

Tennessee

A survey of family caregivers 18 years and older who care for children and adults with complex medical conditions or disabilities

More than 1.5 million (1,559,000) adults in Tennessee provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (28%) adults across the state.

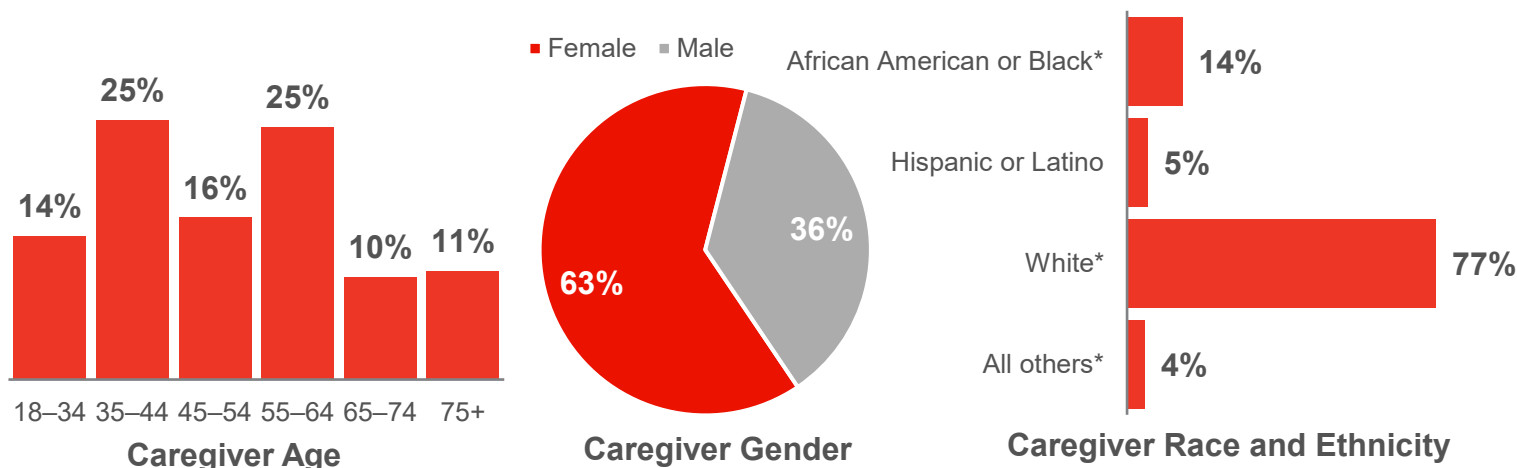
Most family caregivers in Tennessee care for an adult (91%) — often a parent (34%). Eighteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (70%). One in three caregivers live in a household with income under \$50,000 (32%). Three in ten caregivers (30%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in five caregivers live with a disability. Four in ten family caregivers live with their care recipient (42%).

On average, family caregivers are **52 years old** and care for someone **59 years old** in Tennessee.

Six in ten family caregivers work while also caregiving (59%).

Most family caregivers in Tennessee provide care to someone due to a long-term physical condition (60%).

Demographics of Family Caregivers in Tennessee



*Non-Hispanic

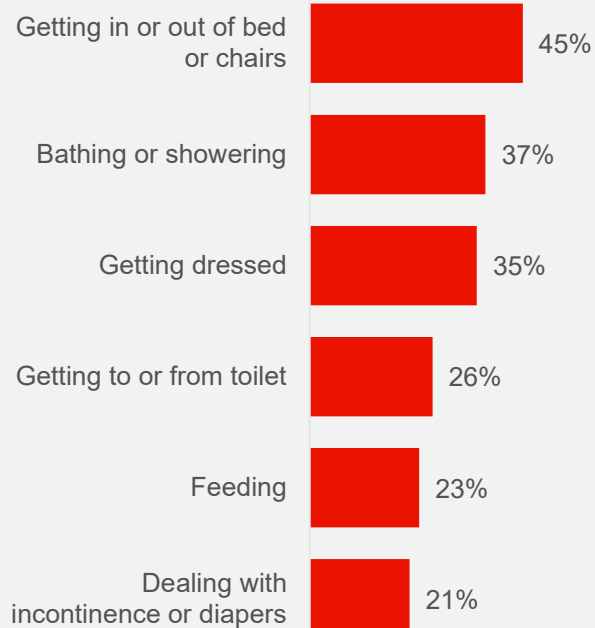
What Family Caregivers Do

Two in three family caregivers in Tennessee (67%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

