

New Jersey

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

Nearly 2 million (1,856,000) adults in New Jersey provide care to a family member or friend with complex medical conditions or disabilities — one quarter (26%) of adults across the state.

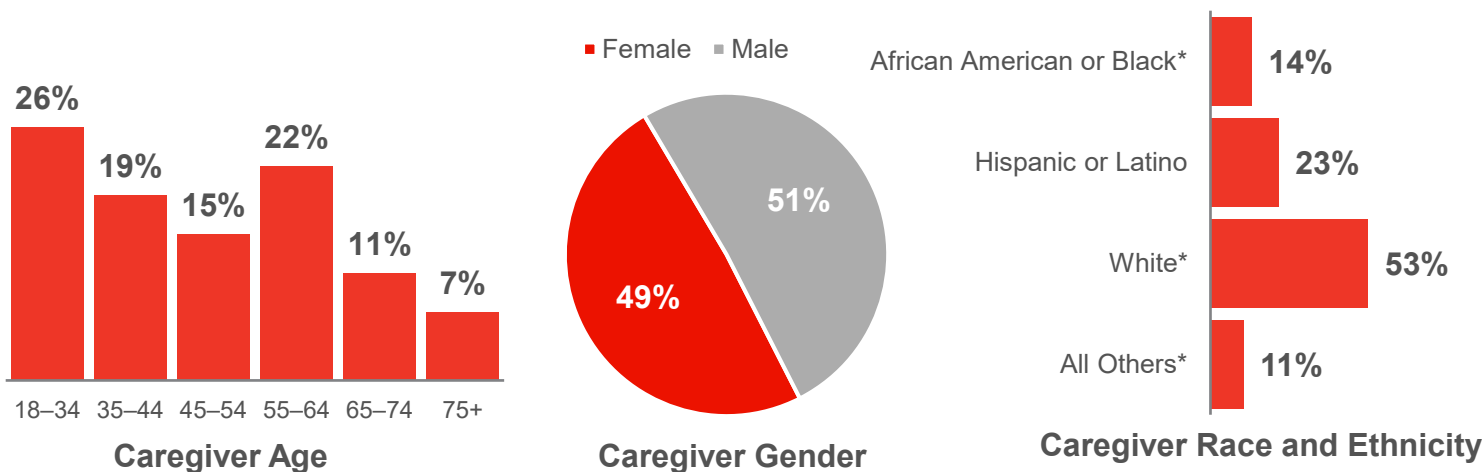
Most family caregivers in New Jersey care for an adult (95%) — most often a parent (47%). Seventeen percent care only for a child with complex medical needs. Most caregivers are married or living with a partner (70%). One in six caregivers live in a household with income under \$50,000 (17%). One quarter of caregivers (26%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Sixteen percent of caregivers live with a disability.

On average, family caregivers are **48 years old** and care for someone **71 years old** in New Jersey.

Most family caregivers in New Jersey provide care to someone due to a long-term physical condition (63%).

Many family caregivers live with their care recipient (37%), and nearly half of caregivers (48%) who live separately from their care recipient are 20 minutes away or less.

Demographics of Family Caregivers in New Jersey



*Non-Hispanic

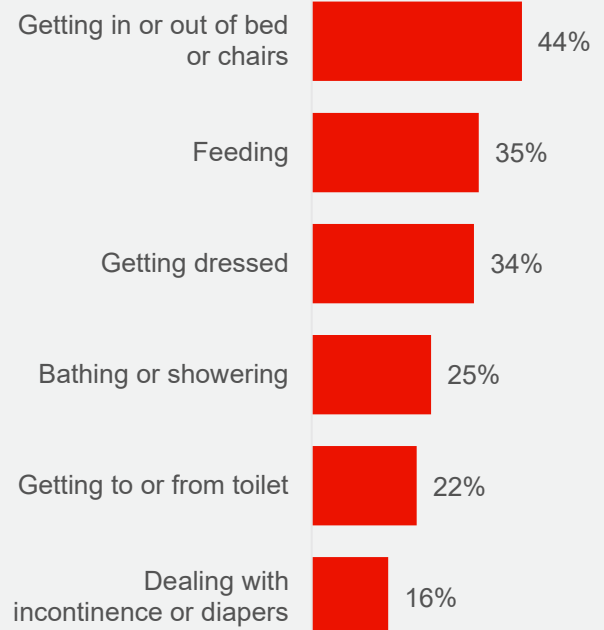
What Family Caregivers Do

Seven in ten family caregivers in New Jersey (70%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

