

Missouri

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 (1,224,000) adults in Missouri provide care to a family member or friend with complex medical conditions or disabilities — one in four (25%) adults across the state.

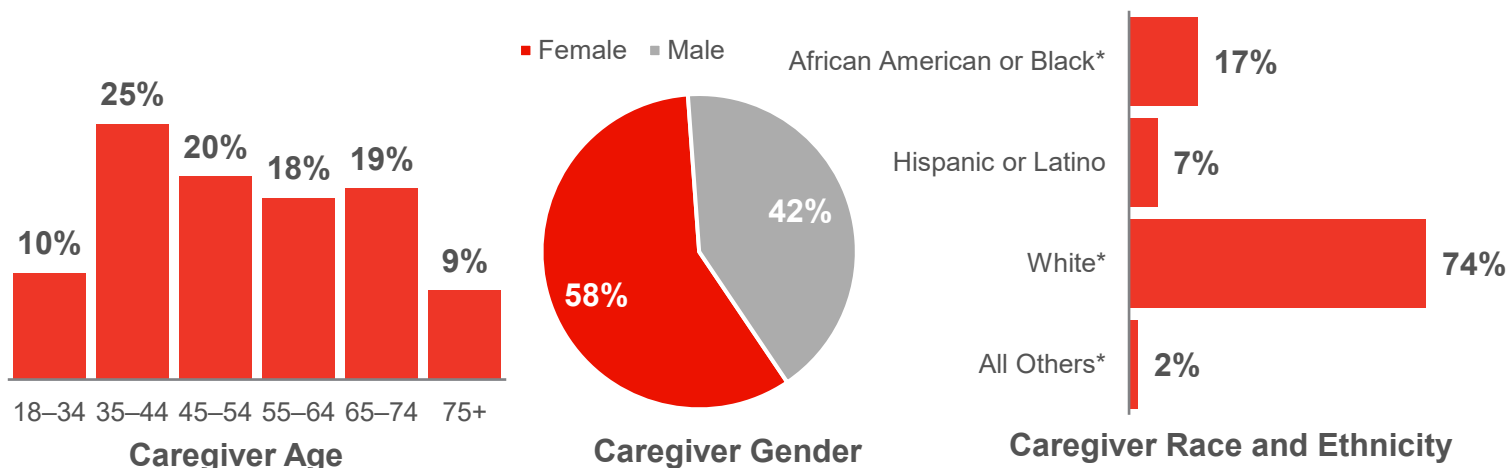
Most family caregivers in Missouri care for an adult (95%) — often a parent (38%). Nineteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (66%). Over one in three caregivers live in a household with income under \$50,000 (37%). Three in ten caregivers (30%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Nearly one in five caregivers live with a disability. Three in ten family caregivers live with their care recipient (31%).

On average, family caregivers are **53 years old** and care for someone **66 years old** in Missouri.

Over half of family caregivers work while also caregiving (55%).

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

Demographics of Family Caregivers in Missouri



*Non-Hispanic

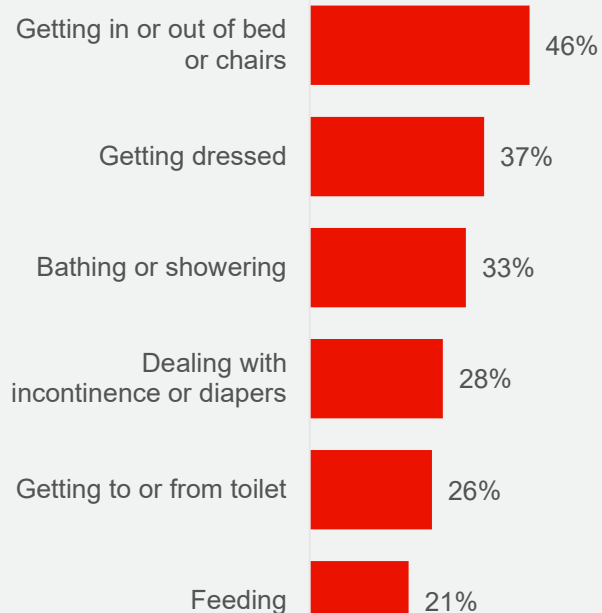
What Family Caregivers Do

Seven in ten family caregivers in Missouri (69%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

