Caregiving in the US 2025: October 2025

Oklahoma

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

More than half a million (835,000) adults in Oklahoma provide care to a family member or friend with complex medical conditions or disabilities — one quarter (27%) of adults across the state.

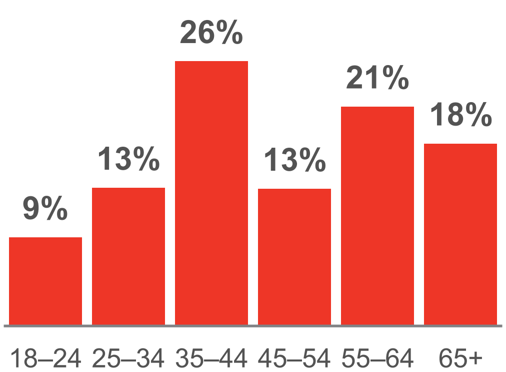
Most family caregivers in Oklahoma care for an adult (93%) — often a parent (39%). Eighteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (68%). One in four caregivers live in a household with income under $50,000 (24%). One quarter of caregivers (25%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Additionally, one in four caregivers live with a disability. One-third of family caregivers live with their care recipient (35%).

On average, family caregivers are **48 years old** and care for someone **64 years old** in Oklahoma.

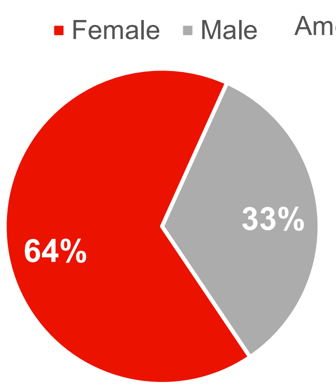
Half of family caregivers work while also caregiving (53%).

Most family caregivers in Oklahoma provide care to someone due to a long-term physical condition (61%).

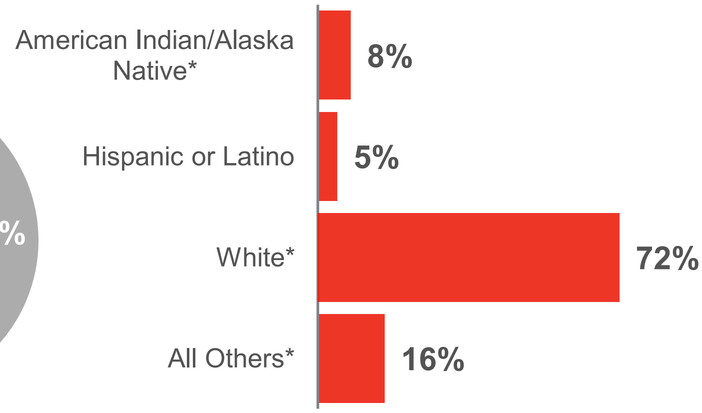
Demographics of Family Caregivers in Oklahoma



Caregiver Age



Caregiver Gender



Caregiver Race and Ethnicity

*Non-Hispanic

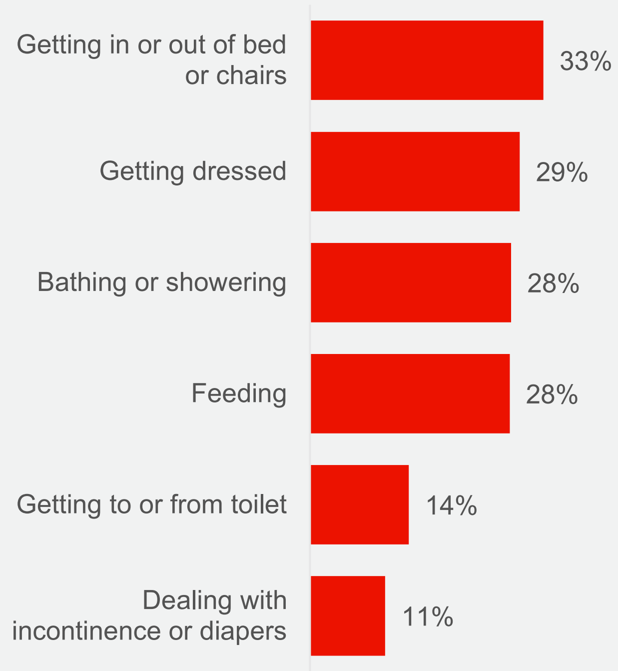
What Family Caregivers Do

Over half of family caregivers in Oklahoma (55%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