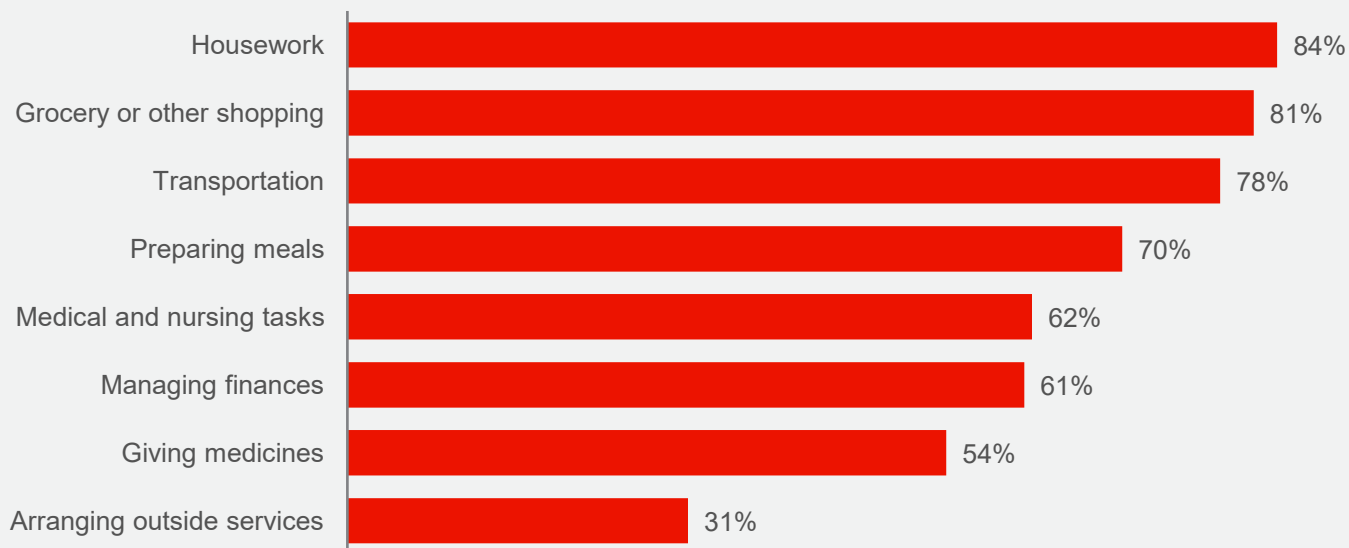
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

13% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Tennessee Family Caregivers Help with Many Activities of Daily Living



Tennessee Family Caregivers Help with Many Instrumental Activities of Daily Living



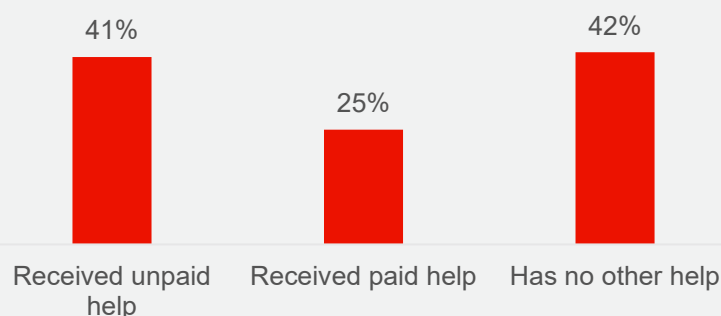
Half of family caregivers (55%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

37% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

Family caregivers in Tennessee rely on unpaid or paid (aides, housekeepers) assistance in their network of support.

Help That Tennessee Family Caregivers Receive



42% of caregivers have been providing care for three years or longer.

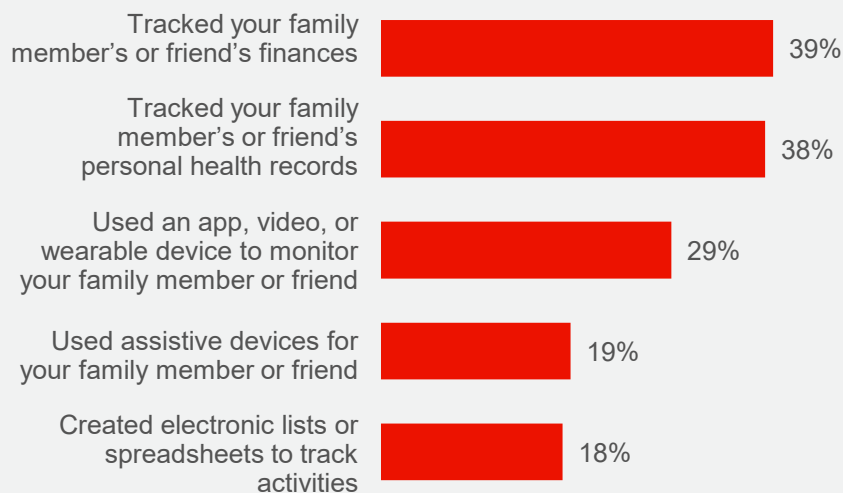
Six in ten family caregivers (62%) help with medical and nursing tasks.

