

Pennsylvania

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 (2,388,000) adults in Pennsylvania provide care to a family member or friend with complex medical conditions or disabilities — nearly one quarter (23%) of adults across the state.

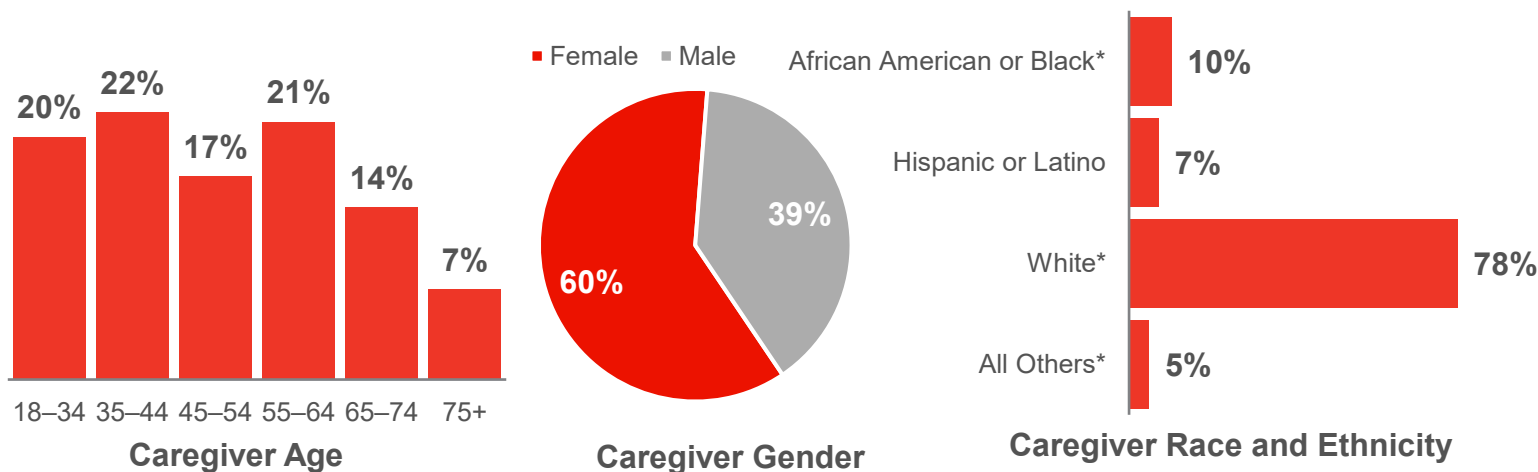
Most family caregivers in Pennsylvania care for an adult (92%) — most often a parent (38%). Fifteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (67%). One quarter of caregivers live in a household with income under \$50,000 (24%). One-third of caregivers (34%) 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. Four in ten family caregivers live with their care recipient (42%).

On average, family caregivers are **50 years old** and care for someone **65 years old** in Pennsylvania.

Seven in ten family caregivers work while also caregiving (70%).

Most family caregivers in Pennsylvania provide care to someone due to a long-term physical condition (57%).

Demographics of Family Caregivers in Pennsylvania



*Non-Hispanic

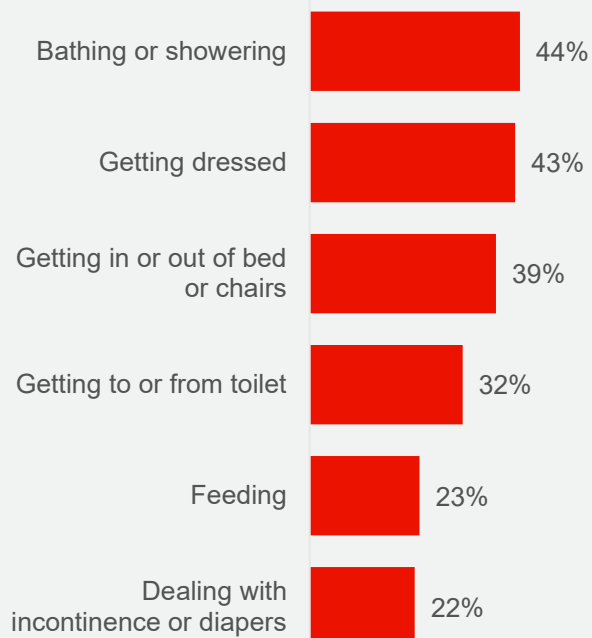
What Family Caregivers Do

Two-thirds of family caregivers in Pennsylvania (64%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

