

Caregiving in the US 2025: Spotlight on Alaska



In Alaska, one in five adults (22%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 125,000 adults in Alaska.

22%* = **125,000**
of adults caregivers

What Are Family Caregivers in the Pacific* Division Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

74%

assist with activities of daily living such as bathing, dressing, and feeding

56%

help with medical and nursing tasks

52%

engage in high-intensity caregiving (more hours and higher complexity of care)

33%

provide at least 40 hours of care per week or constant care

Who Are Family Caregivers in the Pacific* Division?

58%

Women



41%

Men

Caregiver average age is **49** years old



60%

have worked while caregiving

Care recipient average age is **66** years old



42%

care for a parent

34%

are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the Pacific* Division



49%

experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



38%

receive no help with caregiving (either paid or unpaid)



36%

report moderate to high levels of emotional stress



*Due to limited data collection in Alaska, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Alaska's caregivers cannot be presented. The Census Bureau's designation of the Pacific Division includes Alaska, California, Hawai'i, Oregon, and Washington.

For full methodology, see Methodology Appendix of <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025-caring-across-states>.