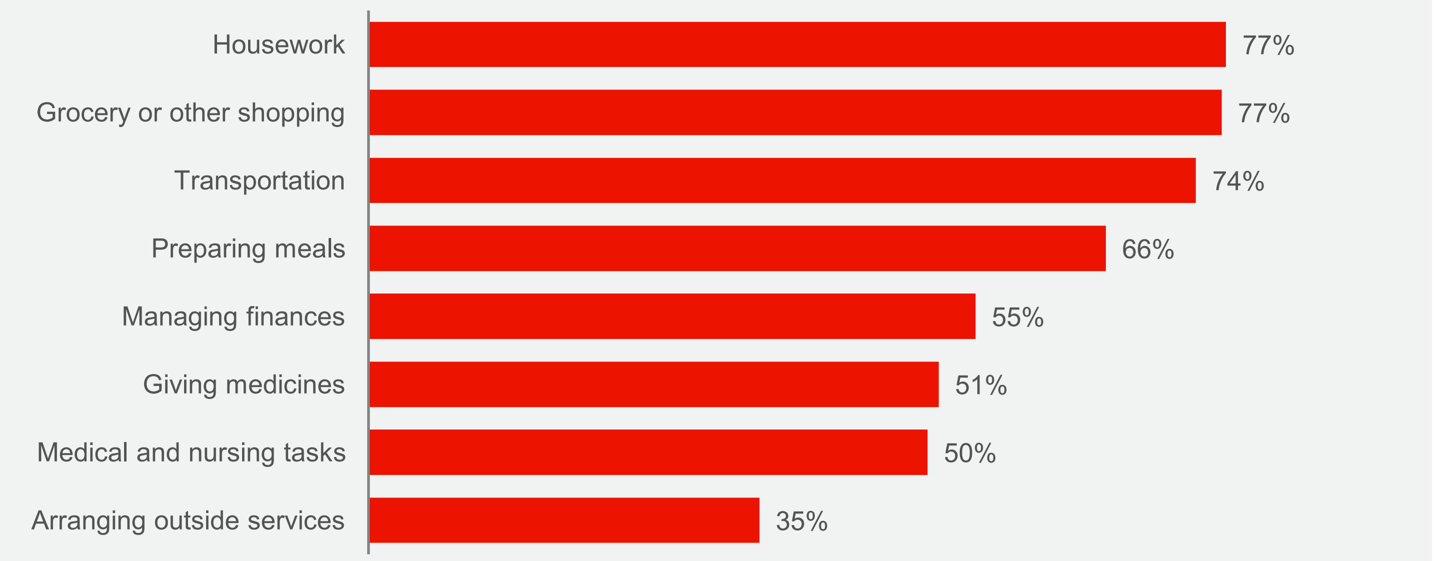
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

15% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Oklahoma Family Caregivers Help with Many Activities of Daily Living



Oklahoma Family Caregivers Help with Many Instrumental Activities of Daily Living



Nearly half of family caregivers (48%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

36% of caregivers spend at least 40 hours a week providing care or provide constant care.

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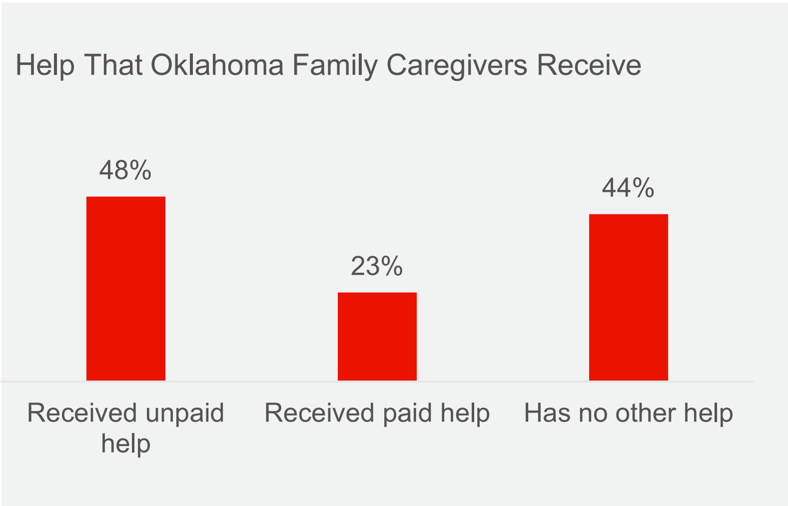
What Family Caregivers Do

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



40% of caregivers have been providing care for three years or longer.

