

# Caregiving in the US 2025: Spotlight on South Dakota



In South Dakota, 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 169,000 adults in South Dakota.

**24%\*** = **169,000**  
of adults caregivers

## 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)



## 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

\*Due to limited data collection in South Dakota, the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about South 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>.