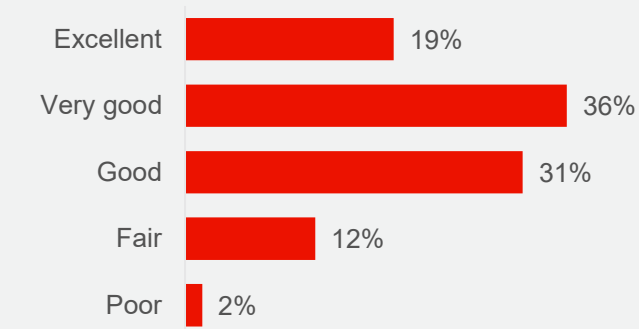
Support for working family caregivers has increased in recent years, but many workers still face challenges balancing care and paid employment.

Minnesota Family Caregivers Experience Work Disruptions

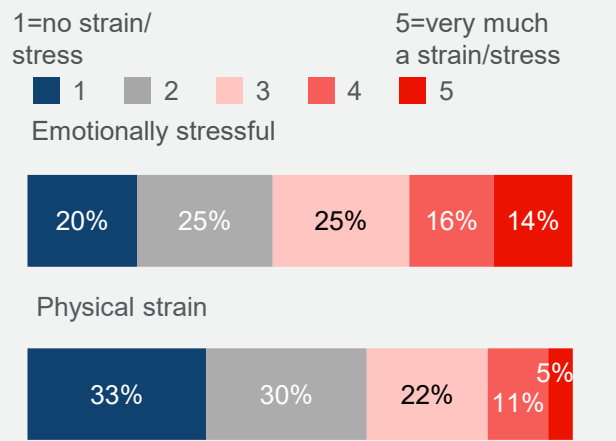


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

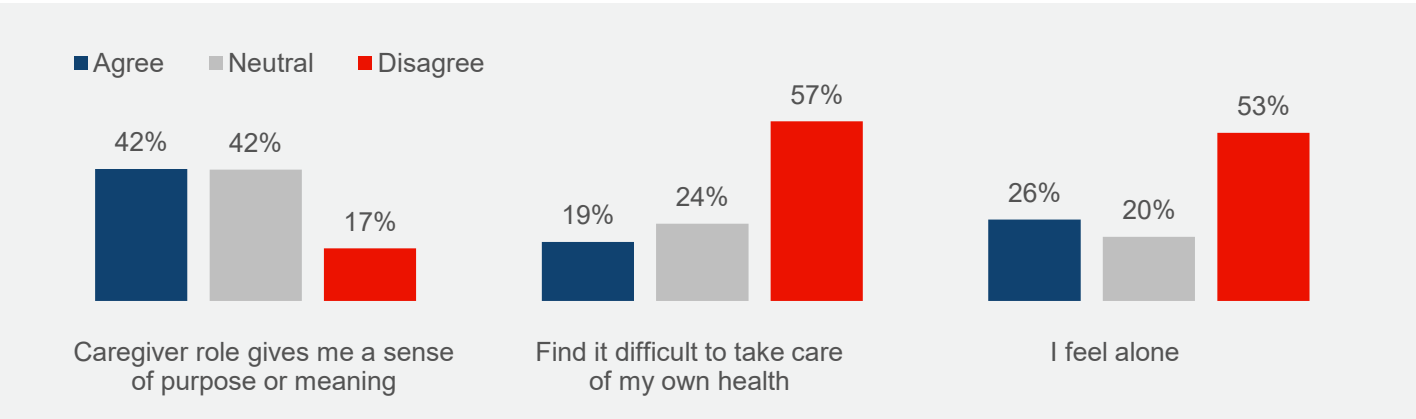
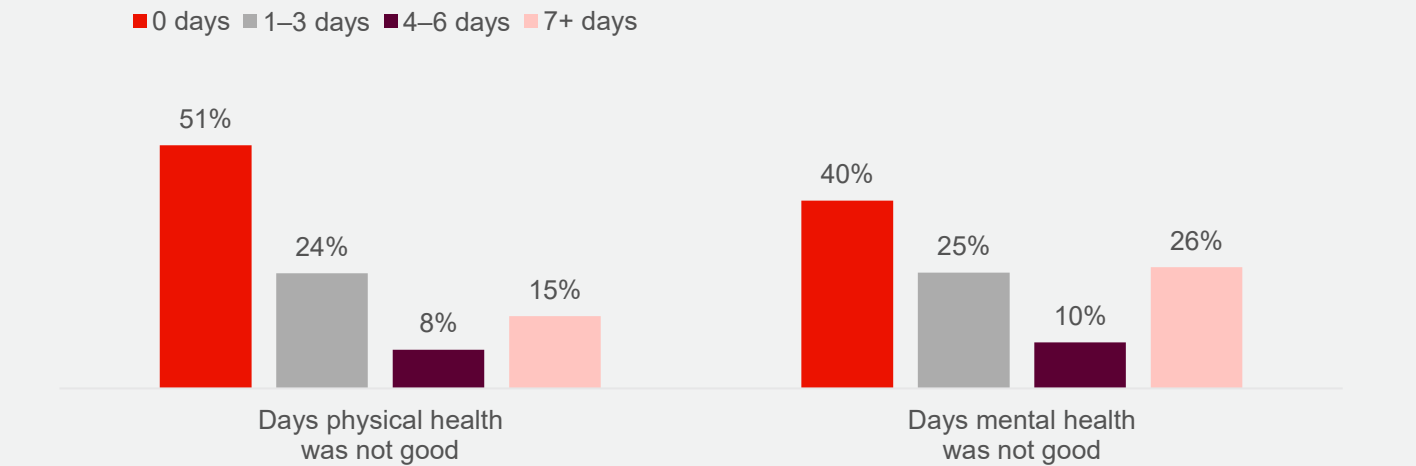


Stress and Strain Felt by Minnesota Caregivers



Fifteen percent of family caregivers experience seven or more days a month of poor physical health. Three in ten (30%) of caregivers experience high emotional stress while caregiving. One in five (19%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (26%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Minnesota

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	30%	Served in US Armed Forces	7%
Education		Cares for someone who served in the US Armed Forces	13%
Did not graduate from high school	6%	Has health insurance coverage	91%
Graduated from high school	21%	Has been a student while caregiving	14%
Some college or associate's degree	42%	Has a disability or handicap that limits them	12%
Bachelor's degree or higher	31%	Has internet access in home	99%
Marital status		Place of residence	
Married/living with partner	56%	Rural	21%
Single/never married	29%	Urban	32%
Widowed	5%	Suburban	47%
Separated/divorced	6%	Living situation	
Household income		Lives alone	11%
<\$25,000	7%	Lives with others	89%
\$25,000-\$49,999	15%		
\$50,000-\$99,999	31%		
\$100,000+	48%		

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 164 caregivers in Minnesota, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.1%.