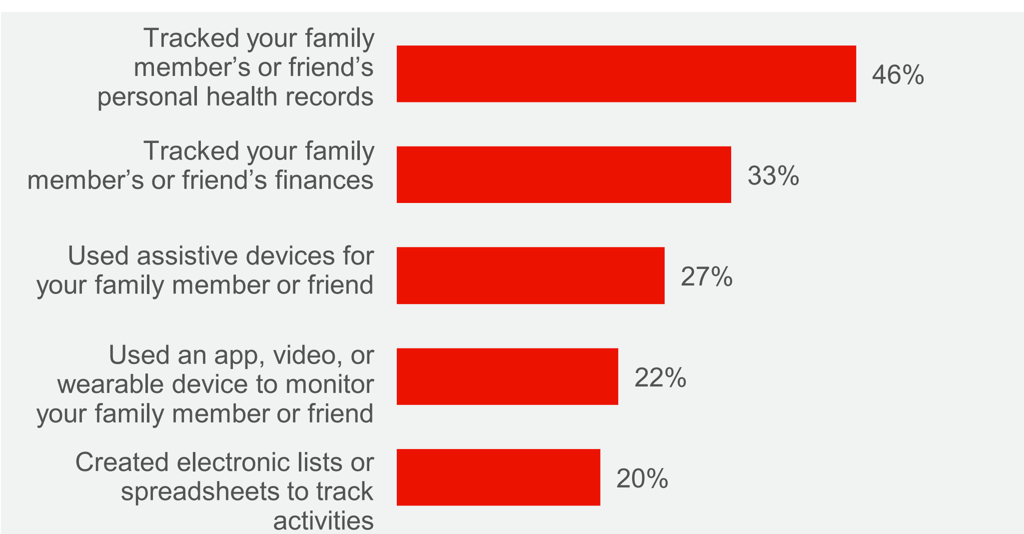
Half of family caregivers (50%) help with medical and nursing tasks.

Family caregivers in Oklahoma are key in managing health care:

- 73% monitor the severity of their care recipient's condition.
- 60% 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 (32%) of family caregivers** would find respite care helpful, **over eight in ten (84%)** 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 in five family caregivers (17%) have been asked by health care providers about care needed for their care recipient, and **11% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (47%) in Oklahoma have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, leaving bills unpaid, and taking on more debt.

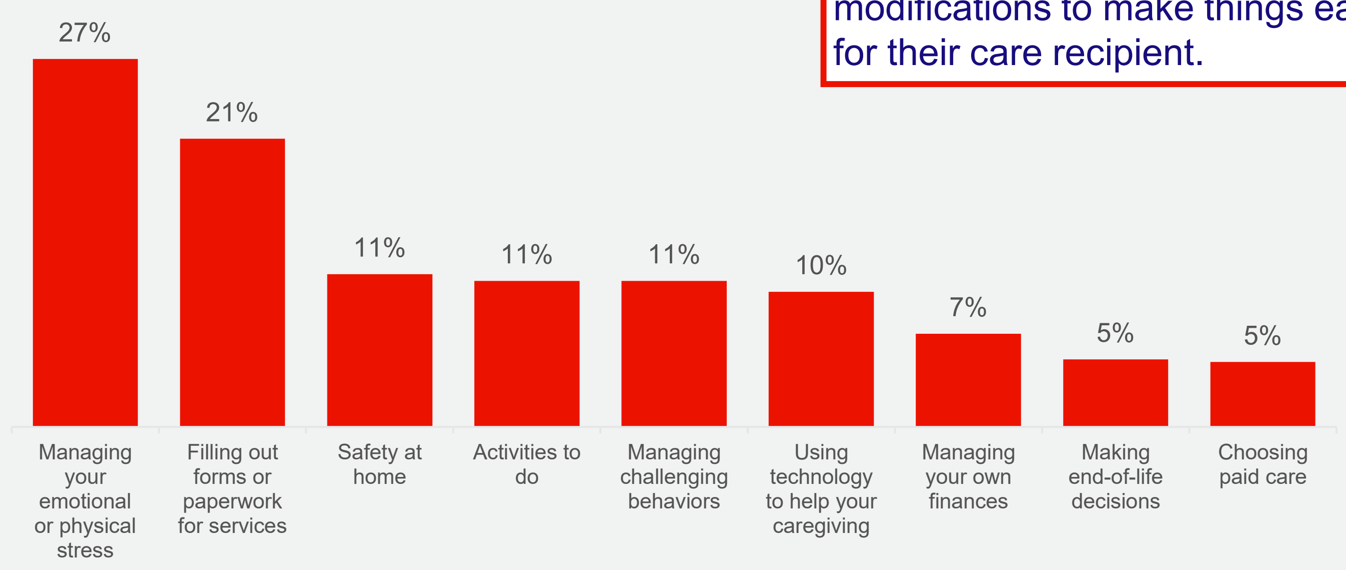
One-third of family caregivers (35%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Oklahoma Family Caregivers