Family caregivers in Tennessee are key in managing health care:

- 68% monitor the severity of their care recipient's condition.
- 65% communicate with health care professionals about their family member's or friend's care.
- 58% advocate for them with health care providers, community services, or government agencies.

While **four in ten (42%) family caregivers** would find respite care helpful, over **eight in ten (86%)** have never used such services.

Six in ten family caregivers (62%) use at least one of the technology solutions asked about in our survey.



One in four family caregivers (25%) have been asked by health care providers about care needed for their care recipient, and **16% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (48%) in Tennessee have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, using up savings, and taking on more debt.

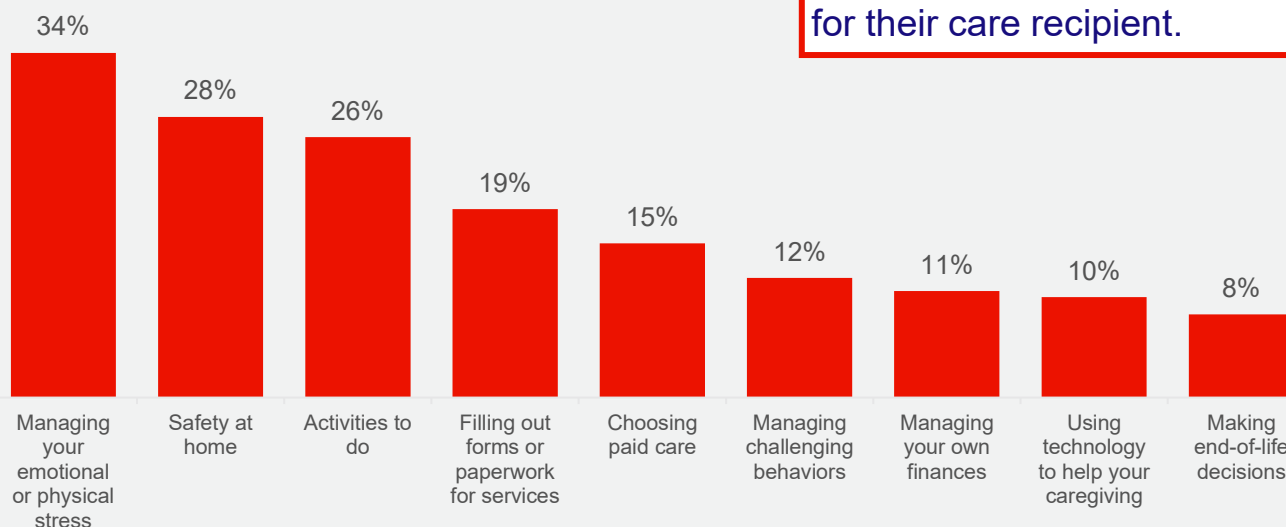
Three in ten family caregivers (30%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Tennessee Family Caregivers

Stopped saving	31%	Had to start working or work more	12%
Used up personal short-term savings	29%	Missed/late paying student loan	10%
Took on more debt	23%	Put off retirement	10%
Borrowed money from family/friends	22%	Moved to less expensive home	9%
Left bills unpaid or paid late	21%	Filed for bankruptcy	5%
Could not afford basic expenses	18%	Was evicted or home foreclosed	3%
Used long-term savings	14%		

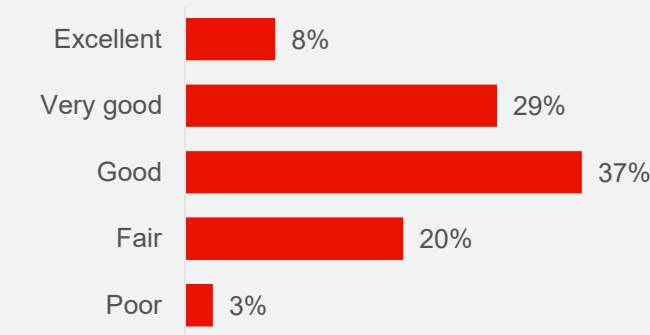
Information Needs of Family Caregivers

One in three family caregivers (36%) have made home modifications to make things easier for their care recipient.



