

South Carolina

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

More than 1 million (1,093,000) adults in South Carolina provide care to a family member or friend with complex medical conditions or disabilities — one in four (26%) adults across the state.

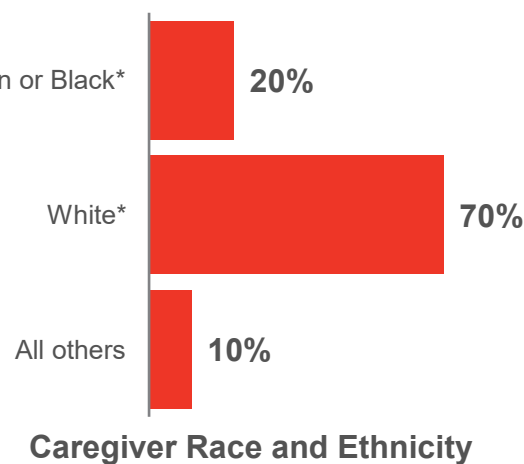
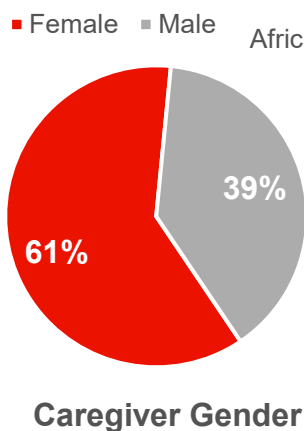
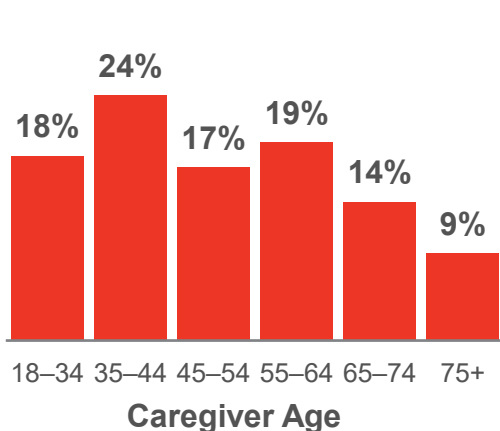
Most family caregivers in South Carolina care for an adult (97%) — most often a parent (44%). Fourteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (59%). Over one in three caregivers live in a household with income under \$50,000 (37%). Three in ten caregivers (28%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Nearly one in five caregivers live with a disability. Almost half of family caregivers live with their care recipient (44%).

On average, family caregivers are **50 years old** and care for someone **69 years old** in South Carolina.

Nearly half of family caregivers work while also caregiving (47%).

Most family caregivers in South Carolina provide care to someone due to a long-term physical condition (60%).

