

New York

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

More than 4 million (4,039,000) adults in New York provide care to a family member or friend with complex medical conditions or disabilities — one quarter (26%) of adults across the state.

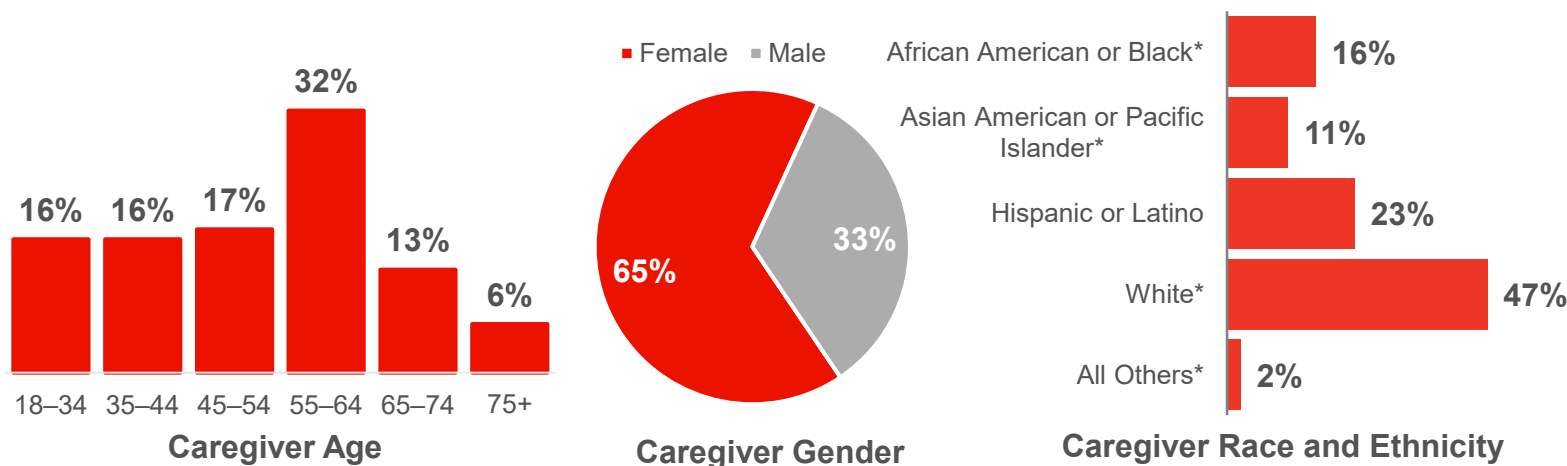
Most family caregivers in New York care for an adult (97%) — most often a parent (50%). Thirteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (64%). One quarter of caregivers live in a household with income under \$50,000 (23%). Nearly three in ten caregivers (28%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in ten caregivers live with a disability. One-third of family caregivers live with their care recipient (35%).

On average, family caregivers are **52 years old** and care for someone **69 years old** in New York.

Over six in ten family caregivers work while also caregiving (64%).

Half of family caregivers in New York provide care to someone due to a long-term physical condition (52%).

Demographics of Family Caregivers in New York



*Non-Hispanic

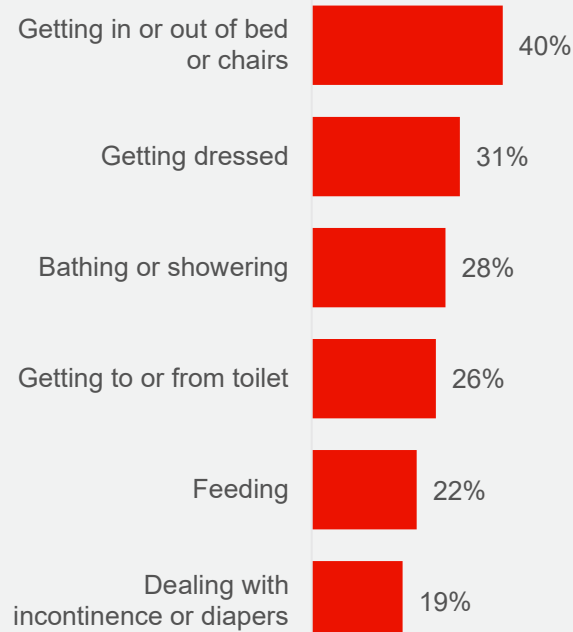
What Family Caregivers Do

Six in ten family caregivers in New York (59%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

