

Texas

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

More than 5 million (5,345,000) adults in Texas provide care to a family member or friend with complex medical conditions or disabilities — nearly one quarter (23%) of the adults across the state.

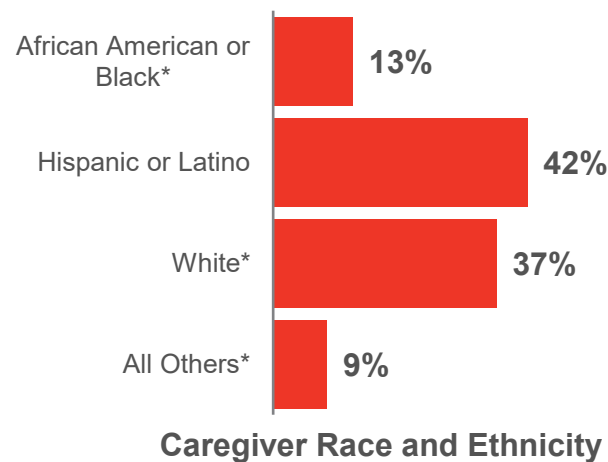
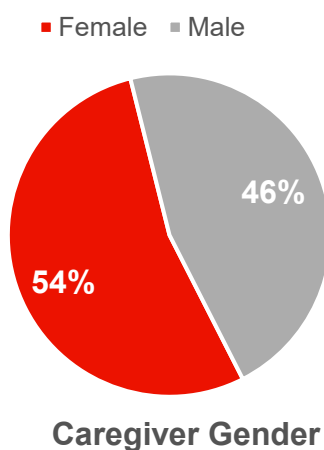
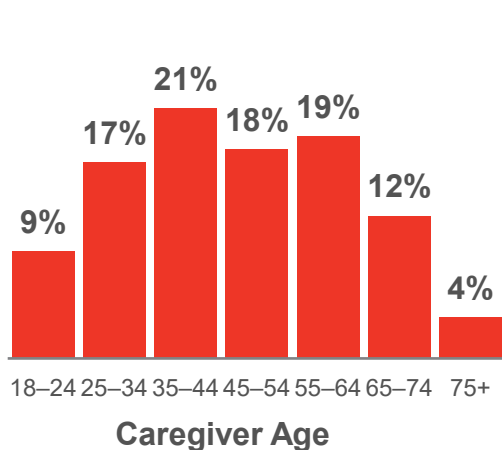
Most family caregivers in Texas care for an adult (94%) — most often a parent (51%). Twenty-one percent care only for a child with complex medical needs. Most caregivers are married or living with a partner (64%). Three in ten caregivers live in a household with income under \$50,000 (30%). Two in five caregivers (39%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Fifteen percent of caregivers live with a disability.

On average, family caregivers are **47 years old** and care for someone **65 years old** in Texas.

Most family caregivers in Texas provide care to someone due to a long-term physical condition (58%).

Two in five family caregivers live with their care recipient (41%), and three in five caregivers (59%) who live separately from their care recipient are 20 minutes away or less.

Demographics of Family Caregivers in Texas



*Non-Hispanic

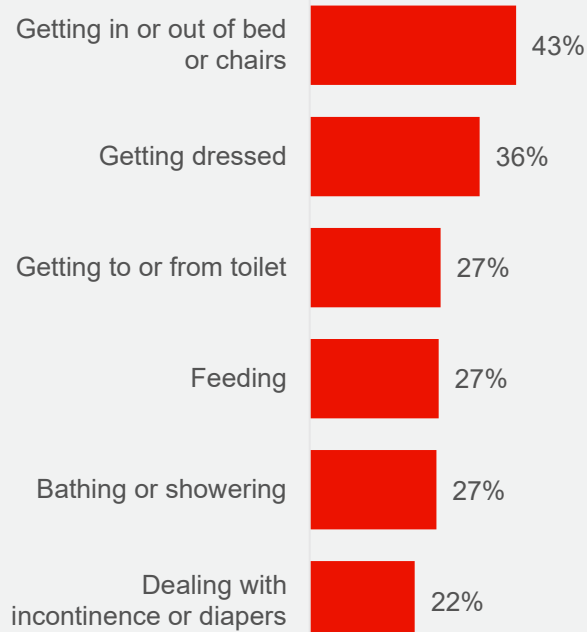
What Family Caregivers Do

Two-thirds of family caregivers in Texas (66%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