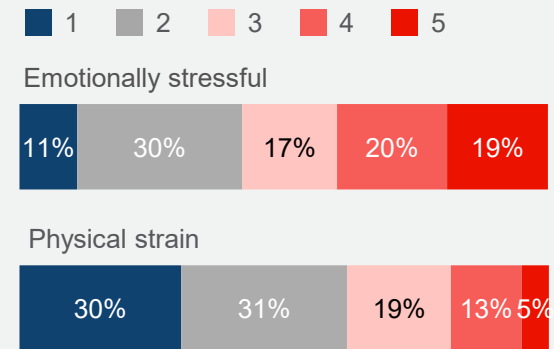
Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers



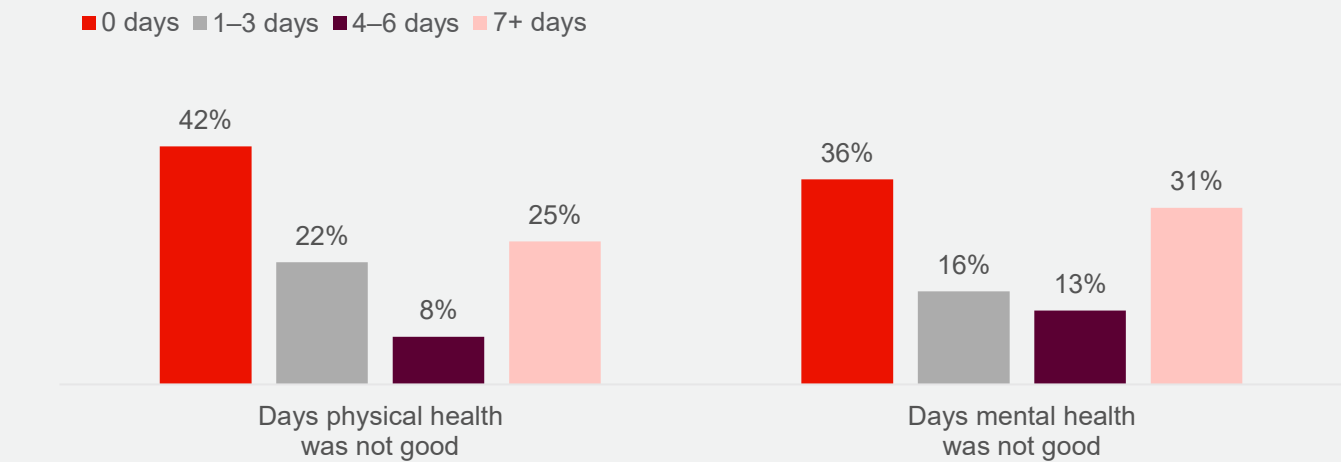
Stress and Strain Felt by Tennessee Caregivers

1=no strain/stress 5=very much a strain/stress

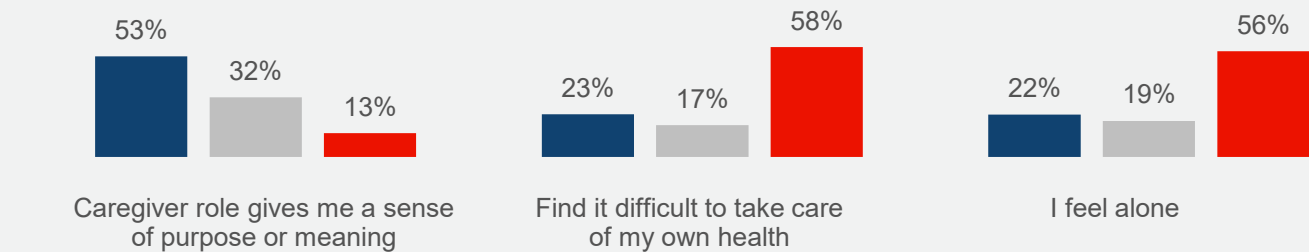


One in four family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (39%) experience high emotional stress while caregiving. Nearly one quarter (23%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Two in ten (22%) feel alone while caregiving.

Caregivers Healthy Days Measure



Legend: Agree (dark blue), Neutral (grey), Disagree (red)



Demographic Characteristics of Family Caregivers in Tennessee

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	30%	Served in US Armed Forces	7%
Education		Cares for someone who served in the US Armed Forces	14%
Did not graduate from high school	9%	Has health insurance coverage	90%
Graduated from high school	37%	Has a disability or handicap that limits them	23%
Some college or associate's degree	32%	Has internet access in home	95%
Bachelor's degree or higher	23%	Place of residence	
Marital status		Rural	39%
Married/living with partner	70%	Urban	31%
Single/never married	15%	Suburban	31%
Widowed	2%	Living situation	
Separated/divorced	7%	Lives alone	11%
Household income		Lives with others	89%
<\$25,000	10%		
\$25,000-\$49,999	22%		
\$50,000-\$99,999	32%		
\$100,000+	37%		

Methodology

For full methodology, see Methodology Appendix of <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025-caring-across-states>. The data in this report reflects 116 caregivers in Tennessee, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.8%.