

Ohio

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 (2,195,000) adults in Ohio provide care to a family member or friend with complex medical conditions or disabilities — a quarter of (24%) adults across the state.

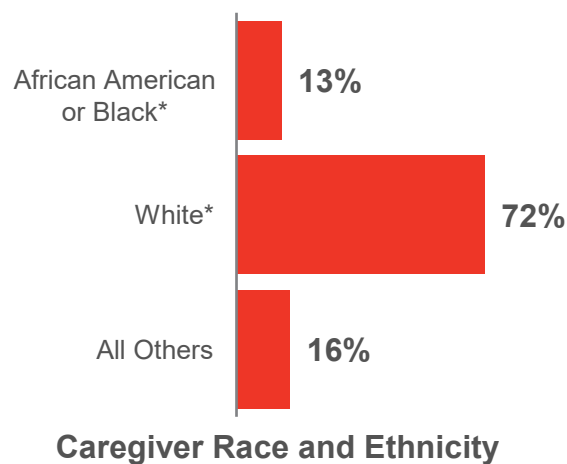
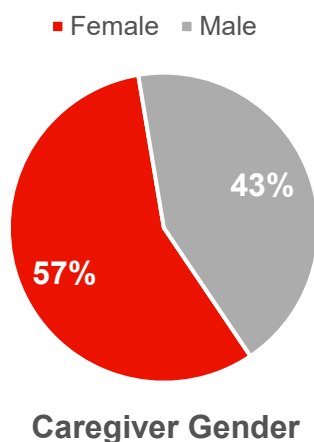
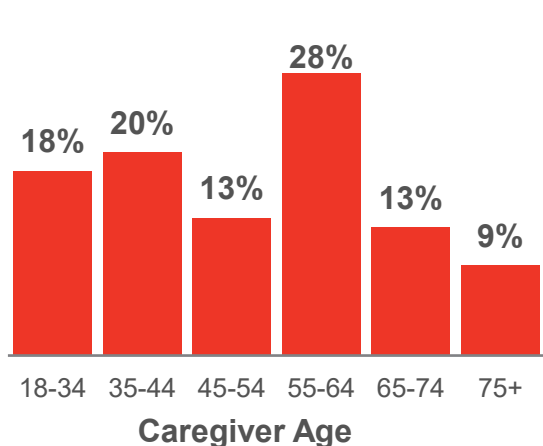
Most family caregivers in Ohio care for an adult (97%) — most often a parent (40%). Sixteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (65%). Three in ten caregivers live in a household with income under \$50,000 (31%). Three in ten caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in six caregivers live with a disability. One in three family caregivers live with their care recipient (35%).

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

Over half of family caregivers work while also caregiving (54%).

Most family caregivers in Ohio provide care to someone due to a long-term physical condition (55%).

Demographics of Family Caregivers in Ohio



*Non-Hispanic

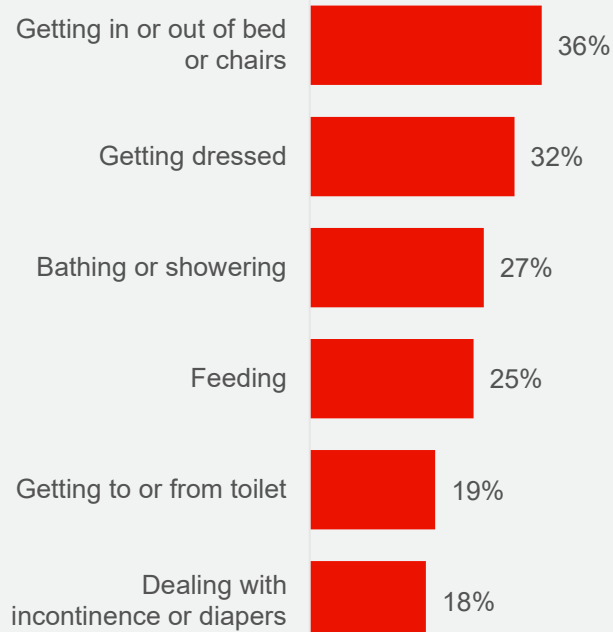
What Family Caregivers Do

Six in ten family caregivers in Ohio (62%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

