

Caregiving in the US 2025: Spotlight on Mississippi



In Mississippi, one third of adults (34%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 761,000 adults in Mississippi.

34% of adults **= 761,000** caregivers

Who Are Family Caregivers in the East South Central* Division?

64% Women **35%** Men



Caregiver average age is **53** years old



56% have worked while caregiving

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



38% care for a parent

29% are sandwich generation caregivers with a child at home while caring for an adult

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



47% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



41% receive no help with caregiving (either paid or unpaid)



39% report moderate to high levels of emotional stress



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

99%

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

68%

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

61%

help with medical and nursing tasks

50%

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

32%

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

*Due to limited data collection in Mississippi, detailed information about Mississippi's caregivers cannot be presented. The Census Bureau's designation of the East South Central Division includes Alabama, Kentucky, Mississippi, and Tennessee.

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