

Caregiving in the US 2025: Spotlight on Rhode Island



In Rhode Island, 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 206,000 adults in Rhode Island.

23%* = **206,000**
of adults 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 Rhode Island, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Rhode Island'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>.