

Caregiving in the US 2025: Spotlight on Washington, D.C.



In Washington, D.C., one in five adults (20%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 109,000 adults in Washington, D.C.

20%* = **109,000**
of adults caregivers

Who Are Family Caregivers in the South Atlantic* Division?

60%  **39%**
Women Men

Caregiver average age is **50** years old

 **57%**
have worked while caregiving

Care recipient average age is **67** years old

 **47%**
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 the South Atlantic* Division

 **52%** experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses

 **41%** report moderate to high levels of emotional stress

 **38%** receive no help with caregiving (either paid or unpaid)



What Are Family Caregivers in the South Atlantic* Division Doing?

100%
assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

67%
assist with activities of daily living such as bathing, dressing, and feeding

58%
help with medical and nursing tasks

46%
engage in high-intensity caregiving (more hours and higher complexity of care)

31%
provide at least 40 hours of care per week or constant care

*Due to limited data collection in Washington, D.C., the prevalence estimate was modeled using Hierarchical Logit Modeling and detailed information about Washington, D.C.'s caregivers cannot be presented. The Census Bureau's designation of the South Atlantic Division includes Delaware, District of Columbia, Florida, Georgia, Maryland, North Carolina, South Carolina, Virginia, and West Virginia.

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