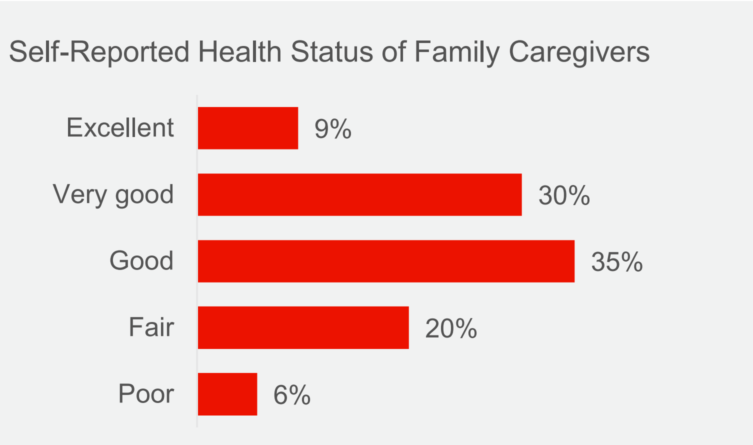
Stopped saving	**33%**	Had to start working or work more	**21%**
Left bills unpaid or paid late	**32%**	Used long-term savings	**17%**
Took on more debt	**28%**	Put off retirement	**14%**
Used up personal short-term savings	**27%**	Moved to less expensive home	**8%**
Could not afford basic expenses	**24%**	Missed/late paying student loan	**5%**
Borrowed money from family/friends	**23%**	Was evicted or home foreclosed	**3%**

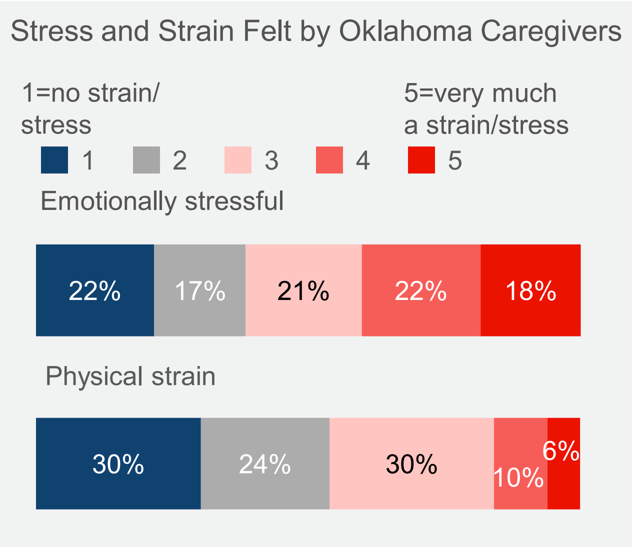
Information Needs of Family Caregivers

Nearly four in ten family caregivers (38%) have made home modifications to make things easier for their care recipient.

