

North Carolina

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

More than 2 million (2,283,000) adults in North Carolina provide care to a family member or friend with complex medical conditions or disabilities — more than one quarter (27%) of adults across the state.

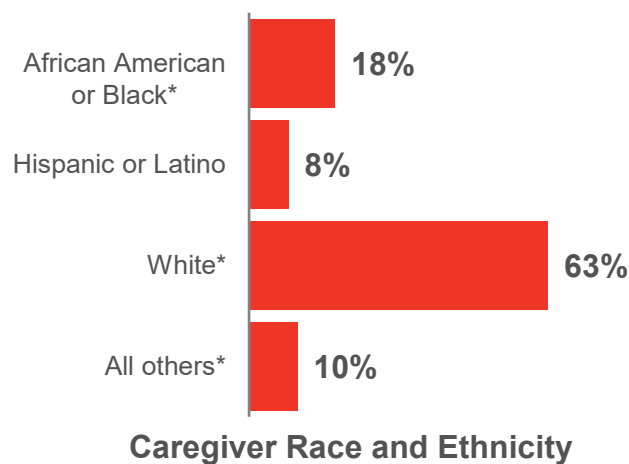
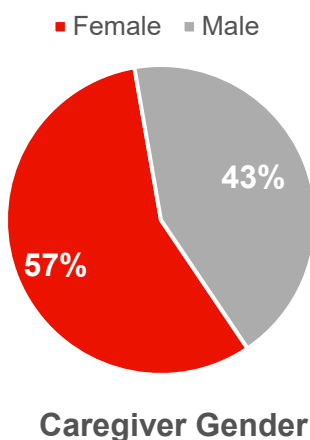
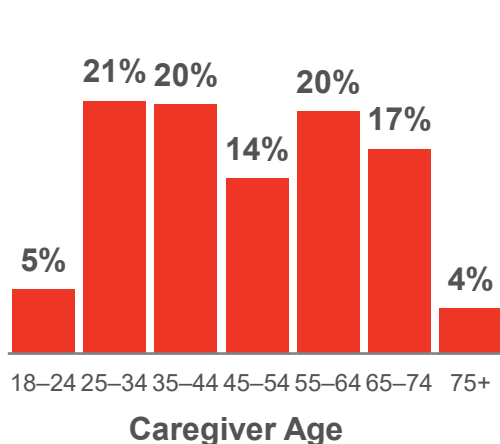
Most family caregivers in North Carolina care for an adult (92%) — often a parent (38%). Sixteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (62%). Three in ten caregivers live in a household with income under \$50,000 (30%). A quarter of caregivers (27%) 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. Half of family caregivers live with their care recipient (49%).

On average, family caregivers are **49 years old** and care for someone **65 years old** in North Carolina.

Six in ten family caregivers work while also caregiving (58%).

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

Demographics of Family Caregivers in North Carolina



*Non-Hispanic

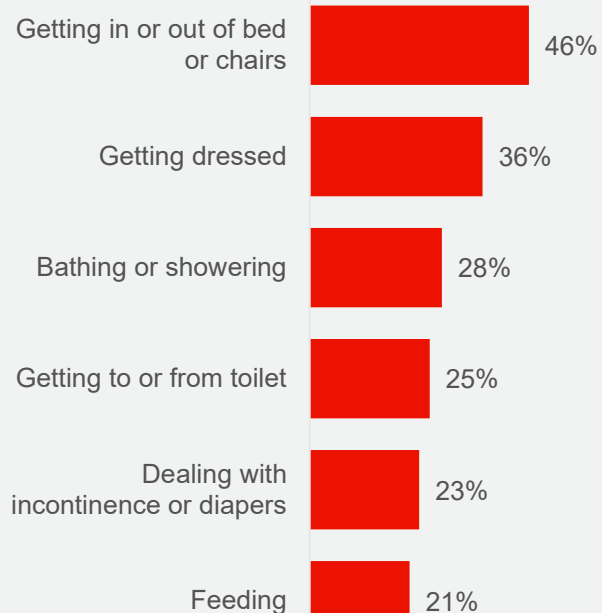
What Family Caregivers Do

Two-thirds of family caregivers in North Carolina (65%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