Demographics of Family Caregivers in South Carolina



*Non-Hispanic

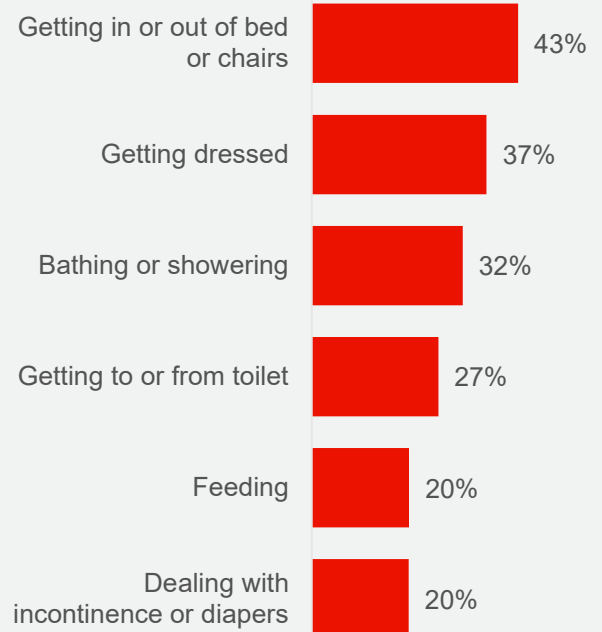
What Family Caregivers Do

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

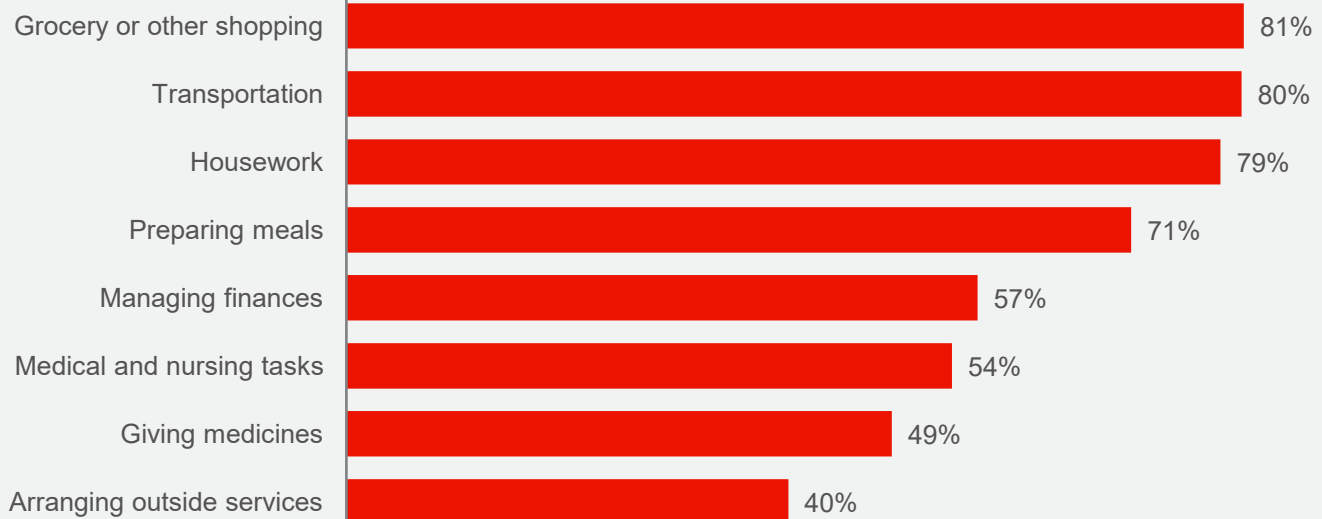
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

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

South Carolina Family Caregivers Help with Many Activities of Daily Living



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



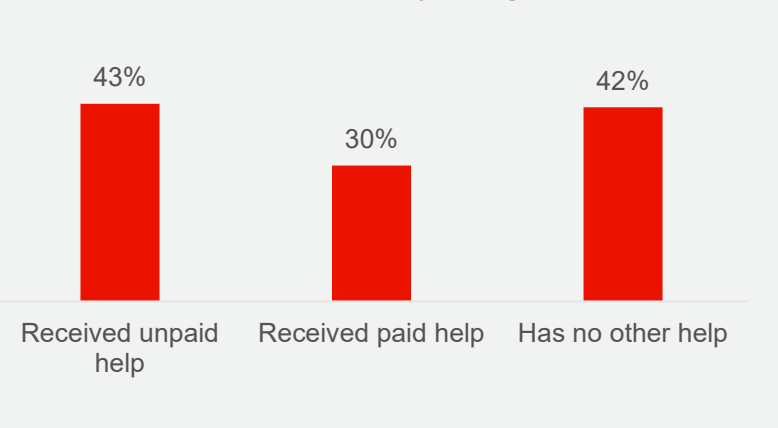
Half of family caregivers (50%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

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

What Family Caregivers Do

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

Help That South Carolina Family Caregivers Receive



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

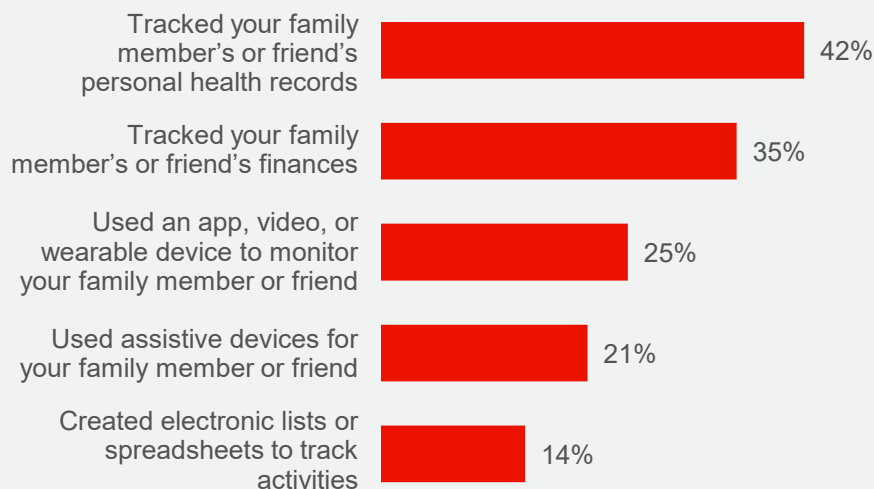
Over half of family caregivers (54%) help with medical and nursing tasks.

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

- 80% monitor the severity of their care recipient's condition.
- 71% advocate for them with health care providers, community services, or government agencies.
- 70% communicate with health care professionals about their family member's or friend's care.

While **four in ten (40%) family caregivers** would find respite care helpful, **nine in ten (93%)** have never used such services.

Six in ten family caregivers (63%) use at least one of the technology solutions asked about in our survey.