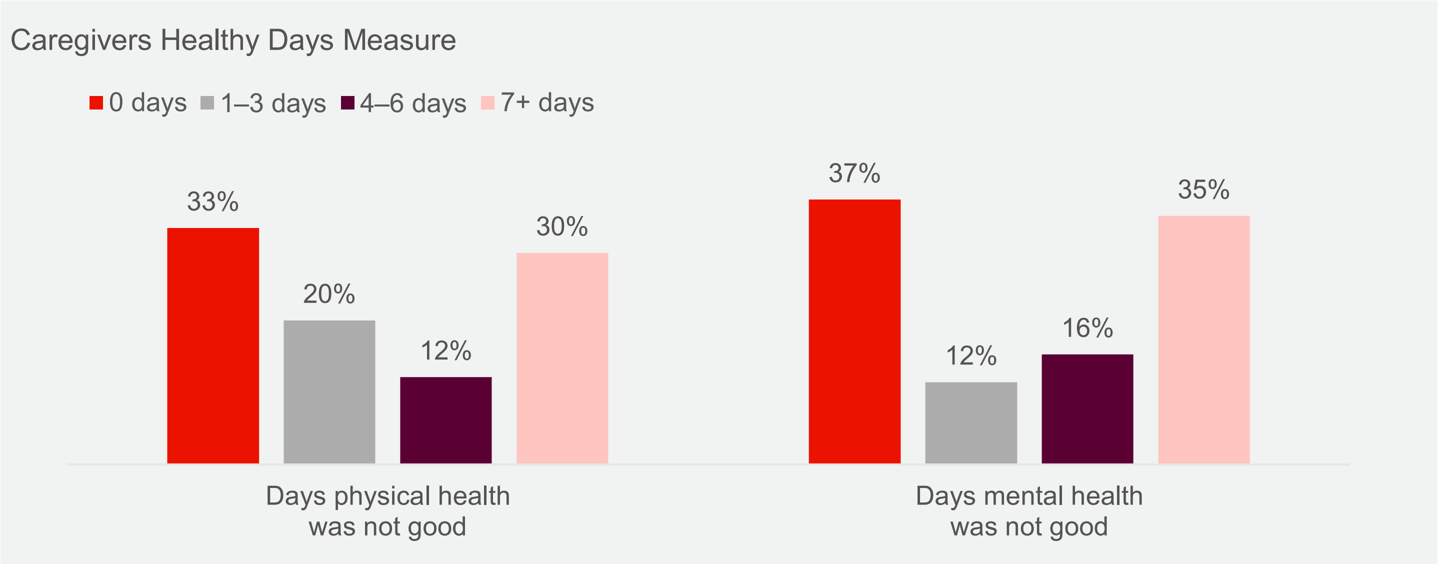


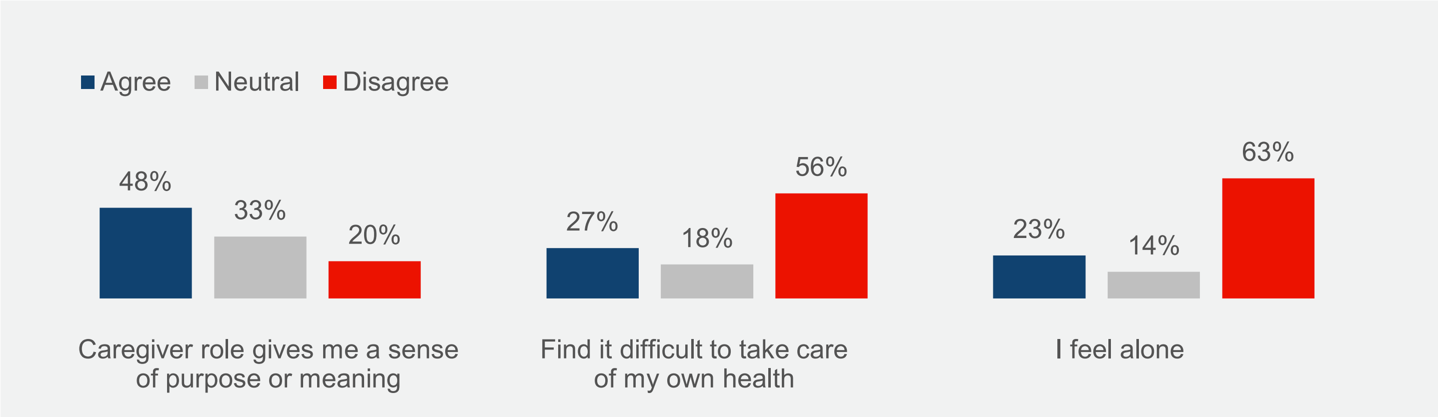
Well-Being of Family Caregivers





Three in ten family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (40%) experience high emotional stress while caregiving. One quarter (27%) 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.





Demographic Characteristics of Family Caregivers in Oklahoma

Demographic variable	Weighted
Has children/grandchildren under 18 living with them	**25%**
Education	
Did not graduate from high school	**14%**
Graduated from high school	**28%**
Some college or associate's degree	**35%**
Bachelor's degree or higher	**23%**
Marital status	
Married/living with partner	**68%**
Single/never married	**18%**
Widowed	**3%**
Separated/divorced	**10%**
Household income	
<$25,000	**17%**
$25,000-$49,999	**7%**
$50,000-$99,999	**37%**
$100,000+	**39%**

Demographic variable	Weighted
Served in US Armed Forces	**15%**
Cares for someone who served in the US Armed Forces	**18%**
Has health insurance coverage	**84%**
Has been a student while caregiving	**12%**
Has a disability or handicap that limits them	**24%**
Has internet access in home	**90%**
Place of residence	
Rural	**38%**
Urban	**35%**
Suburban	**28%**
Living situation	
Lives alone	**5%**
Lives with others	**95%**

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 124 caregivers in Oklahoma; 112 caregivers were sampled from Ipsos' national, probability-based online Knowledge Panel® and 12 were sampled from opt-in non-probability panels. The margin of sampling error is ±11.9%.

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