

Oregon

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

Over half a million (790,000) adults in Oregon provide care to a family member or friend with complex medical conditions or disabilities — nearly one in four (23%) adults across the state.

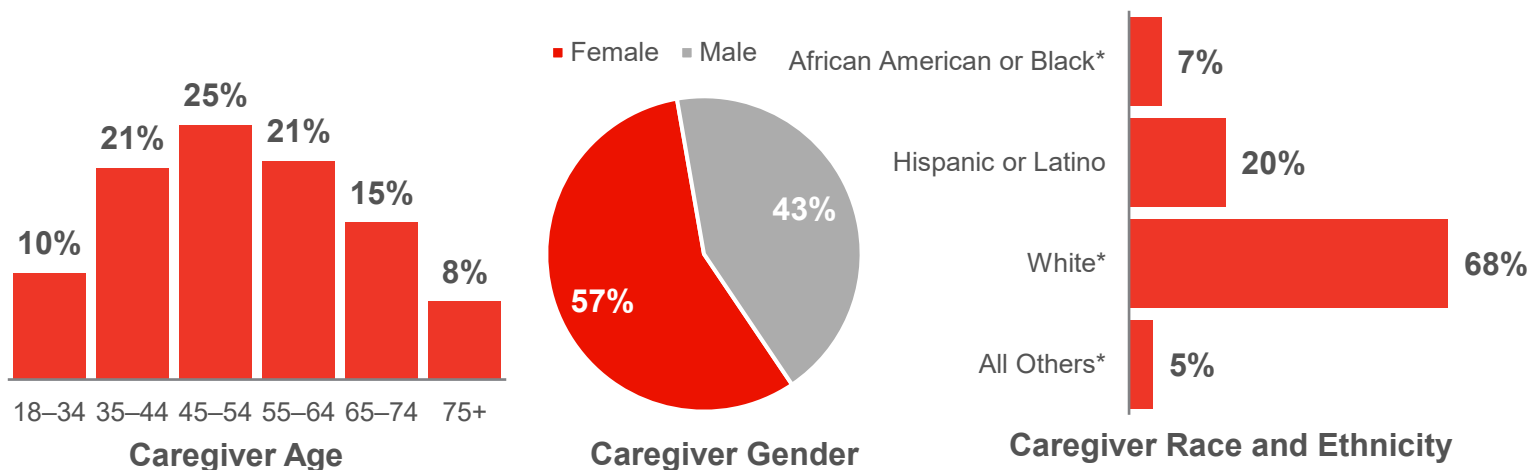
Most family caregivers in Oregon care for an adult (93%) — most often a parent (47%). Thirteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (68%). Over one in three caregivers live in a household with income under \$50,000 (37%). A quarter of caregivers (25%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. Nearly half of family caregivers live with their care recipient (45%).

On average, family caregivers are **53 years old** and care for someone **64 years old** in Oregon.

Six in ten family caregivers work while also caregiving (62%).

Most family caregivers in Oregon provide care to someone due to a long-term physical condition (64%).

Demographics of Family Caregivers in Oregon



*Non-Hispanic

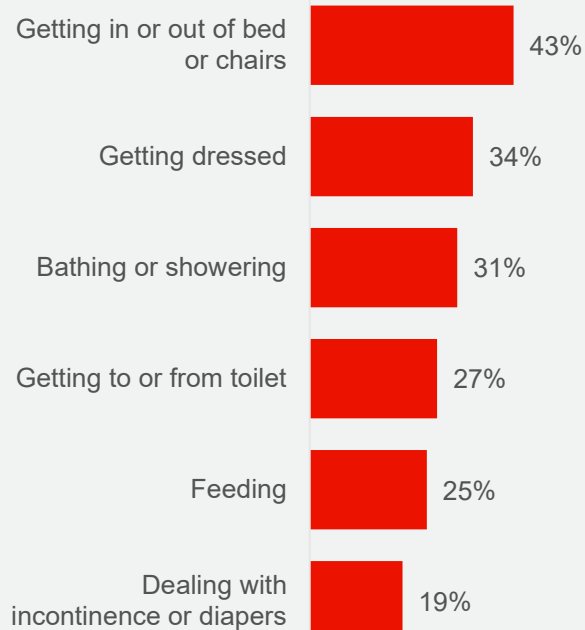
What Family Caregivers Do

Six in ten family caregivers in Oregon (58%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