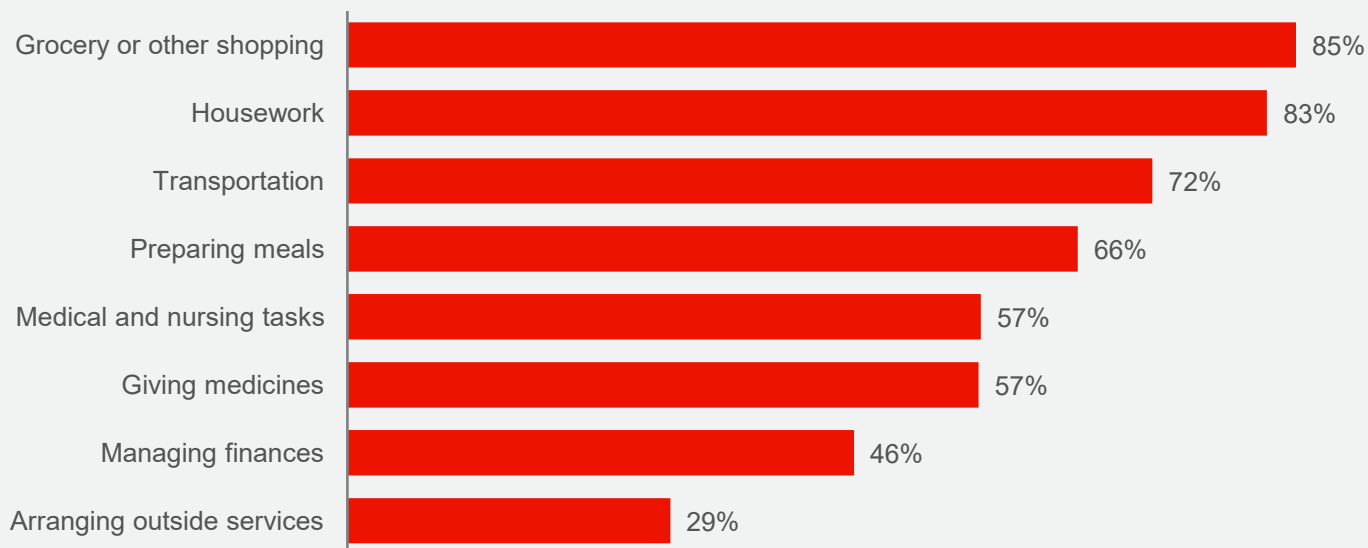
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

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

Ohio Family Caregivers Help with Many Activities of Daily Living



Ohio Family Caregivers Help with Many Instrumental Activities of Daily Living



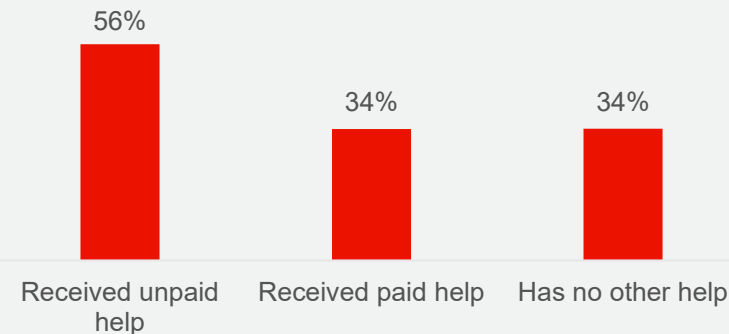
Four in ten family caregivers (41%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

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

What Family Caregivers Do

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

Help That Ohio Family Caregivers Receive



37% of caregivers have been providing care for three years or longer.

