

Caregiving in the US 2025: Spotlight on North Dakota



In North Dakota, one quarter of adults (23%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 140,000 adults in North Dakota.

23%* = **140,000**
of adults caregivers

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

99%

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

62%

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

51%

help with medical and nursing tasks

40%

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

24%

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

Who Are Family Caregivers in the West North Central* Division?

67%

Women



32%

Men

Caregiver average age is **53** years old



62%

have worked while caregiving

Care recipient average age is **66** years old



42%

care for a parent

31%

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

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



46%

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 North Dakota, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about North Dakota's caregivers cannot be presented. The Census Bureau's designation of the West North Central Division includes Iowa, Kansas, Minnesota, Missouri, Nebraska, North Dakota, and South Dakota.

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