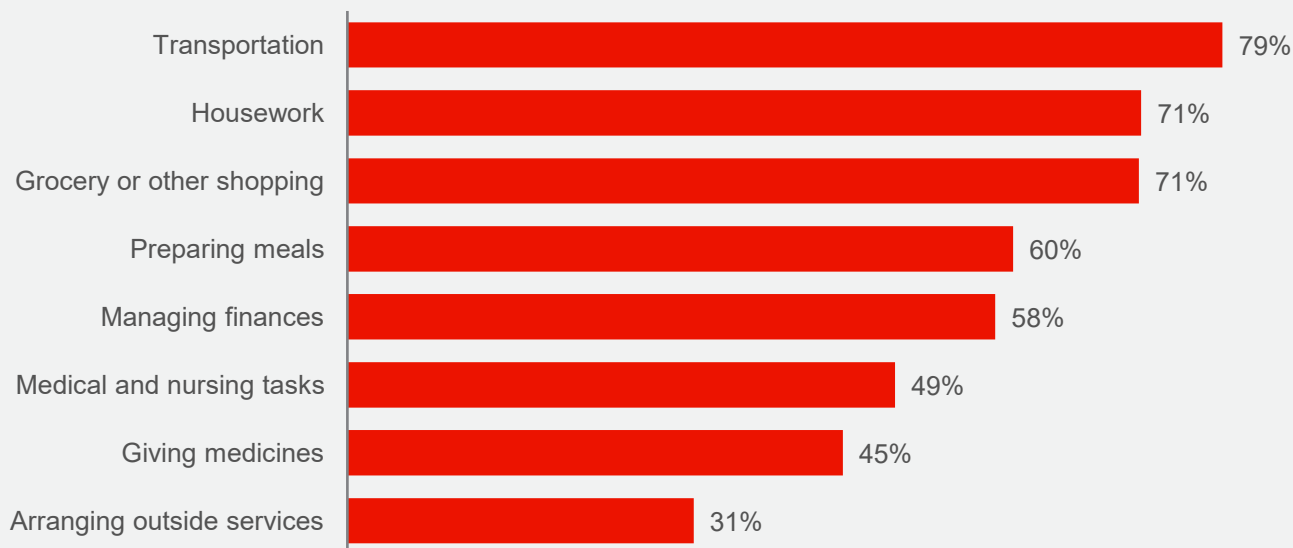
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

14% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Oregon Family Caregivers Help with Many Activities of Daily Living



Oregon Family Caregivers Help with Many Instrumental Activities of Daily Living



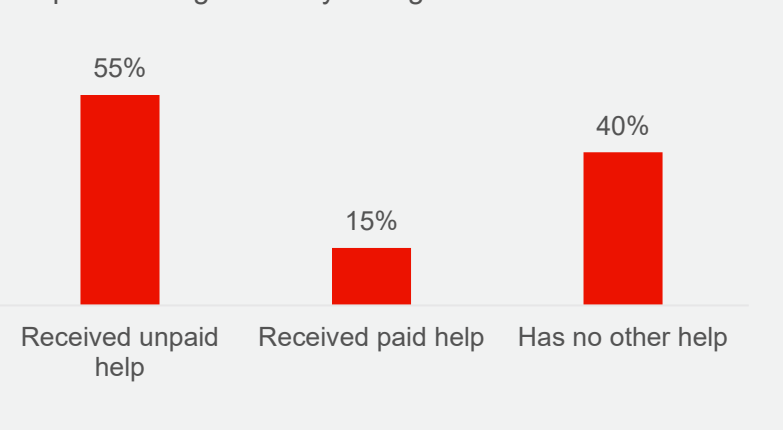
Nearly four in ten family caregivers (38%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

31% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Oregon Family Caregivers Receive



45% of caregivers have been providing care for three years or longer.