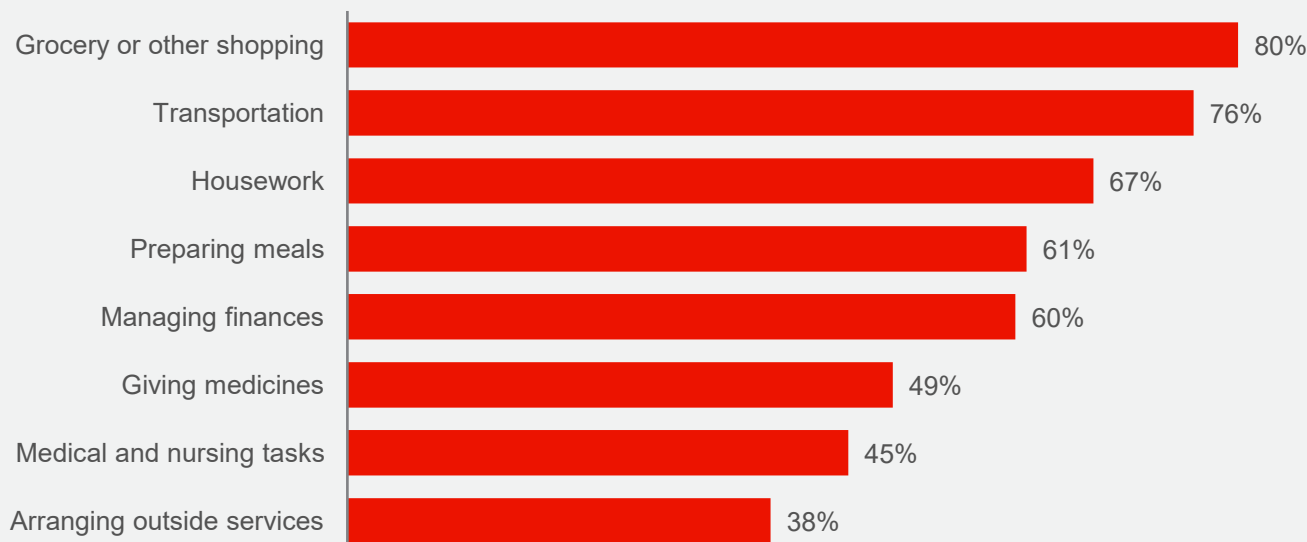
Nearly all (98%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

10% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

New York Family Caregivers Help with Many Activities of Daily Living



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



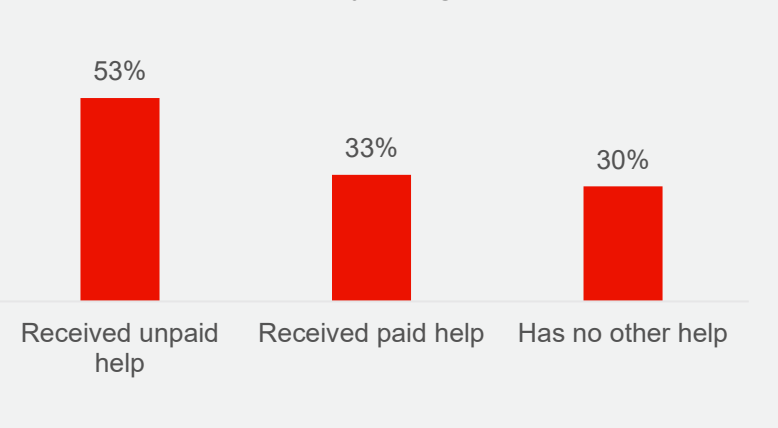
Two in five family caregivers (40%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

20% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That New York Family Caregivers Receive



51% of caregivers have been providing care for three years or longer.