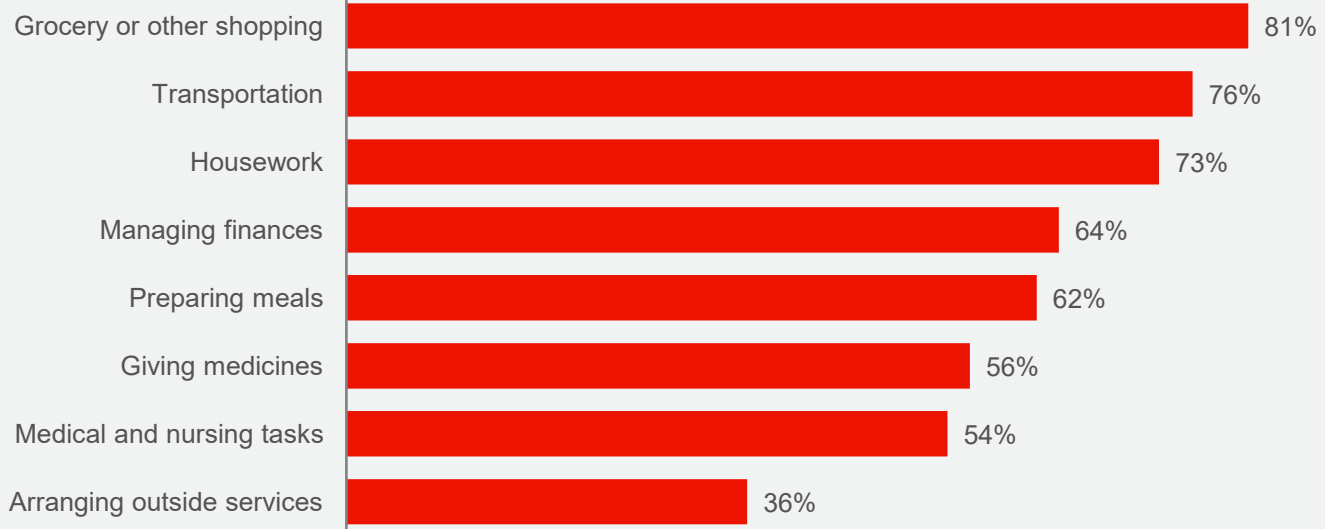
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

One in five family caregivers (21%) find ADL tasks difficult. 8% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

New Jersey Family Caregivers Help with Many Activities of Daily Living



New Jersey Family Caregivers Help with Many Instrumental Activities of Daily Living



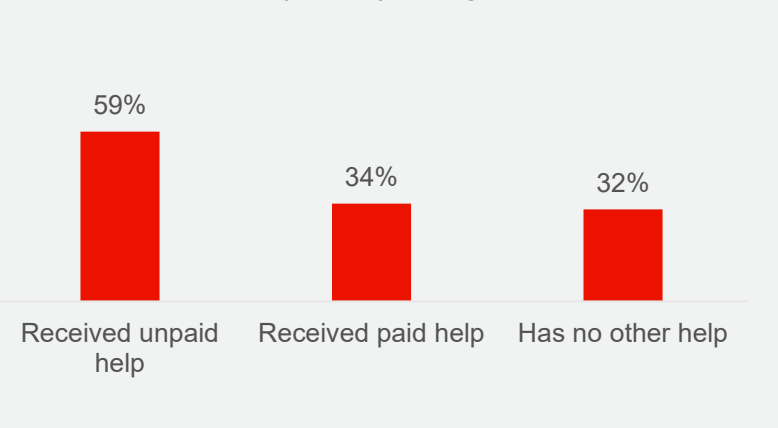
One-third of family caregivers (36%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

21% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That New Jersey Family Caregivers Receive



47% of caregivers have been providing care for three years or longer.