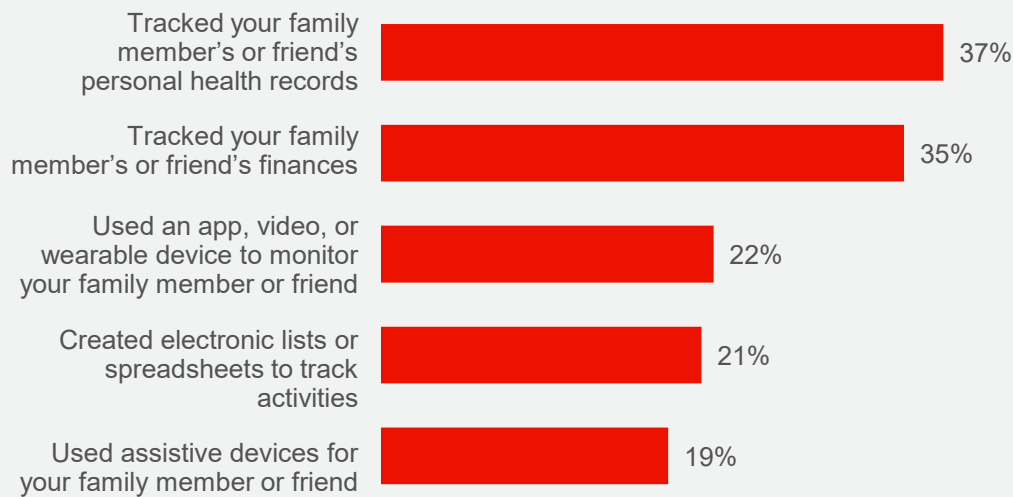
Nearly half of family caregivers (49%) help with medical and nursing tasks.

Family caregivers in Oregon are key in managing health care:

- 72% monitor the severity of their care recipient's condition.
- 63% communicate with health care professionals about their family member's or friend's care.
- 63% advocate for them with health care providers, community services, or government agencies.

While nearly half (**45%**) of **family caregivers** would find respite care helpful, **eight in ten (81%)** have never used such services.

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



One in four family caregivers (26%) have been asked by health care providers about care needed for their care recipient, and **9% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (43%) in Oregon 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.

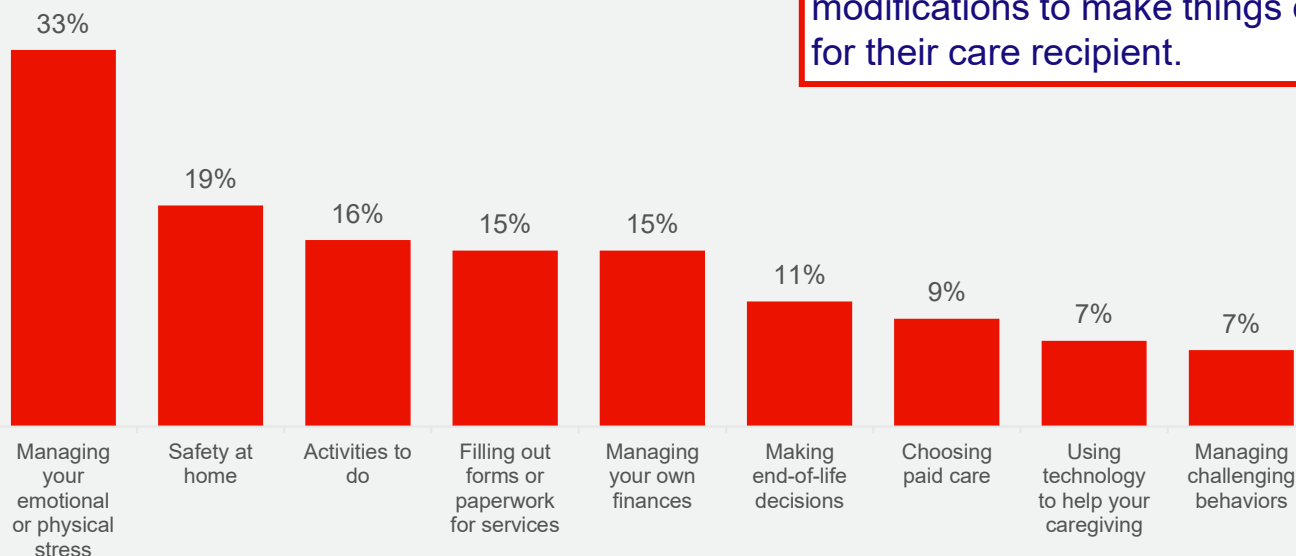
One in five family caregivers (22%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Oregon Family Caregivers