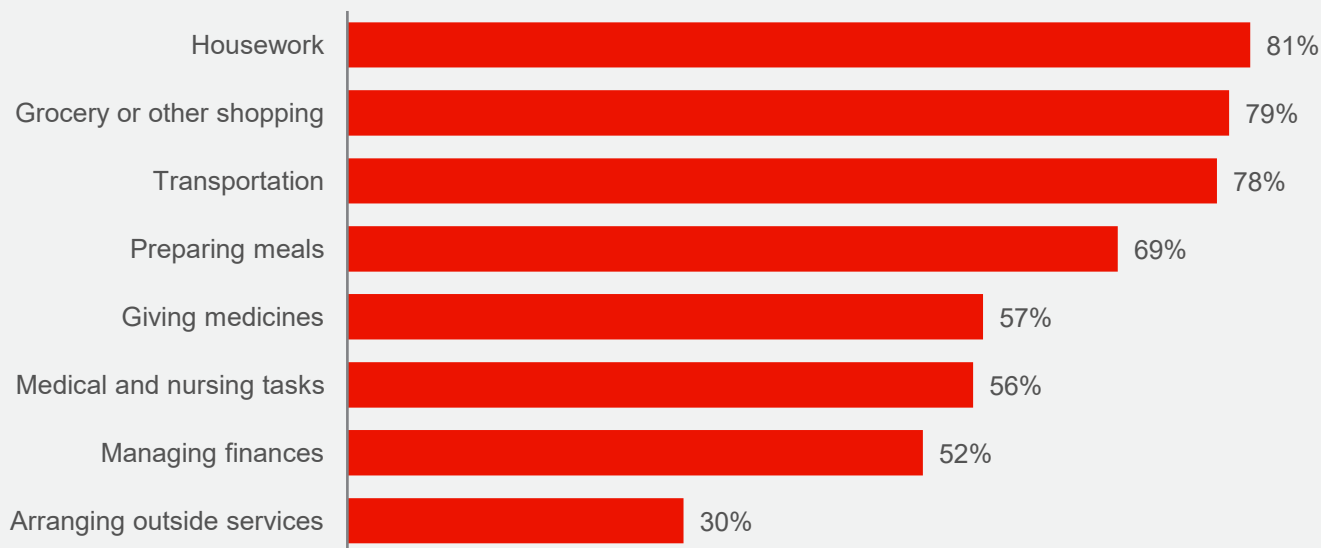
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

11% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

North Carolina Family Caregivers Help with Many Activities of Daily Living



North Carolina Family Caregivers Help with Many Instrumental Activities of Daily Living



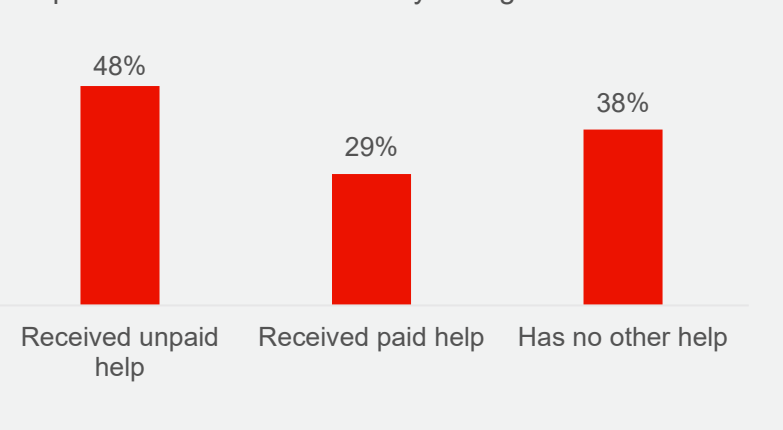
Four in ten family caregivers (40%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

27% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That North Carolina Family Caregivers Receive



38% of caregivers have been providing care for three years or longer.

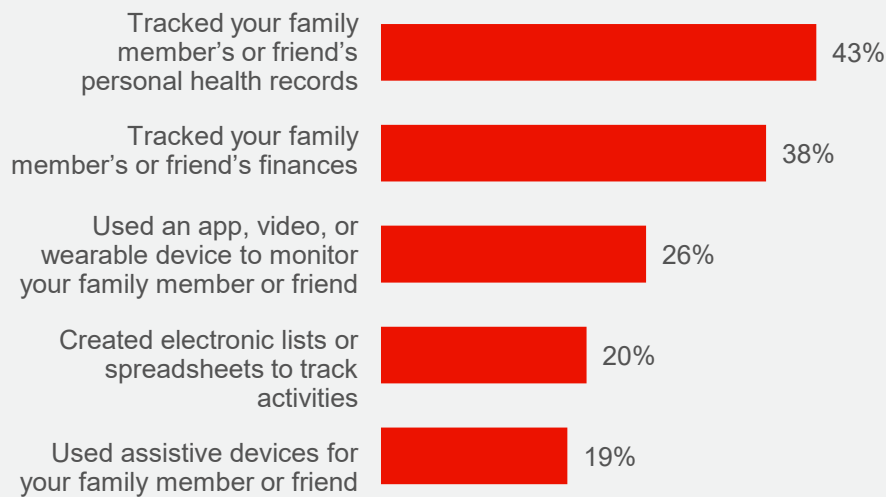
Over half of family caregivers (56%) help with medical and nursing tasks.