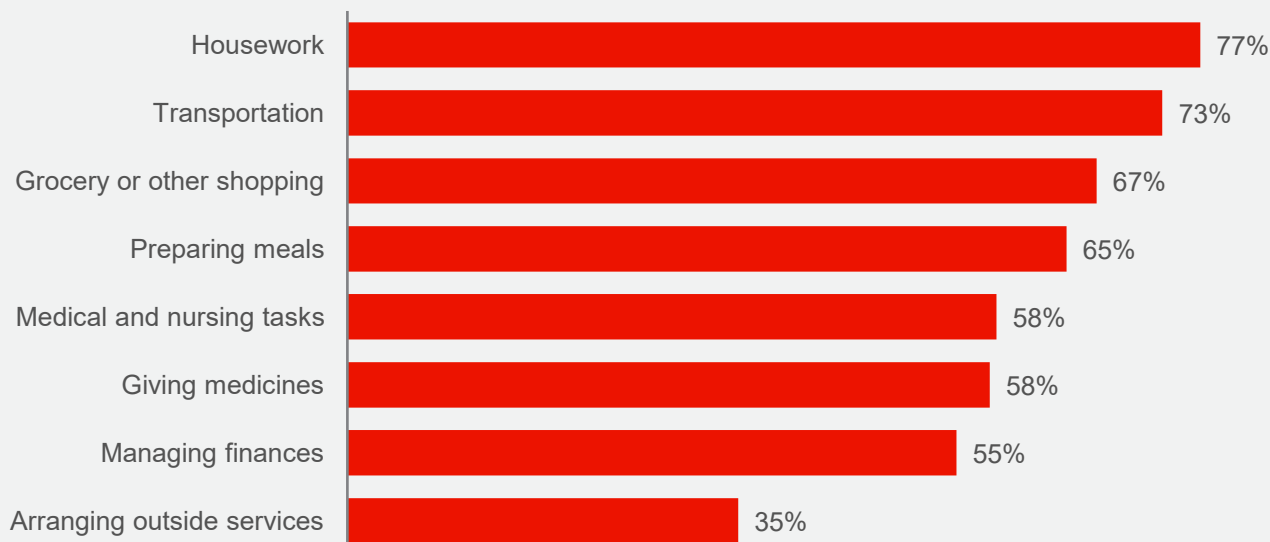
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

8% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Missouri Family Caregivers Help with Many Activities of Daily Living



Missouri Family Caregivers Help with Many Instrumental Activities of Daily Living



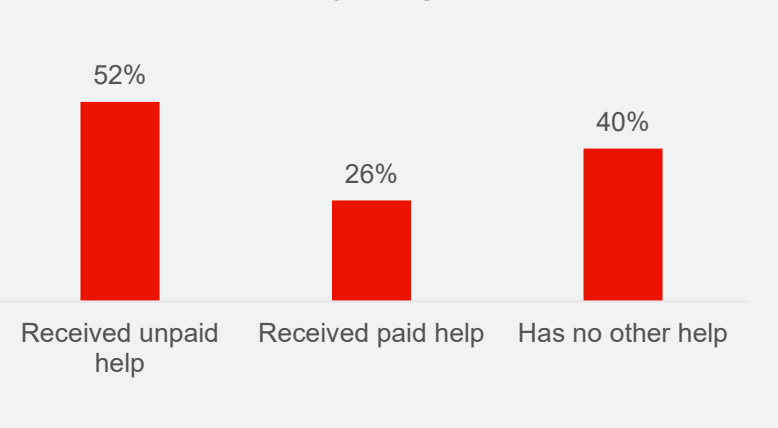
Four in ten family caregivers (42%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

26% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Missouri Family Caregivers Receive



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

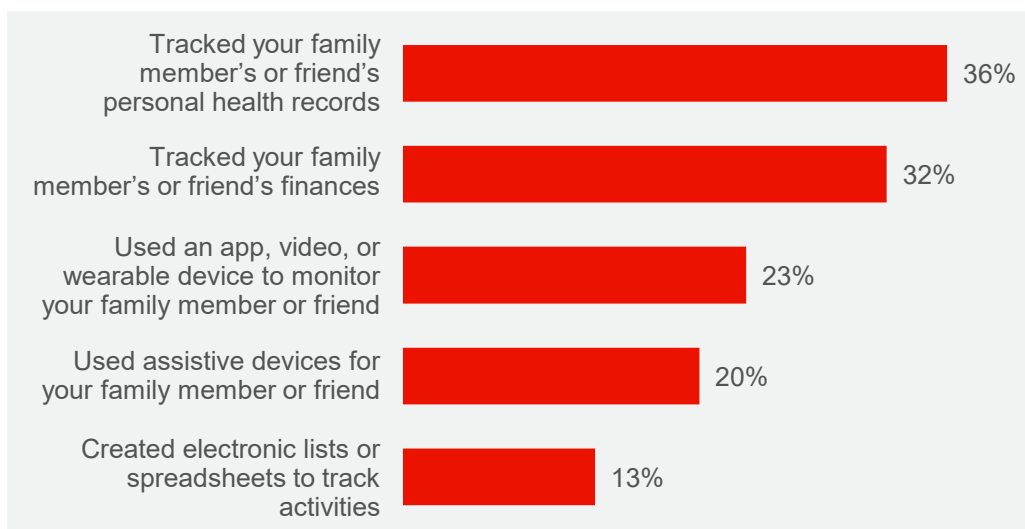
More than half of family caregivers (58%) help with medical and nursing tasks.

Family caregivers in Missouri are key in managing health care:

- 65% monitor the severity of their care recipient's condition.
- 60% 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.

While **three in ten (31%) family caregivers** would find respite care helpful, over **nine in ten (94%)** have never used such services.

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



Over one in four family caregivers (28%) 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

Half of family caregivers (49%) in Missouri 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.

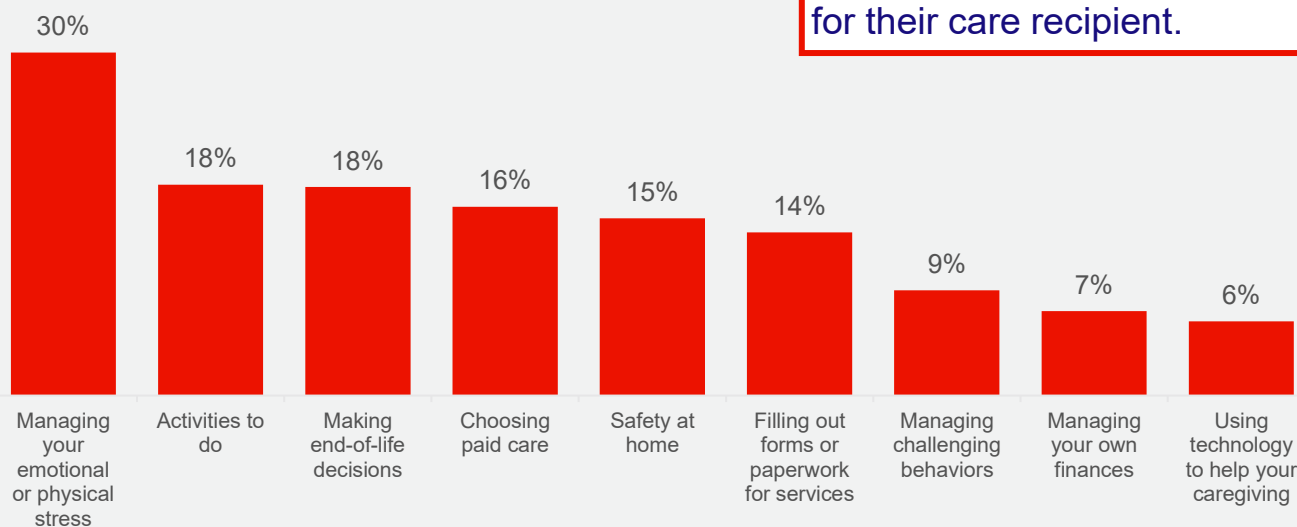
Nearly one in four family caregivers (23%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Missouri Family Caregivers

