

Caregiving in the US 2025: Spotlight on New Hampshire



In New Hampshire, 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 281,000 adults in New Hampshire.

24% of adults **= 281,000** caregivers

Who Are Family Caregivers in New England*?

59%
Women



40%
Men

Caregiver average age is **52** years old



70%

have worked while caregiving

Care recipient average age is **70** years old



52%

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 New England*



44% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



43% report moderate to high levels of emotional stress



31% receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in New England* Doing?

99%

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

65%

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

55%

help with medical and nursing tasks

40%

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

19%

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

*Due to limited data collection in New Hampshire, detailed information about New Hampshire's caregivers cannot be presented. The Census Bureau's designation of the New England Division includes Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

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