Family caregivers in North Carolina are key in managing health care:

- 80% monitor the severity of their care recipient's condition.
- 67% communicate with health care professionals about their family member's or friend's care.
- 60% advocate for them with health care providers, community services, or government agencies.

While **one-third (33%) of family caregivers** would find respite care helpful, **nine in ten (91%)** have never used such services.

Two-thirds of family caregivers (67%) use at least one of the technology solutions asked about in our survey.



Nearly one quarter of family caregivers (24%) have been asked by health care providers about care needed for their care recipient, and **14% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over half of family caregivers (54%) in North Carolina have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, taking on more debt, or leaving bills unpaid.

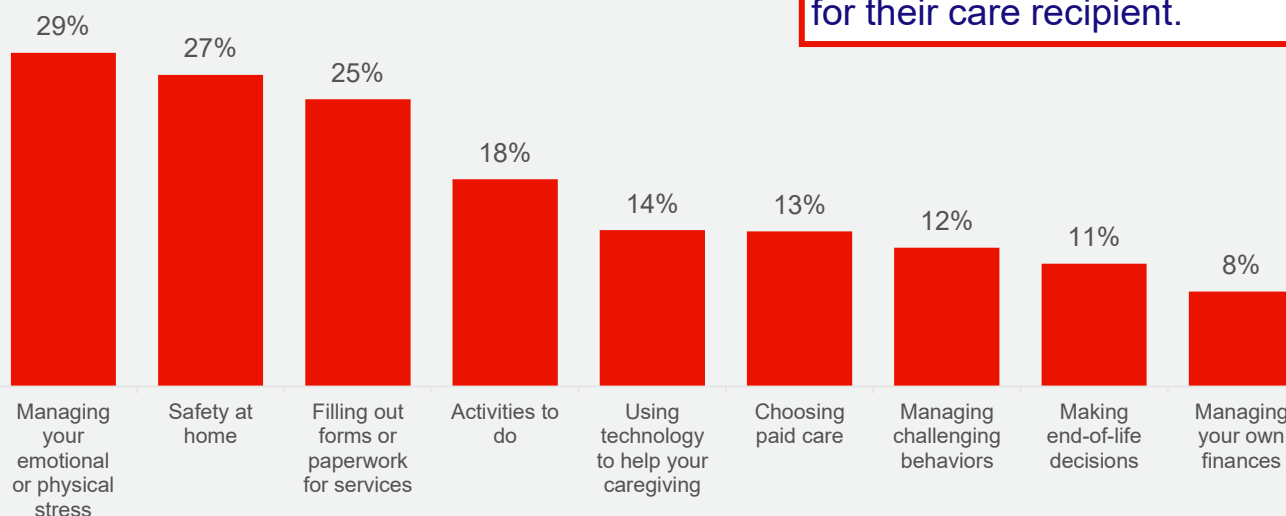
Three in ten family caregivers (31%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by North Carolina Family Caregivers

Stopped saving	38%	Used long-term savings	16%
Took on more debt	27%	Had to start working or work more	11%
Left bills unpaid or paid late	22%	Could not afford basic expenses	11%
Used up personal short-term savings	20%	Moved to less expensive home	6%
Borrowed money from family/friends	18%	Put off retirement	4%

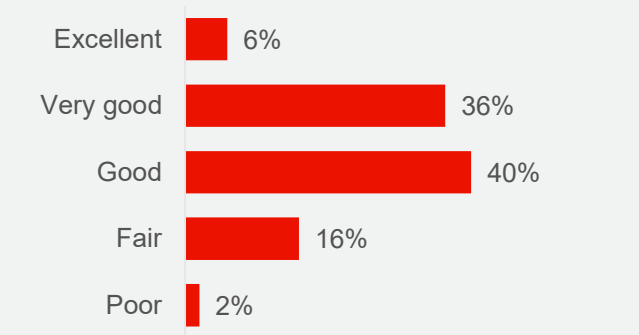
Information Needs of Family Caregivers

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



Well-Being of Family Caregivers

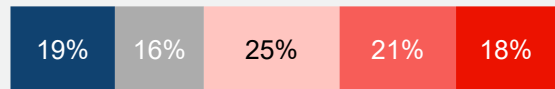
Self-Reported Health Status of Family Caregivers