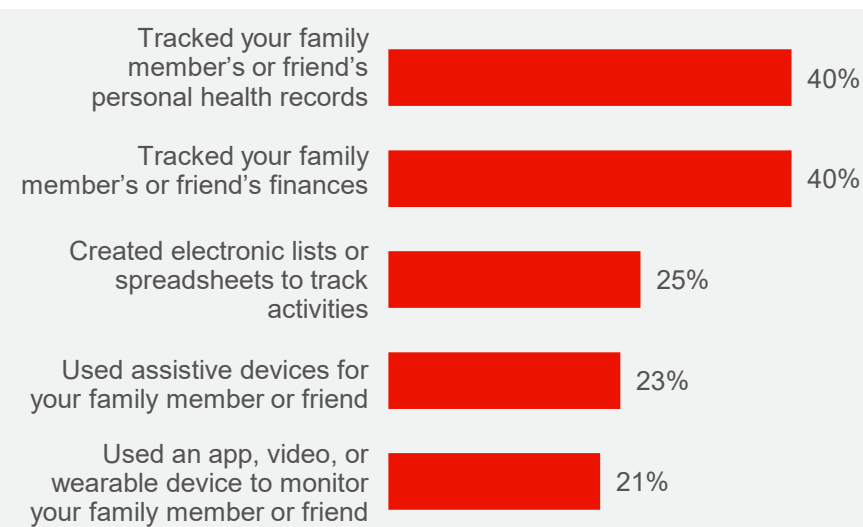
Over half (54%) of family caregivers help with medical and nursing tasks.

Family caregivers in New Jersey are key in managing health care:

- 64% monitor the severity of their care recipient's condition.
- 63% communicate with health care professionals about their family member's or friend's care.
- 62% advocate for them with health care providers, community services, or government agencies.

Two in five (43%) family caregivers would find respite care helpful, yet **four in five (84%)** have never used such services.

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



Over one-third of family caregivers (38%) 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

Two in five (40%) family caregivers in New Jersey 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.

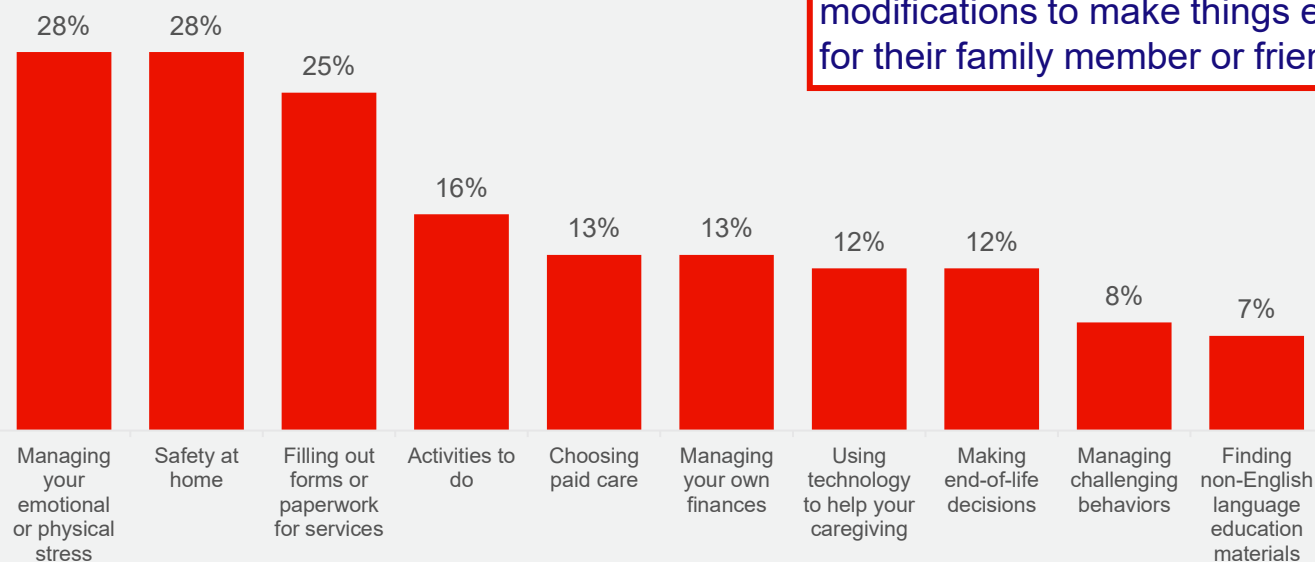
One in five family caregivers (21%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by New Jersey Family Caregivers