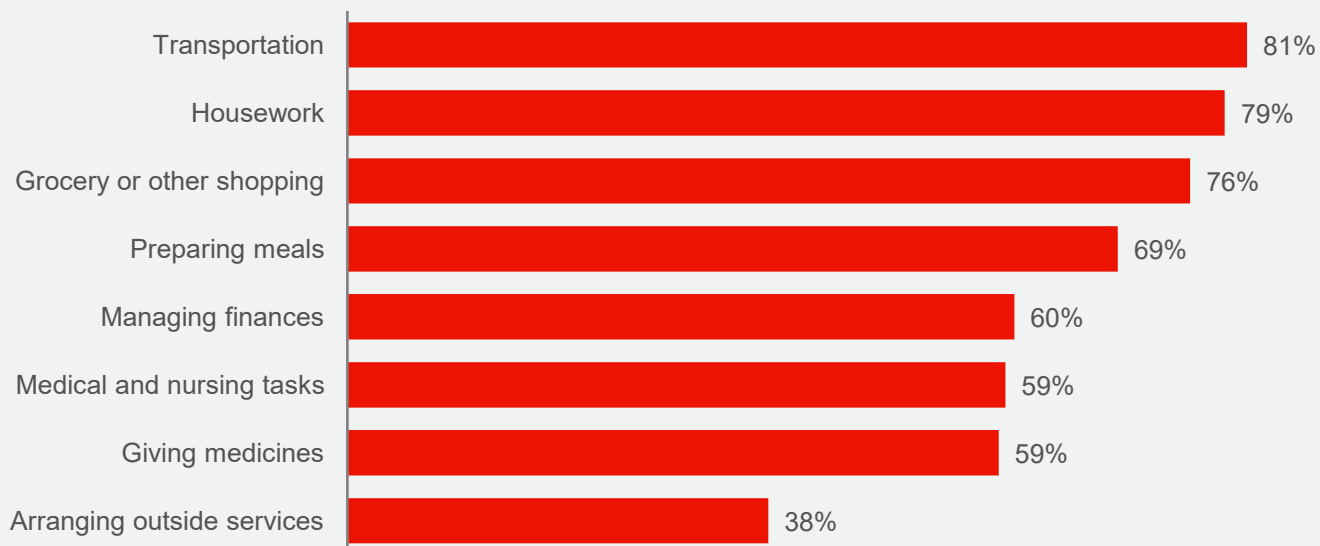
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

Two in ten family caregivers (22%) find these ADL tasks difficult. 10% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Texas Family Caregivers Help with Many Activities of Daily Living



Texas Family Caregivers Help with Many Instrumental Activities of Daily Living



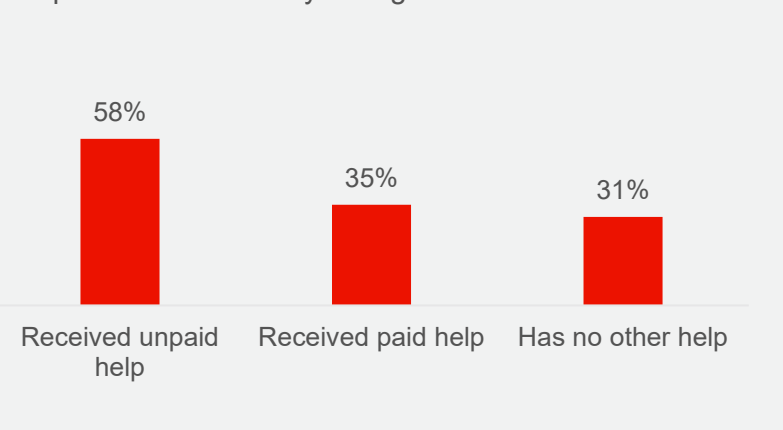
Two in five family caregivers (45%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

25% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Texas Family Caregivers Receive



41% of caregivers have been providing care for three years or longer.

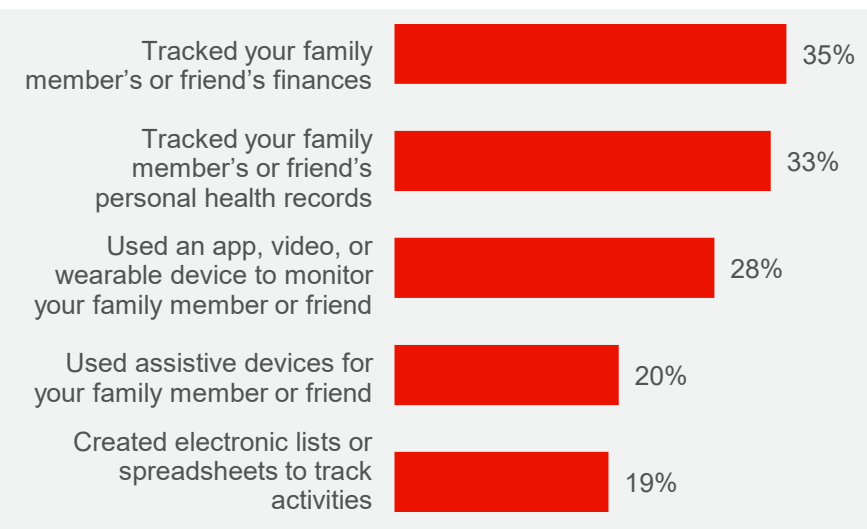
Six in ten (59%) family caregivers help with medical and nursing tasks, and **25% of caregivers** receive training for such tasks.

Family caregivers in Texas are key in managing health care:

- 66% monitor the severity of their care recipient's condition.
- 59% communicate with health care professionals about their family member's or friend's care.
- 52% advocate for them with health care providers, community services, or government agencies.