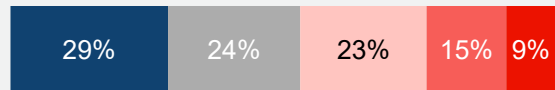
Stress and Strain Felt by North Carolina Caregivers

1=no strain/stress 5=very much a strain/stress
1 2 3 4 5

Emotionally stressful



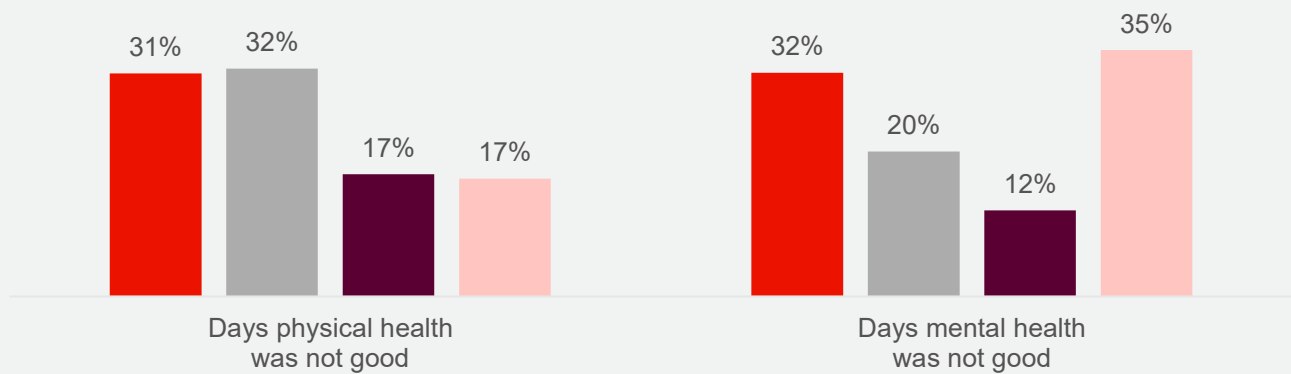
Physical strain



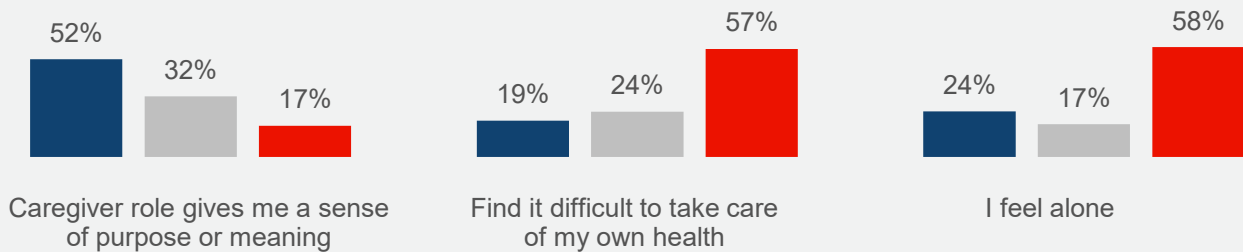
One in six family caregivers experience seven or more days a month of poor physical health. Two in five caregivers (40%) experience high emotional stress while caregiving. One in five (19%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly one quarter (24%) feel alone while caregiving.

Caregivers Healthy Days Measure

0 days 1–3 days 4–6 days 7+ days



Agree Neutral Disagree



Demographic Characteristics of Family Caregivers in North Carolina

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	27%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	15%
Did not graduate from high school	8%	Has health insurance coverage	85%
Graduated from high school	28%	Has been a student while caregiving	8%
Some college or associate's degree	30%	Has a disability or handicap that limits them	16%
Bachelor's degree or higher	34%	Has internet access in home	98%
Marital status		Place of residence	
Married/living with partner	62%	Rural	38%
Single/never married	21%	Urban	35%
Widowed	3%	Suburban	28%
Separated/divorced	13%	Living situation	
Household income		Lives alone	7%
<\$25,000	15%	Lives with others	93%
\$25,000-\$49,999	15%		
\$50,000-\$99,999	35%		
\$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 114 caregivers in North Carolina, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±9.9%.