Used up personal short-term savings	27%	Had to start working or work more	11%
Stopped saving	26%	Could not afford basic expenses	11%
Took on more debt	24%	Put off retirement	9%
Left bills unpaid or paid late	20%	Missed or late paying student loan	8%
Borrowed money from family/friends	17%	Was evicted or had a home foreclosed	6%
Moved to less expensive home	16%	Filled for bankruptcy	5%
Used long-term savings	16%		

Information Needs of Family Caregivers

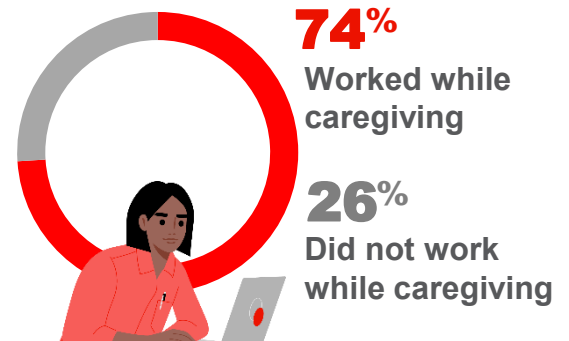
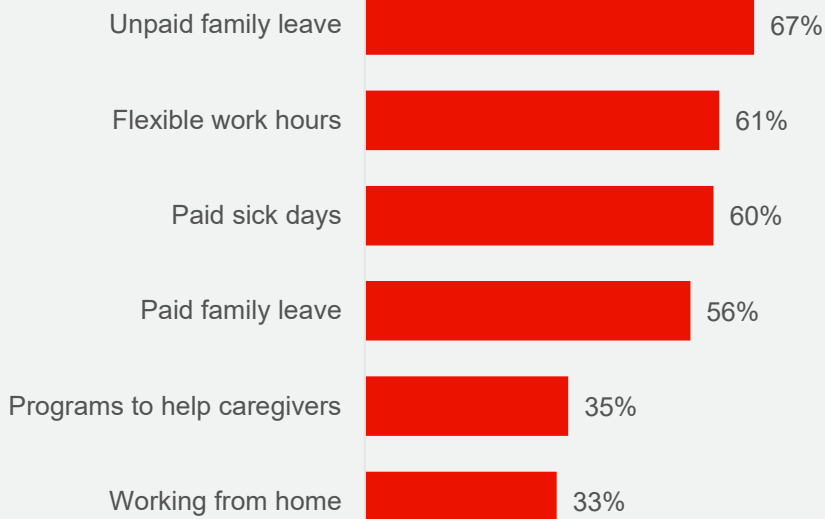
One-third of family caregivers (33%) have made home modifications to make things easier for their family member or friend.



Working While Caregiving

Three quarters of family caregivers work while caregiving, and three quarters are full-time employees (working more than 30 hours a week). Two in five working caregivers (41%) in New Jersey are hourly-wage employees.