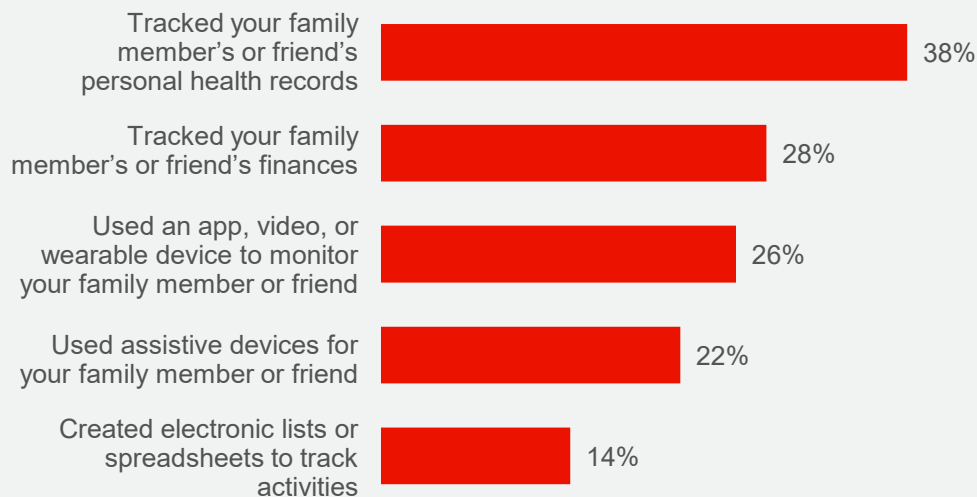
Over half of family caregivers (57%) help with medical and nursing tasks.

Family caregivers in Ohio are key in managing health care:

- 62% monitor the severity of their care recipient's condition.
- 47% communicate with health care professionals about their family member's or friend's care.
- 46% advocate for them with health care providers, community services, or government agencies.

While **one in three (33%) family caregivers** would find respite care helpful, nearly **nine in ten (88%)** have never used such services.

Nearly half of family caregivers (49%) use at least one of the technology solutions asked about in our survey.



Three in ten family caregivers (30%) 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

Four in ten family caregivers (41%) in Ohio have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, using up savings, and borrowing money from family or friends.

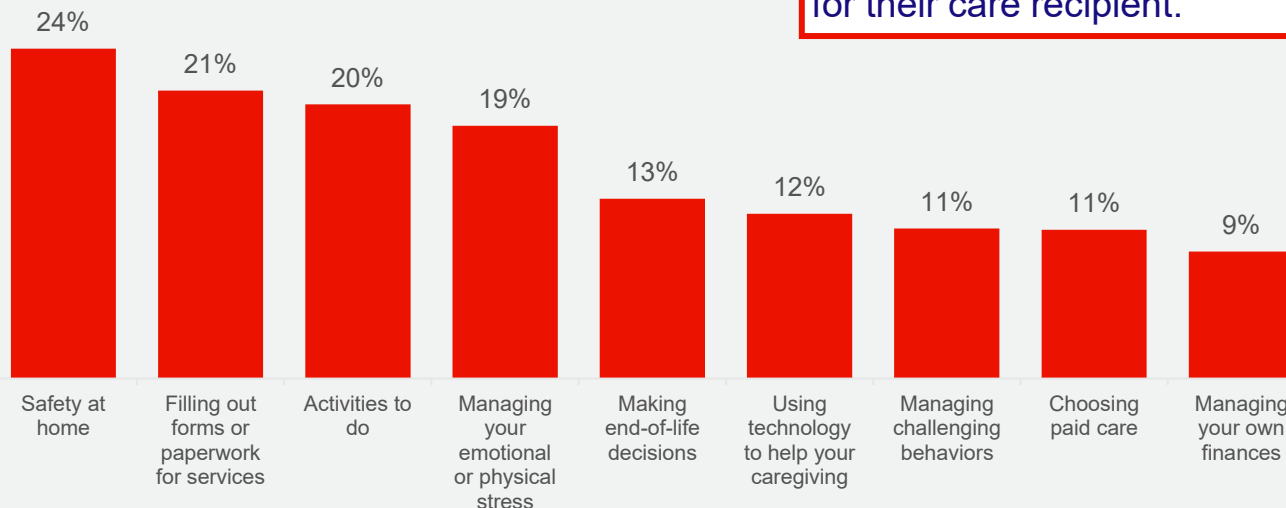
One in six family caregivers (17%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Ohio Family Caregivers