Stopped saving	30%	Moved to less expensive home	11%
Took on more debt	27%	Could not afford basic expenses	11%
Used up personal short-term savings	27%	Had to start working or work more	10%
Left bills unpaid or paid late	21%	Put off retirement	6%
Borrowed money from family/friends	14%	Missed/late paying student loan	5%
Used long-term savings	14%		

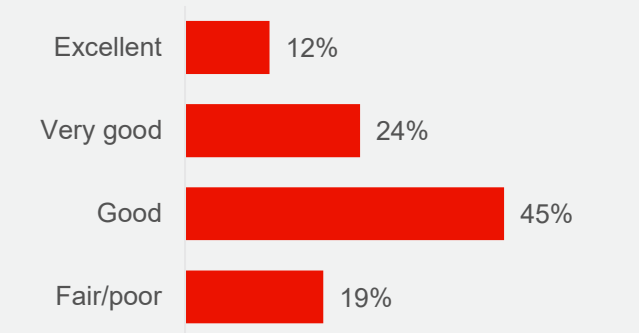
Information Needs of Family Caregivers

One in three family caregivers (34%) have made home modifications to make things easier for their care recipient.

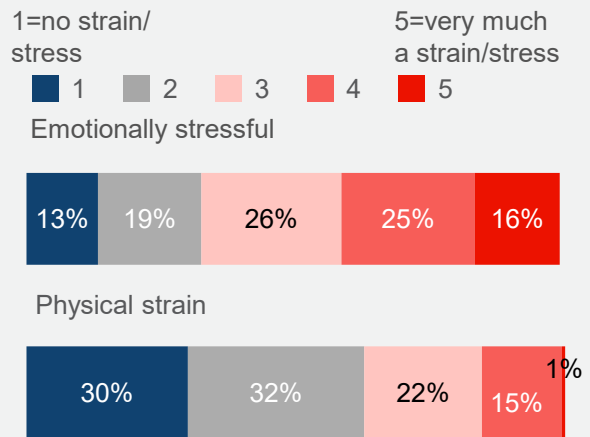


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

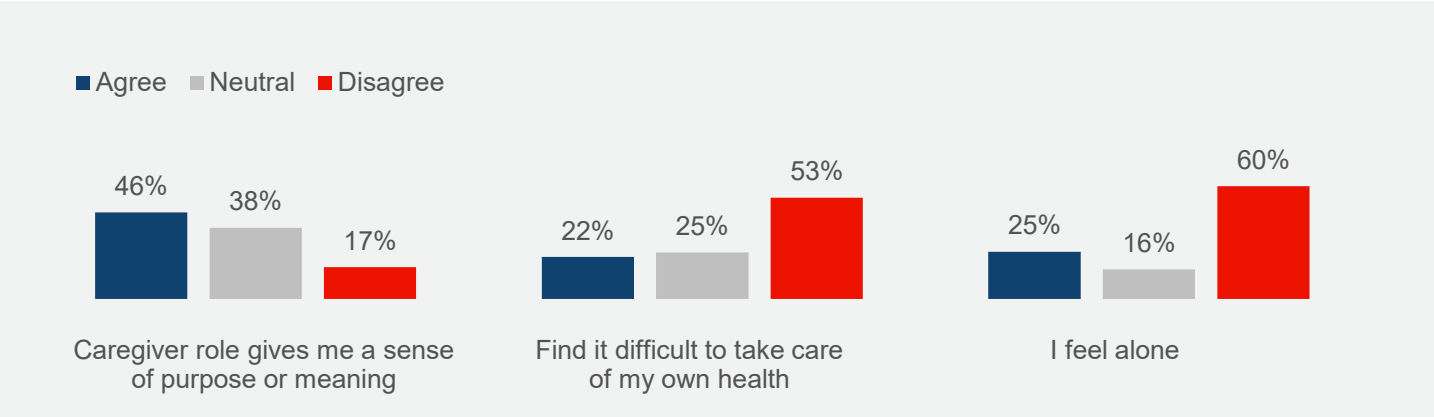
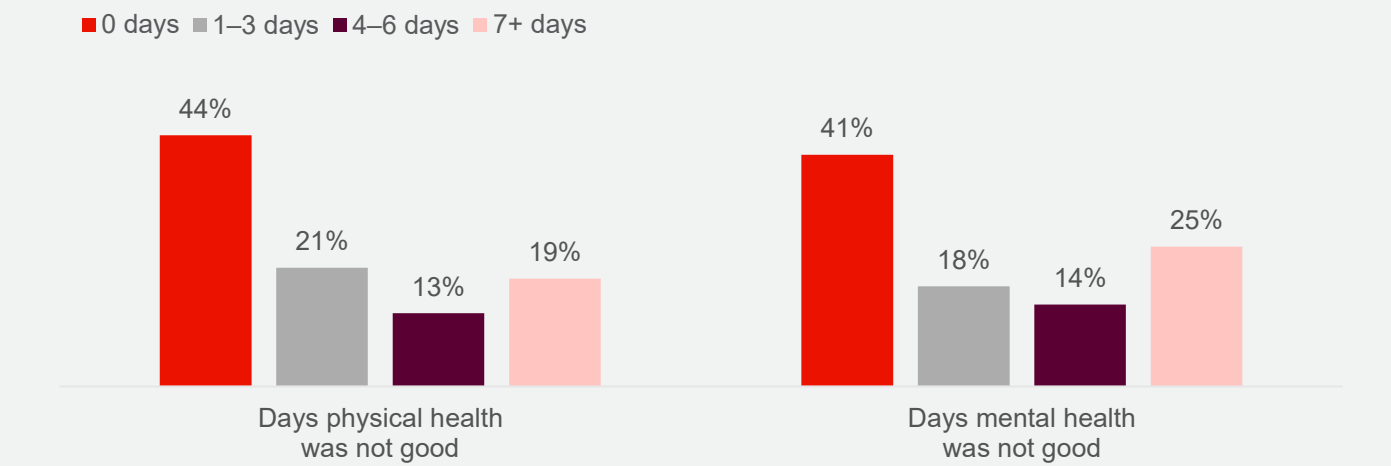


Stress and Strain Felt by Missouri Caregivers



One in five family caregivers experience seven or more days a month of poor physical health. Two in five caregivers (40%) experience high emotional stress while caregiving. Nearly one quarter (22%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (25%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Missouri

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	30%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	13%
Did not graduate from high school	18%	Has health insurance coverage	84%
Graduated from high school	24%	Has been a student while caregiving	7%
Some college or associate's degree	38%	Has a disability or handicap that limits them	17%
Bachelor's degree or higher	21%	Has internet access in home	93%
Marital status		Place of residence	
Married/living with partner	66%	Rural	32%
Single/never married	18%	Urban	27%
Widowed	6%	Suburban	41%
Separated/divorced	9%	Living situation	
Household income		Lives alone	15%
<\$25,000	16%	Lives with others	85%
\$25,000-\$49,999	20%		
\$50,000-\$99,999	29%		
\$100,000+	35%		

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 116 caregivers in Missouri, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.5%.