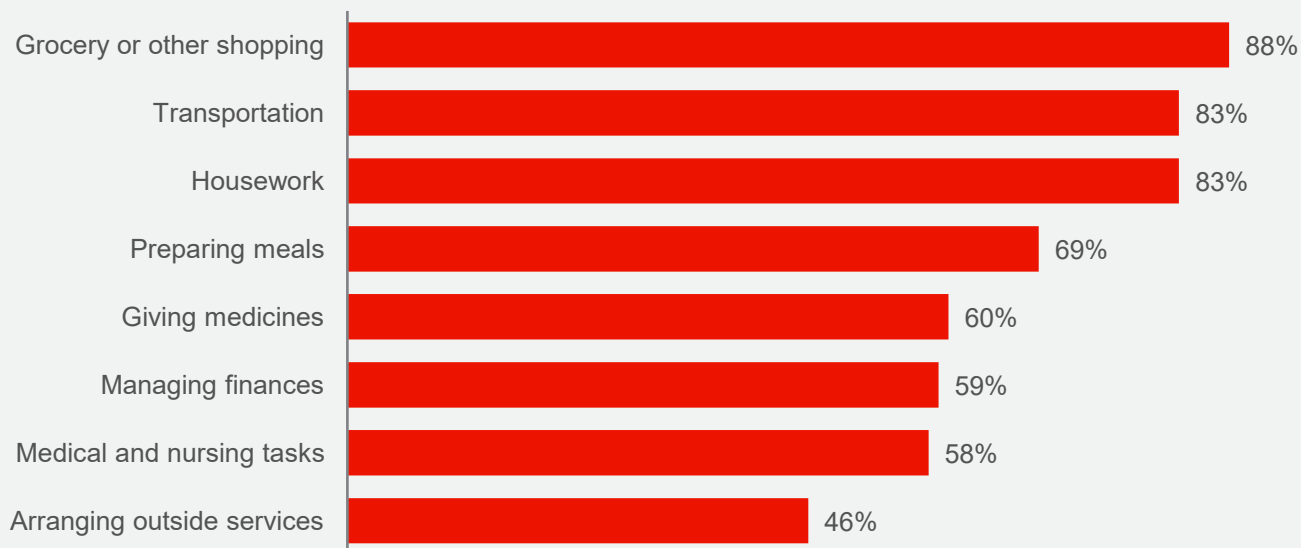
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

9% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Pennsylvania Family Caregivers Help with Many Activities of Daily Living



Pennsylvania Family Caregivers Help with Many Instrumental Activities of Daily Living



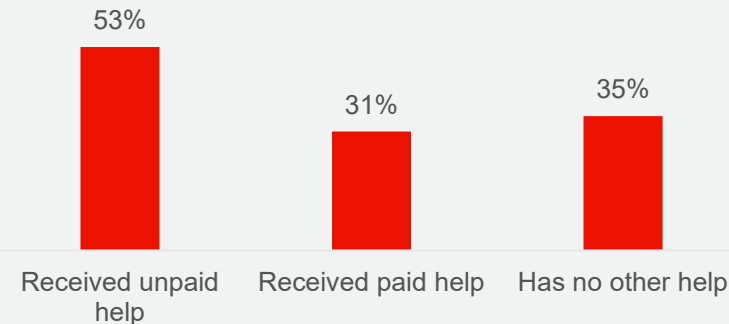
Nearly half of family caregivers (46%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

32% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Pennsylvania Family Caregivers Receive



44% of caregivers have been providing care for three years or longer.

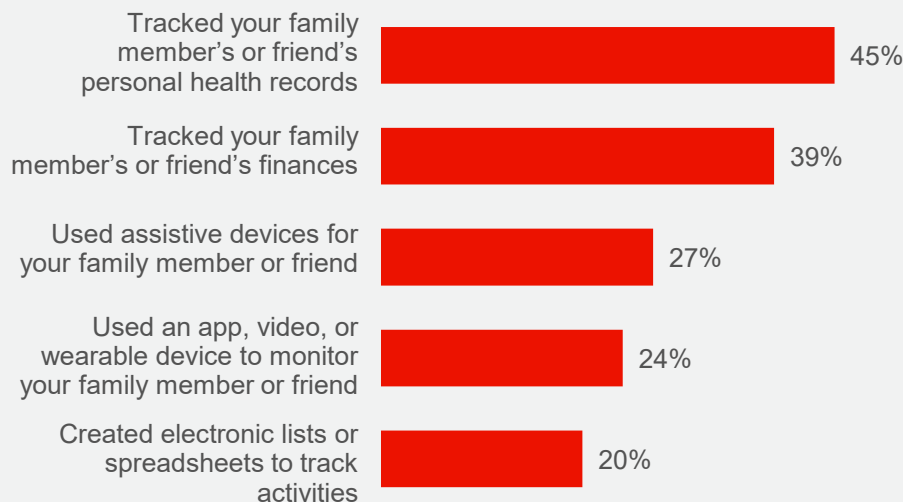
Over half of family caregivers (58%) help with medical and nursing tasks.