One in five family caregivers (22%) have been asked by health care providers about care needed for their care recipient, and **16% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Half of family caregivers (50%) in South Carolina 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.

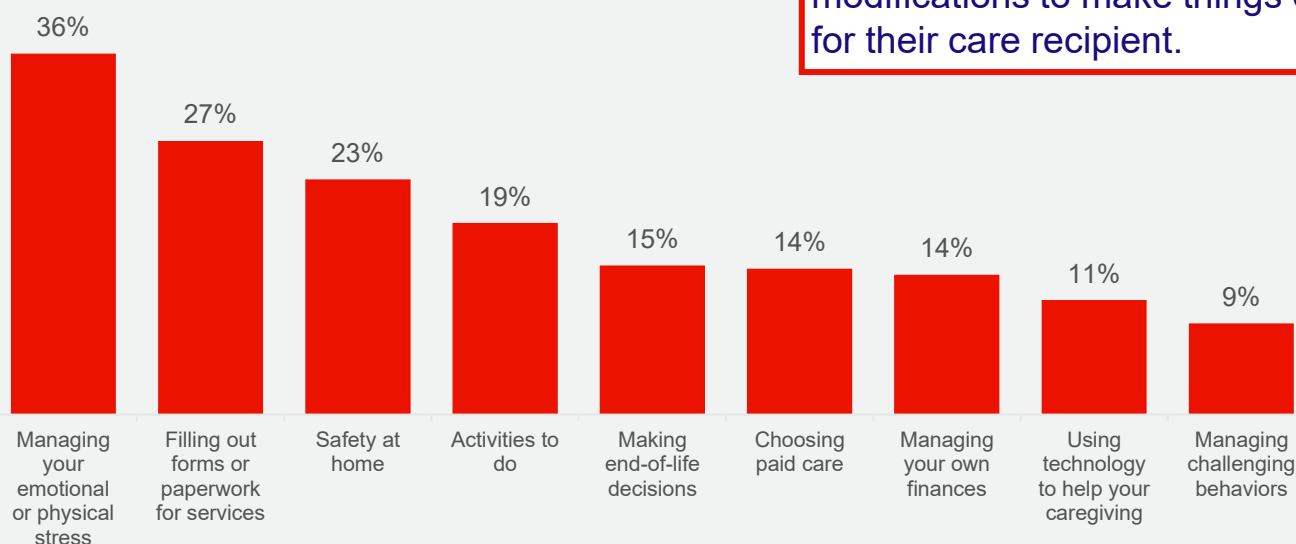
One in three family caregivers (33%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by South Carolina Family Caregivers

Stopped saving	39%	Used long-term savings	15%
Used up personal short-term savings	31%	Moved to less expensive home	9%
Took on more debt	23%	Put off retirement	9%
Left bills unpaid or paid late	19%	Had to start working or work more	7%
Borrowed money from family/friends	19%	Missed/late paying student loan	4%
Could not afford basic expenses	16%		

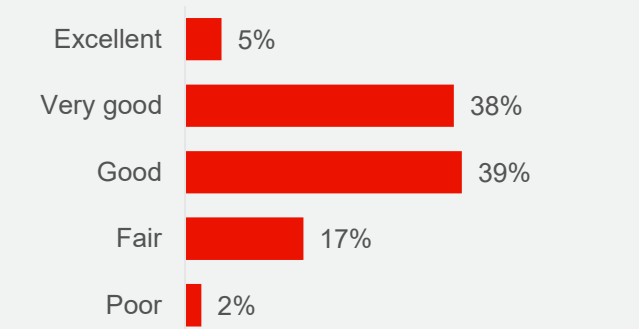
Information Needs of Family Caregivers

One in three family caregivers (32%) have made home modifications to make things easier for their care recipient.



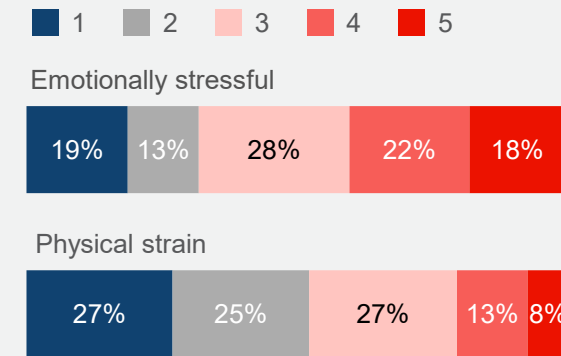
Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers