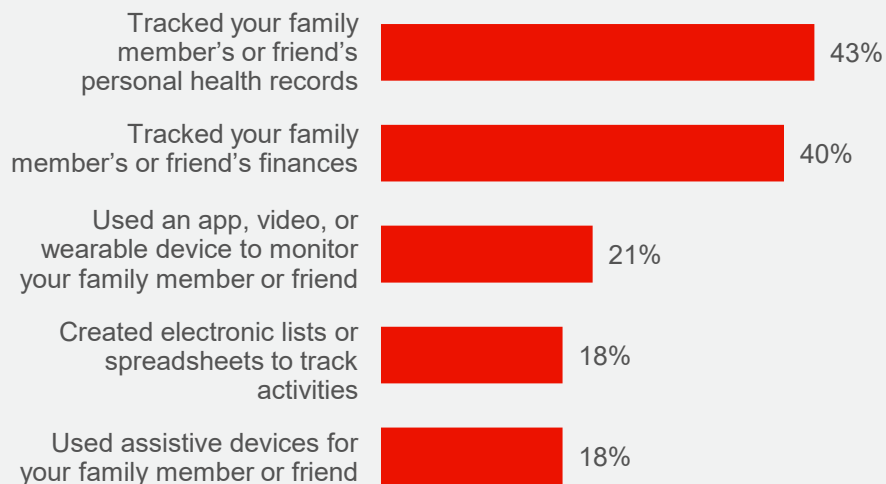
Nearly half of family caregivers (45%) help with medical and nursing tasks.

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

- 65% monitor the severity of their care recipient's condition.
- 65% communicate with health care professionals about their family member's or friend's care.
- 65% advocate for them with health care providers, community services, or government agencies.

While nearly **four in ten (36%) family caregivers** would find respite care helpful, **eight in ten (80%)** have never used such services.

Two-thirds of family caregivers (68%) use at least one of the technology solutions asked about in our survey.



Three in ten family caregivers (29%) have been asked by health care providers about care needed for their care recipient, and **13% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over one third of family caregivers (36%) in New York 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 four family caregivers (26%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by New York Family Caregivers

Stopped saving	21%	Borrowed money from family/friends	9%
Took on more debt	19%	Had to start working or work more	7%
Used up personal short-term savings	15%	Missed/late paying student loan	6%
Left bills unpaid or paid late	14%	Put off retirement	4%
Could not afford basic expenses	12%	Moved to less expensive home	4%
Used long-term savings	11%	Was evicted or home foreclosed	3%

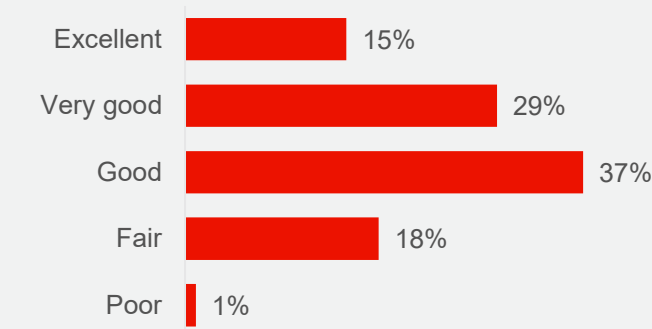
Information Needs of Family Caregivers

Four in ten family caregivers (39%) have made home modifications to make things easier for their care recipient.