Family caregivers in Pennsylvania are key in managing health care:

- 74% monitor the severity of their care recipient's condition.
- 73% communicate with health care professionals about their family member's or friend's care.
- 58% advocate for them with health care providers, community services, or government agencies.

While **four in ten (39%) family caregivers** would find respite care helpful, **nine in ten (90%)** have never used such services.

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



Three in ten family caregivers (31%) have been asked by health care providers about care needed for their care recipient, and **21% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (39%) in Pennsylvania 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.

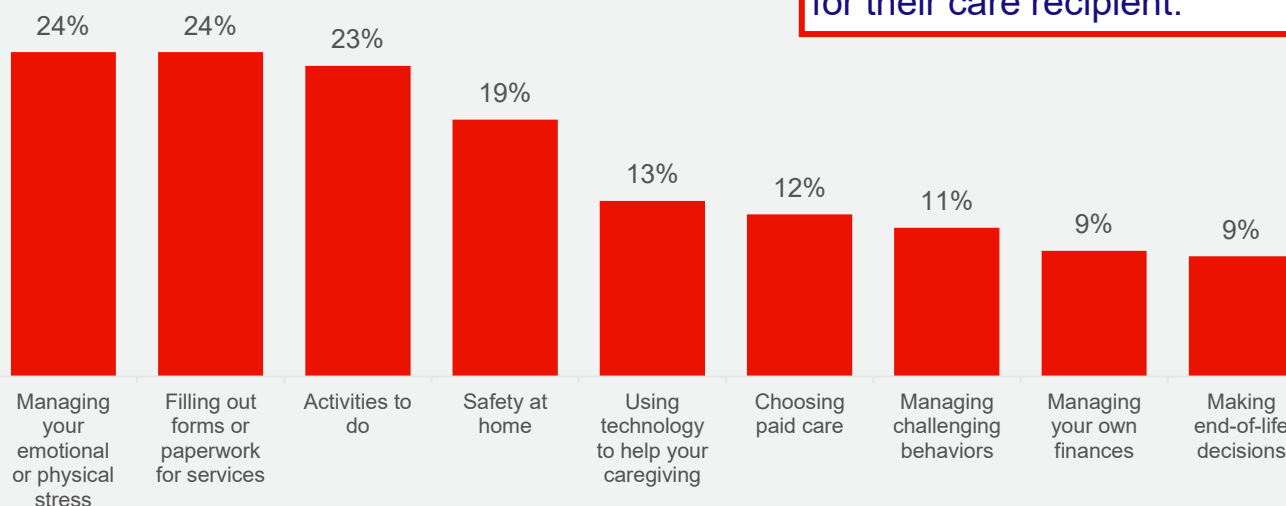
One in four family caregivers (27%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Pennsylvania Family Caregivers

Stopped saving	28%	Could not afford basic expenses	13%
Used up personal short-term savings	25%	Used long-term savings	12%
Borrowed money from family/friends	22%	Put off retirement	8%
Left bills unpaid or paid late	20%	Moved to less expensive home	8%
Took on more debt	18%	Was evicted or home foreclosed	3%
Had to start working or work more	13%		

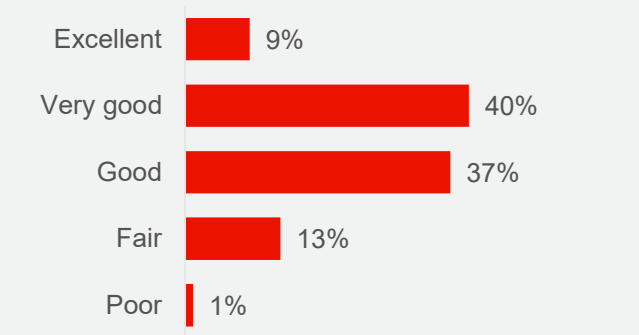
Information Needs of Family Caregivers

Nearly half of family caregivers (46%) have made home modifications to make things easier for their care recipient.