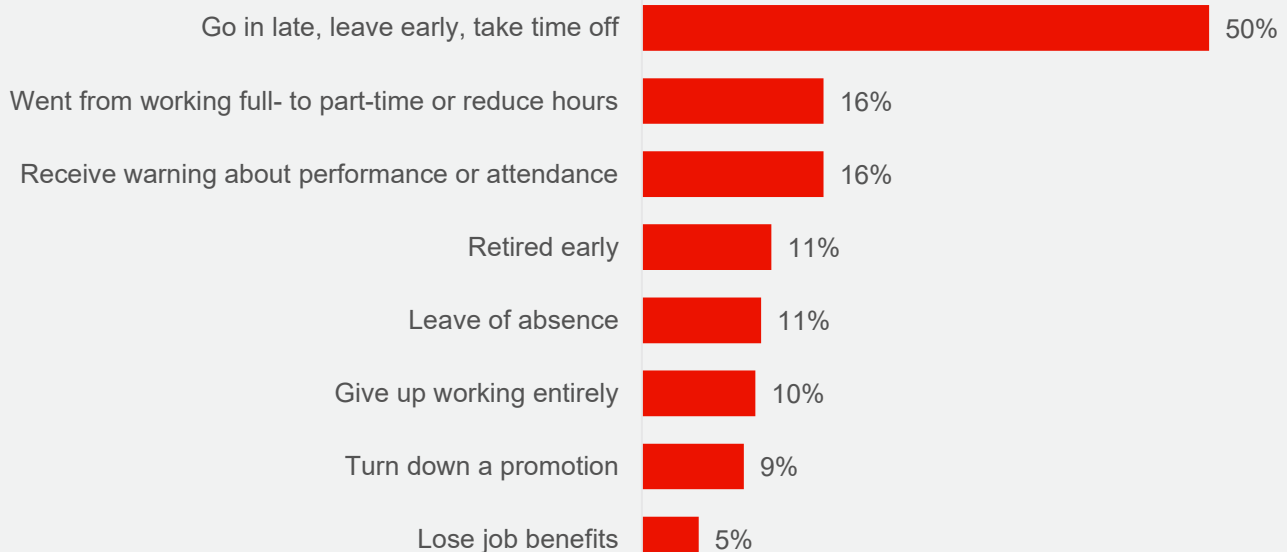
Workplace Benefits Offered to New Jersey Family Caregivers



39% of working caregivers have not told their supervisor that they are caregiving.

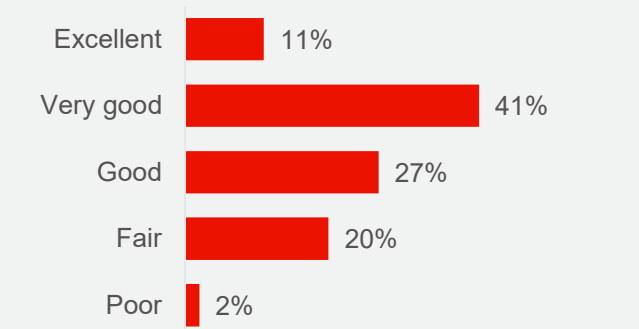
Support for working family caregivers has increased in recent years, but many workers still face challenges balancing care and paid employment.