Stopped saving	28%	Borrowed money from family/friends	11%
Used up personal short-term savings	26%	Put off retirement	9%
Took on more debt	18%	Used long-term savings	8%
Left bills unpaid or paid late	17%	Missed/late paying student loan	8%
Could not afford basic expenses	14%	Moved to less expensive home	8%
Had to start working or work more	14%		

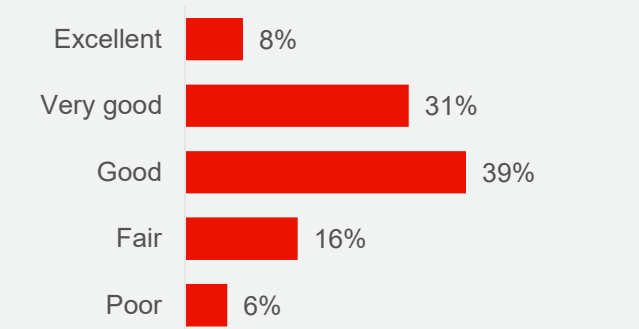
Information Needs of Family Caregivers

Four in ten family caregivers (42%) have made home modifications to make things easier for their care recipient.

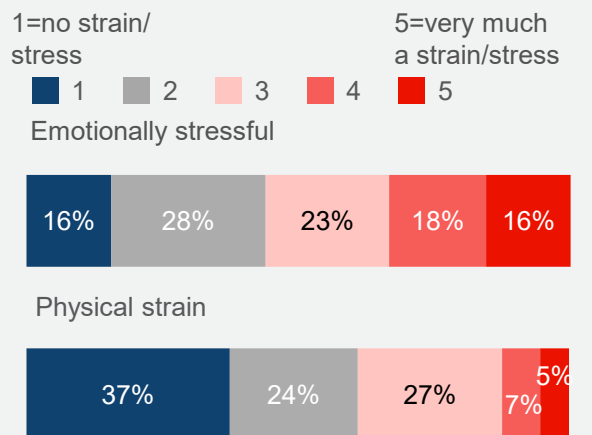


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

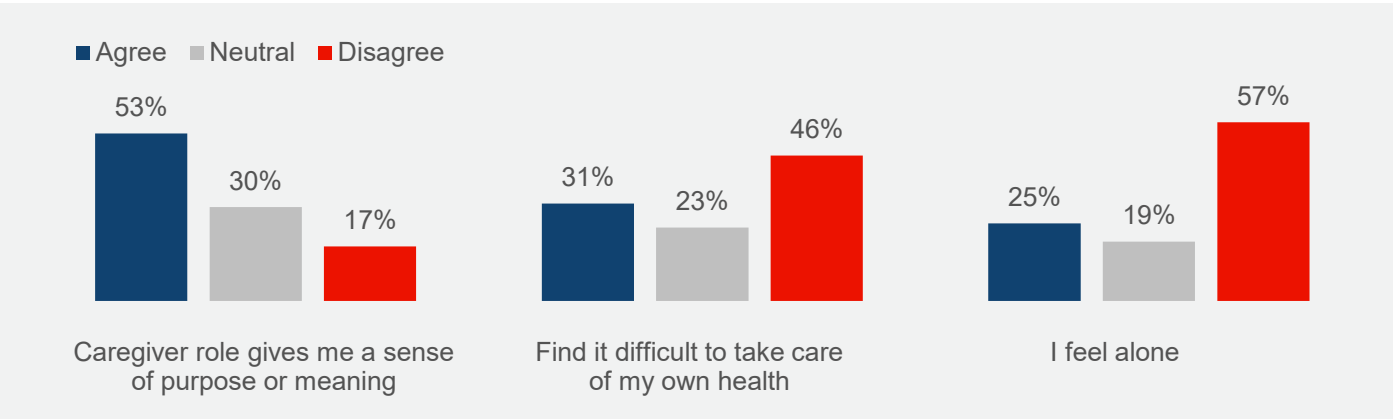
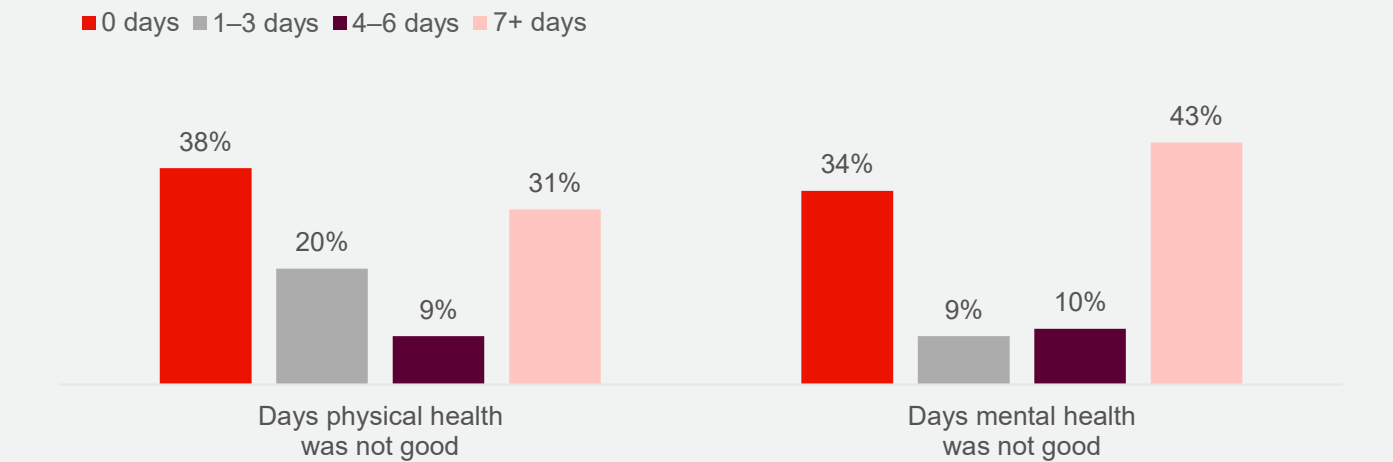


Stress and Strain Felt by Oregon Caregivers



Three in ten family caregivers experience seven or more days a month of poor physical health. One in three caregivers (33%) experience high emotional stress while caregiving. Three in ten (31%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (25%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Oregon

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	25%	Served in US Armed Forces	13%
Education		Cares for someone who served in the US Armed Forces	14%
Did not graduate from high school	6%	Has health insurance coverage	91%
Graduated from high school	27%	Has been a student while caregiving	11%
Some college or associate's degree	34%	Has a disability or handicap that limits them	22%
Bachelor's degree or higher	33%	Has internet access in home	90%
Marital status		Place of residence	
Married/living with partner	68%	Rural	16%
Single/never married	14%	Urban	50%
Widowed	3%	Suburban	34%
Separated/divorced	12%	Living situation	
Household income		Lives alone	7%
<\$25,000	20%	Lives with others	93%
\$25,000-\$49,999	17%		
\$50,000-\$99,999	24%		
\$100,000+	39%		

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 135 caregivers in Oregon, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.7%.