

Caregiving in the US 2025: Spotlight on New Mexico



In New Mexico, one quarter of adults (26%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 426,000 adults in New Mexico.

26% of adults **= 426,000** caregivers

What Are Family Caregivers in the Mountain* Division Doing?

100%

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

63%

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

49%

help with medical and nursing tasks

45%

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 Mountain* Division?

66%
Women



34%
Men

Caregiver average age is **54** years old



54%

have worked while caregiving

Care recipient average age is **65** years old



46%

care for a parent

24% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in the Mountain* Division



47%

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



45%

report moderate to high levels of emotional stress



37%

receive no help with caregiving (either paid or unpaid)



*Due to limited data collection in New Mexico, detailed information about New Mexico's caregivers cannot be presented. The Census Bureau's designation of the Mountain Division includes Arizona, Colorado, Idaho, Montana, Nevada, New Mexico, Utah, and Wyoming. For full methodology, see Methodology Appendix of <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025-caring-across-states>.