New Jersey Family Caregivers Experience Work Disruptions

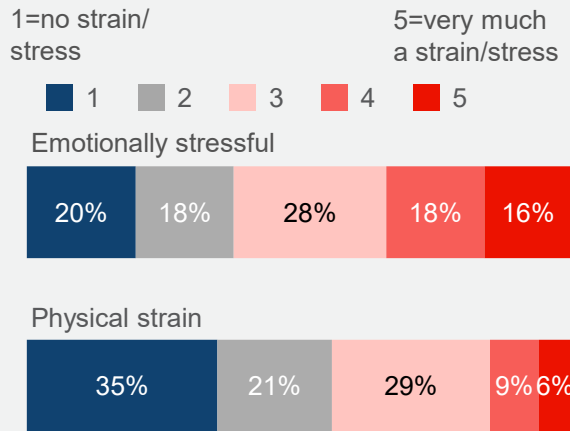


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

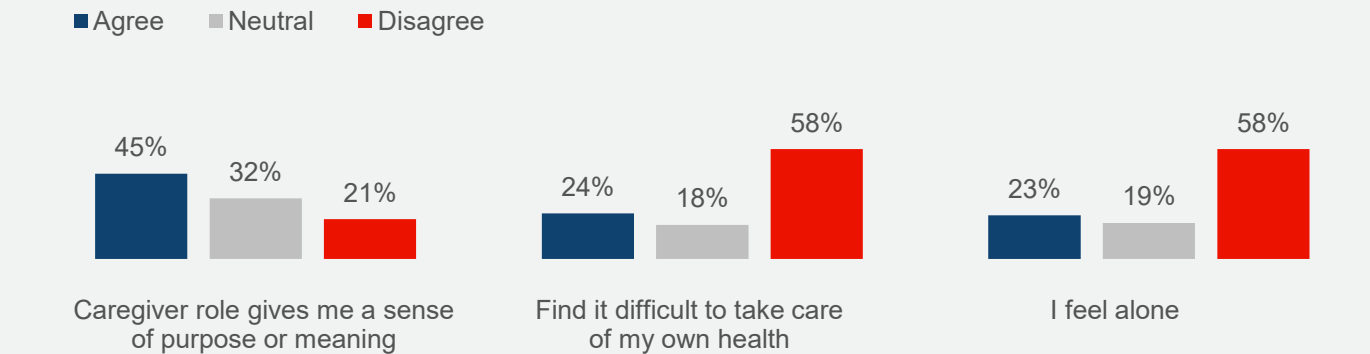
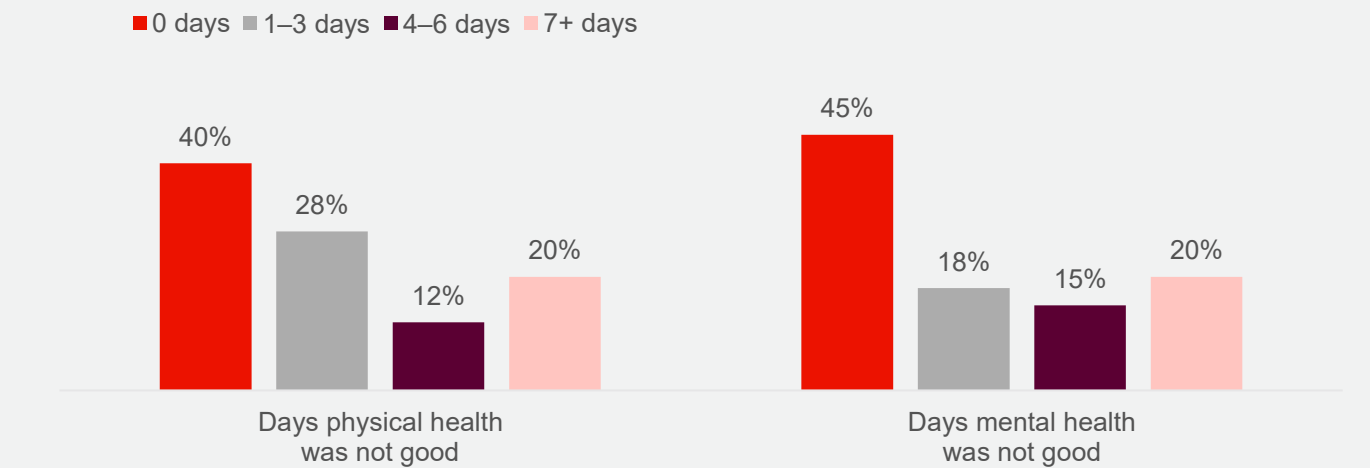


Stress and Strain Felt by New Jersey Caregivers



One in five family caregivers experience seven or more days a month of poor physical health. One-third (35%) of caregivers experience high emotional stress while caregiving. One quarter (24%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly one quarter (23%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in New Jersey

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	26%	Served in US Armed Forces	4%
Education		Cares for someone who served in the US Armed Forces	4%
Did not graduate from high school	3%	Has health insurance coverage	91%
Graduated from high school	36%	Has been a student while caregiving	14%
Some college or associate's degree	34%	Has a disability or handicap that limits them	16%
Bachelor's degree or higher	28%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	70%	Rural	6%
Single/never married	23%	Urban	13%
Widowed	3%	Suburban	81%
Separated/divorced	4%	Living situation	
Household income		Lives alone	10%
<\$25,000	12%	Lives with others	90%
\$25,000-\$49,999	5%		
\$50,000-\$99,999	25%		
\$100,000+	57%		

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 154 caregivers in New Jersey, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.8%.