Stopped saving	26%	Could not afford basic expenses	9%
Used up personal short-term savings	18%	Put off retirement	8%
Borrowed money from family/friends	15%	Had to start working or work more	8%
Took on more debt	14%	Moved to less expensive home	4%
Left bills unpaid or paid late	13%	Missed/late paying student loan	4%
Used long-term savings	10%	Filed for bankruptcy	3%

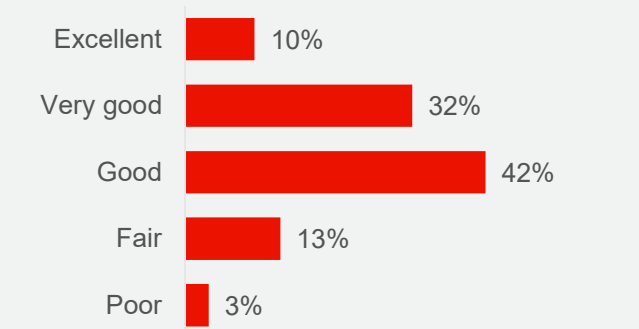
Information Needs of Family Caregivers

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

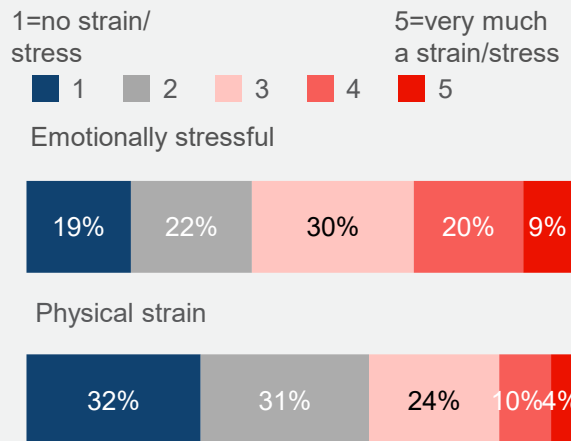


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

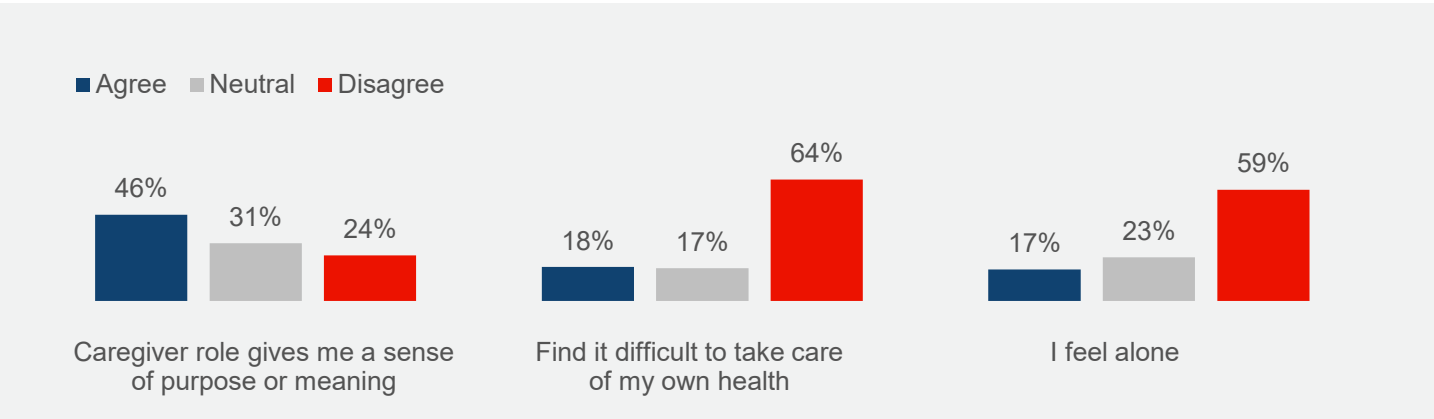
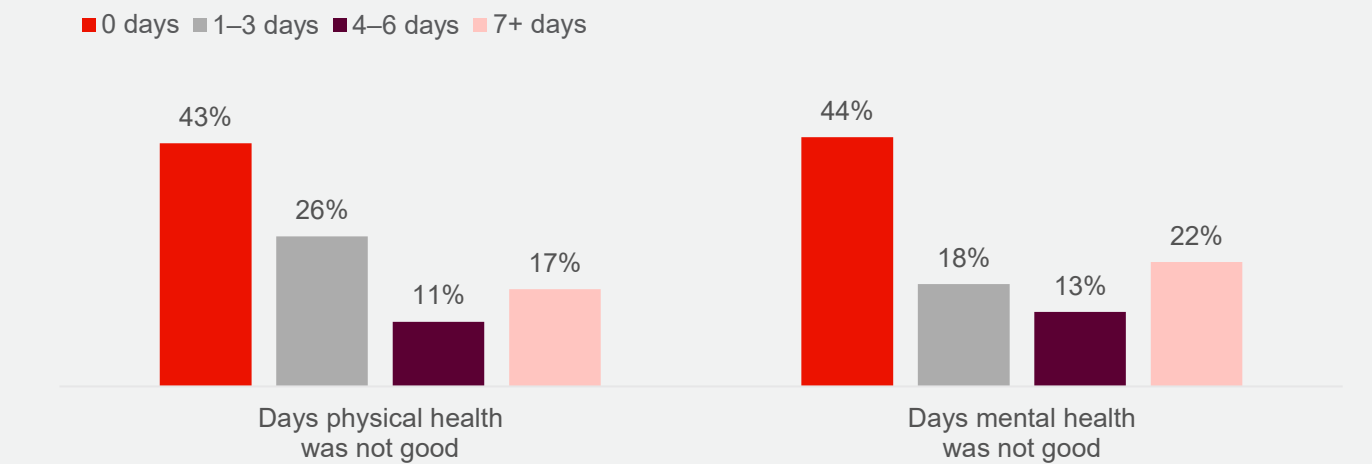


Stress and Strain Felt by Ohio Caregivers



One in six family caregivers experience seven or more days a month of poor physical health. Three in ten caregivers (29%) experience high emotional stress while caregiving. Nearly one in five (18%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One in six (17%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Ohio

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Served in US Armed Forces	4%
Education		Cares for someone who served in the US Armed Forces	11%
Did not graduate from high school	10%	Has health insurance coverage	95%
Graduated from high school	32%	Has been a student while caregiving	5%
Some college or associate's degree	28%	Has a disability or handicap that limits them	16%
Bachelor's degree or higher	31%	Has internet access in home	96%
Marital status		Place of residence	
Married/living with partner	65%	Rural	20%
Single/never married	19%	Urban	32%
Widowed	3%	Suburban	48%
Separated/divorced	13%	Living situation	
Household income		Lives alone	14%
<\$25,000	15%	Lives with others	86%
\$25,000-\$49,999	16%		
\$50,000-\$99,999	37%		
\$100,000+	32%		

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 107 caregivers in Ohio, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.3%.