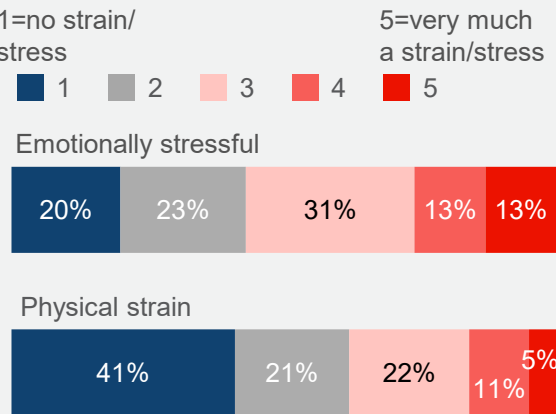


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

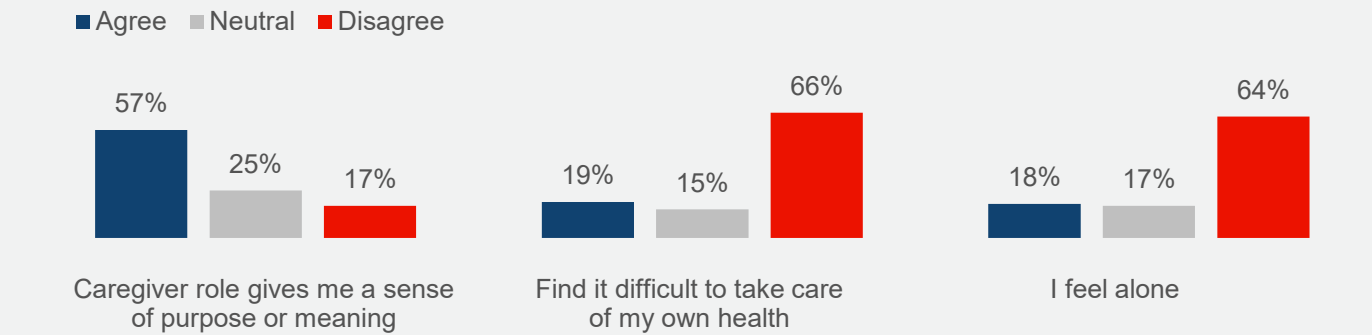
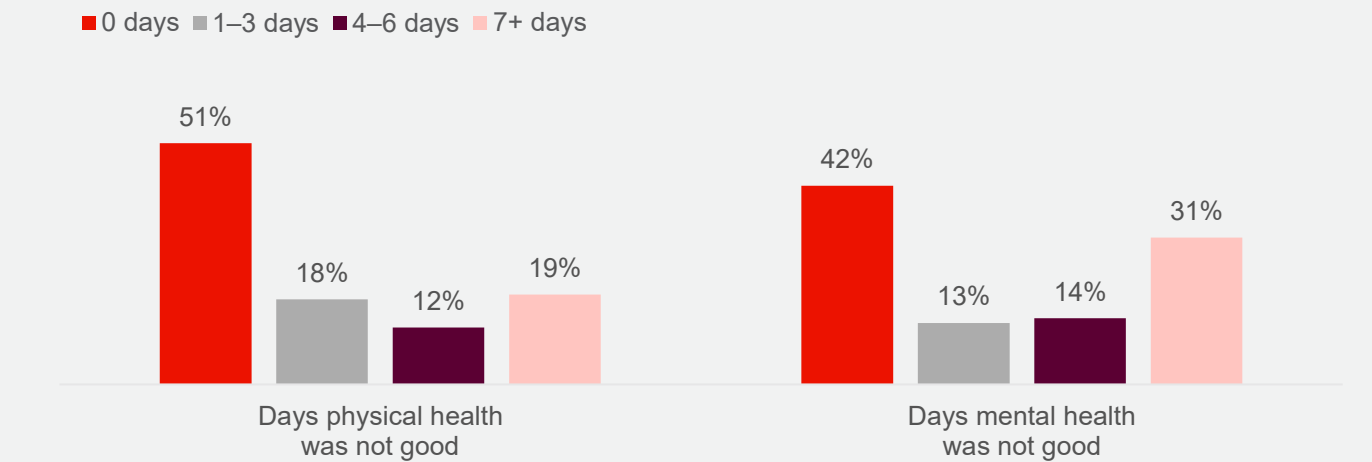


Stress and Strain Felt by Pennsylvania Caregivers



Two in ten family caregivers experience seven or more days a month of poor physical health. One quarter of caregivers (26%) 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. Eighteen percent (18%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Pennsylvania

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	34%	Served in US Armed Forces	9%
Education		Cares for someone who served in the US Armed Forces	15%
Did not graduate from high school	7%	Has health insurance coverage	93%
Graduated from high school	30%	Has been a student while caregiving	12%
Some college or associate's degree	31%	Has a disability or handicap that limits them	10%
Bachelor's degree or higher	32%	Has internet access in home	93%
Marital status		Place of residence	
Married/living with partner	67%	Rural	31%
Single/never married	16%	Urban	22%
Widowed	7%	Suburban	48%
Separated/divorced	9%	Living situation	
Household income		Lives alone	4%
<\$25,000	8%	Lives with others	96%
\$25,000-\$49,999	16%		
\$50,000-\$99,999	30%		
\$100,000+	46%		

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 113 caregivers in Pennsylvania, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.1%.