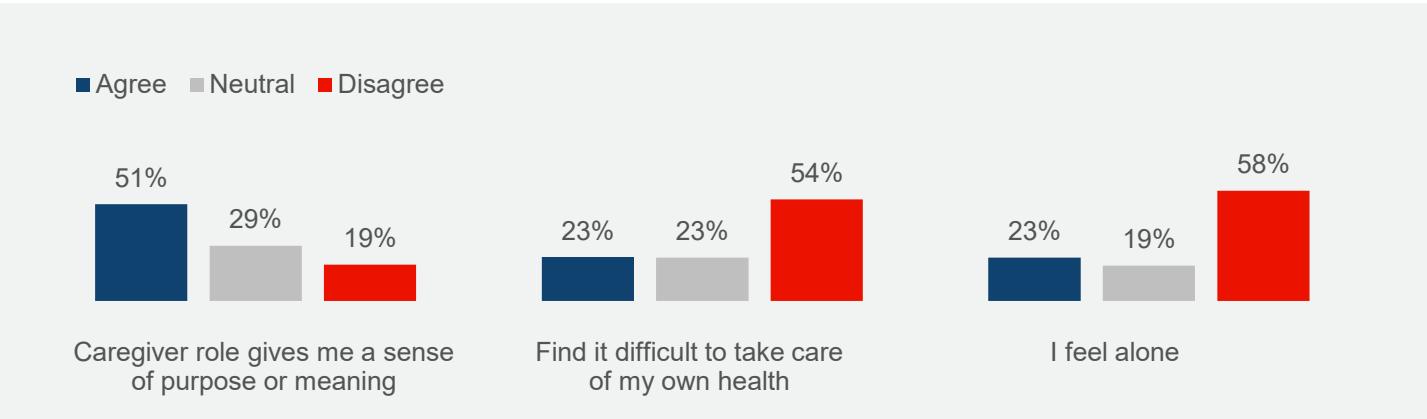
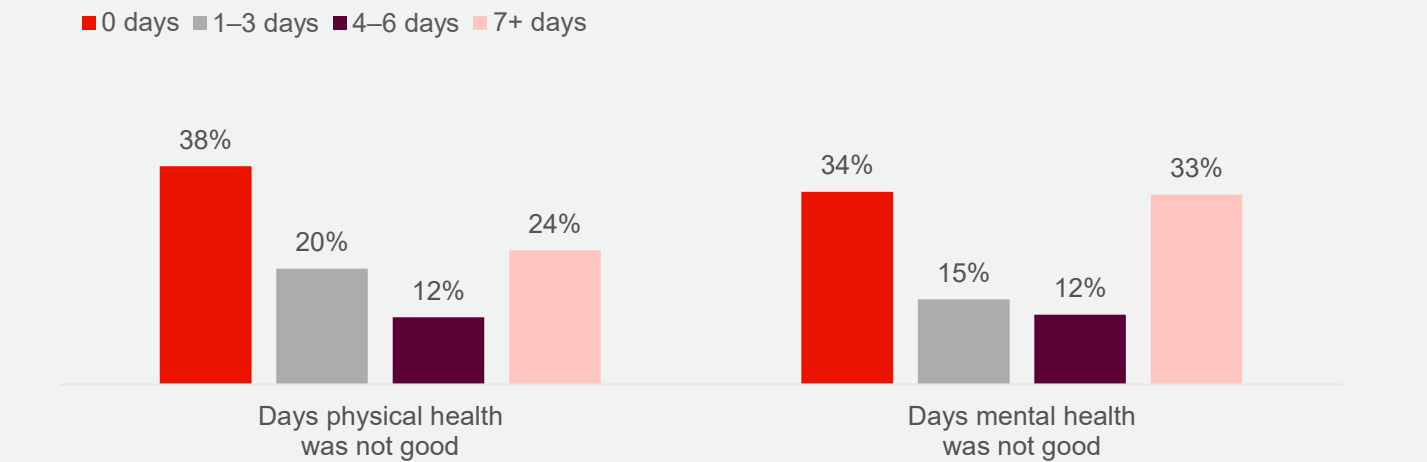
Stress and Strain Felt by South Carolina Caregivers

1=no strain/stress 5=very much a strain/stress



One quarter of family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (40%) experience high emotional stress while caregiving. Nearly one quarter (23%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Almost one quarter (23%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in South Carolina

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	28%	Served in US Armed Forces	7%
Education		Cares for someone who served in the US Armed Forces	16%
Did not graduate from high school	6%	Has health insurance coverage	81%
Graduated from high school	34%	Has been a student while caregiving	4%
Some college or associate's degree	28%	Has a disability or handicap that limits them	18%
Bachelor's degree or higher	32%	Has internet access in home	94%
Marital status		Place of residence	
Married/living with partner	59%	Rural	38%
Single/never married	28%	Urban	19%
Widowed	4%	Suburban	43%
Separated/divorced	7%	Living situation	
Household income		Lives alone	12%
<\$25,000	22%	Lives with others	88%
\$25,000-\$49,999	15%		
\$50,000-\$99,999	28%		
\$100,000+	36%		

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 138 caregivers in South Carolina, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.7%.