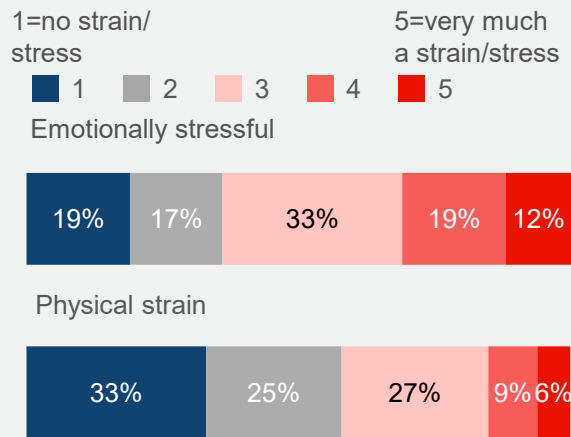


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

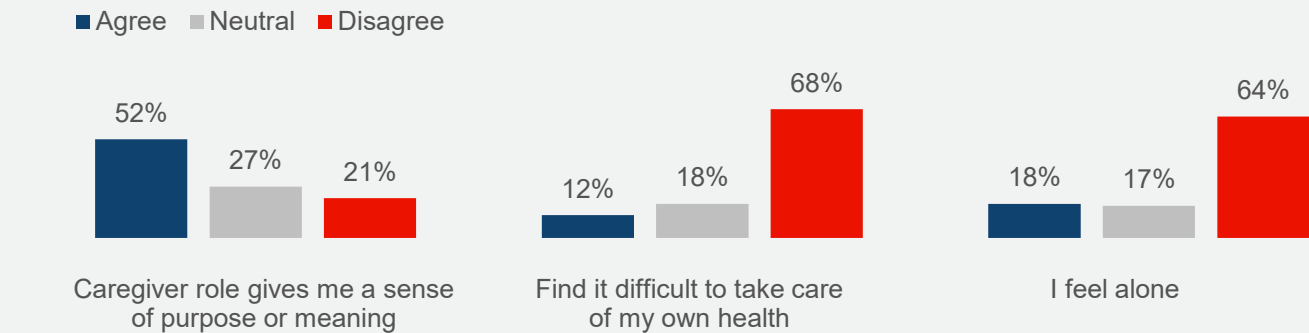
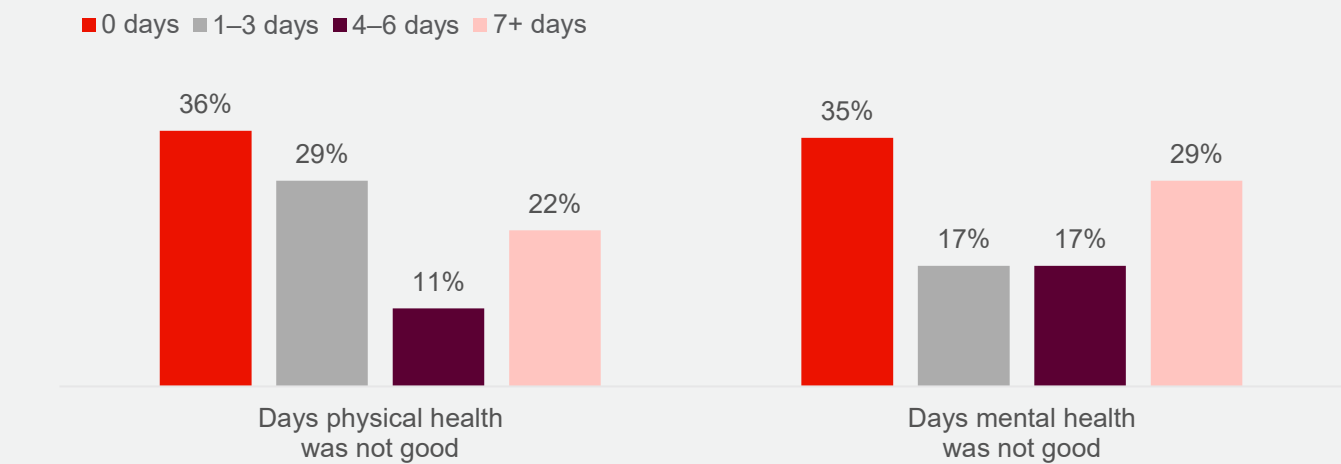


Stress and Strain Felt by New York Caregivers



Two in ten family caregivers experience seven or more days a month of poor physical health. Three in ten caregivers (31%) experience high emotional stress while caregiving. One in ten (12%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly two in ten (18%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in New York

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	28%	Served in US Armed Forces	4%
Education		Cares for someone who served in the US Armed Forces	7%
Did not graduate from high school	6%	Has health insurance coverage	91%
Graduated from high school	34%	Has been a student while caregiving	10%
Some college or associate's degree	20%	Has a disability or handicap that limits them	9%
Bachelor's degree or higher	39%	Has internet access in home	92%
Marital status		Place of residence	
Married/living with partner	64%	Rural	13%
Single/never married	19%	Urban	53%
Widowed	2%	Suburban	34%
Separated/divorced	11%	Living situation	
Household income		Lives alone	12%
<\$25,000	11%	Lives with others	88%
\$25,000-\$49,999	11%		
\$50,000-\$99,999	32%		
\$100,000+	45%		

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 140 caregivers in New York, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.3%.