

Caregiving in the US 2025: Spotlight on Delaware



In Delaware, one quarter of adults (24%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 197,000 adults in Delaware.

24%* = **197,000**
of adults caregivers

What Are Family Caregivers in the South Atlantic* Division Doing?

100%

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

67%

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

58%

help with medical and nursing tasks

46%

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

31%

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

Who Are Family Caregivers in the South Atlantic* Division?

60%

Women



39%

Men

Caregiver average age is **50** years old



57%

have worked while caregiving

Care recipient average age is **67** years old



47%

care for a parent

26%

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

Well-Being of Family Caregivers in the South Atlantic* Division



52%

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



41%

report moderate to high levels of emotional stress



38%

receive no help with caregiving (either paid or unpaid)



*Due to limited data collection in Delaware, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Delaware's caregivers cannot be presented. The Census Bureau's designation of the South Atlantic Division includes Delaware, District of Columbia, Florida, Georgia, Maryland, North Carolina, South Carolina, Virginia, and West Virginia.

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