

Caregiving in the US 2025: Spotlight on Arkansas



In Arkansas, nearly three in ten adults (28%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 654,000 adults in Arkansas.

28% of adults = **654,000** caregivers

What Are Family Caregivers in the West South Central* Division Doing?

100%

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

66%

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

59%

help with medical and nursing tasks

48%

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

29%

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

Who Are Family Caregivers in the West South Central* Division

57%
Women



42%
Men

Caregiver average age is **47** years old



62%

have worked while caregiving

Care recipient average age is **64** years old



47%

care for a parent

37%

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

Well-Being of Family Caregivers in the West South Central* Division



57%

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



39%

report moderate to high levels of emotional stress



36%

receive no help with caregiving (either paid or unpaid)



*Due to limited data collection in Arkansas, detailed information about Arkansas' caregivers cannot be presented. The Census Bureau's designation of the West South Central Division includes Arkansas, Louisiana, Oklahoma, and Texas.

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