Two in five (40%) family caregivers would find respite care helpful, yet nearly **nine in ten (88%)** have never used such services.

Two-thirds (65%) of family caregivers use at least one of the technology solutions asked about in our survey.



One in four family caregivers (27%) have been asked by health care providers about care needed for their care recipient, and **18% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Over half (57%) of family caregivers in Texas 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.

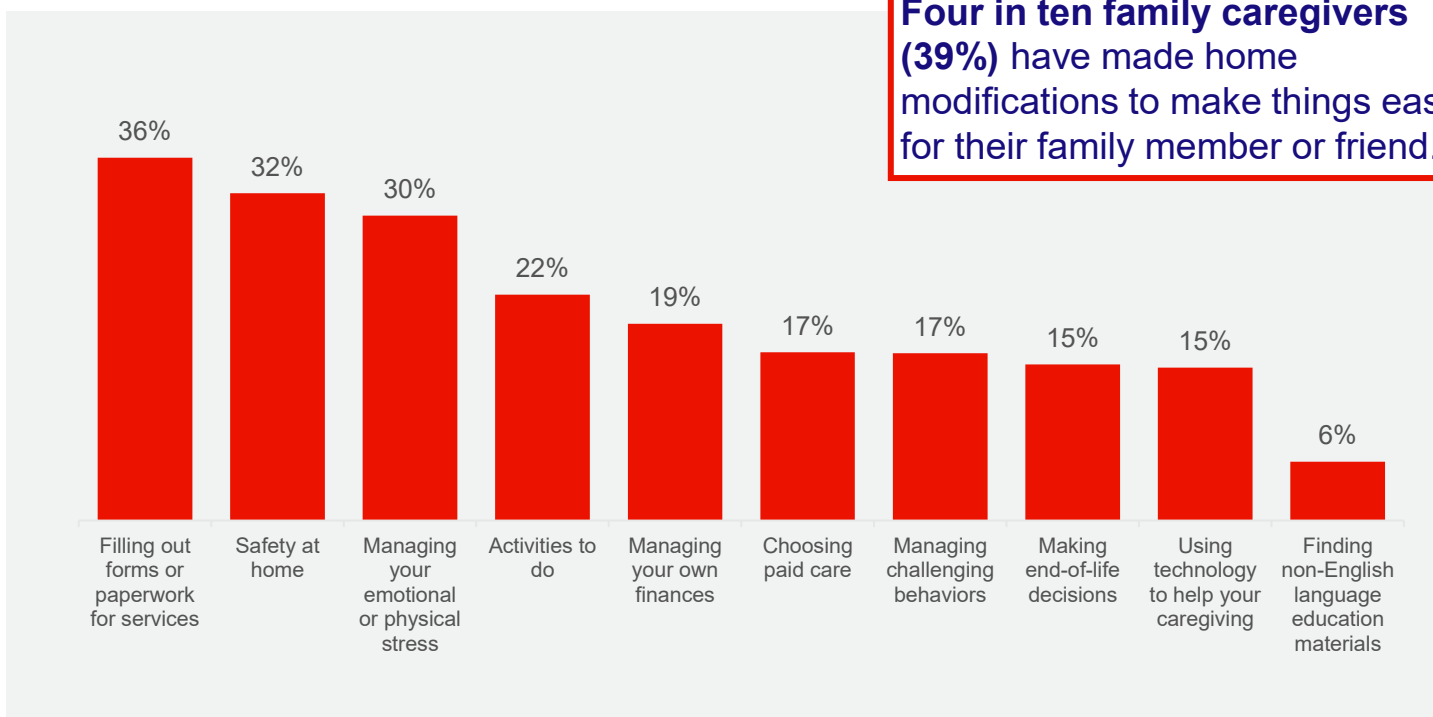
One-third of family caregivers (32%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Texas Family Caregivers

Stopped saving	36%	Had to start working or work more	16%
Took on more debt	27%	Used long-term savings	12%
Used up personal short-term savings	25%	Moved to less expensive home	10%
Left bills unpaid or paid late	23%	Put off retirement	9%
Borrowed money from family/friends	17%	Missed or was late on student loans	8%
Could not afford basic expenses	17%	Evicted or home foreclosed	5%

Information Needs of Family Caregivers

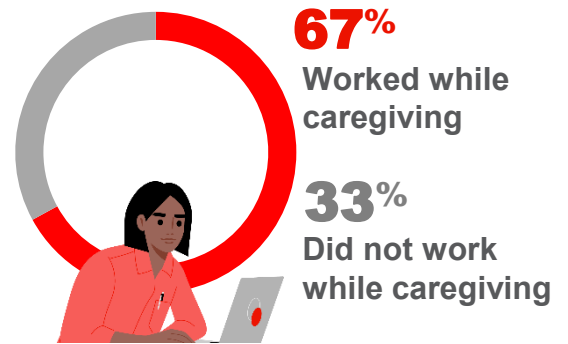
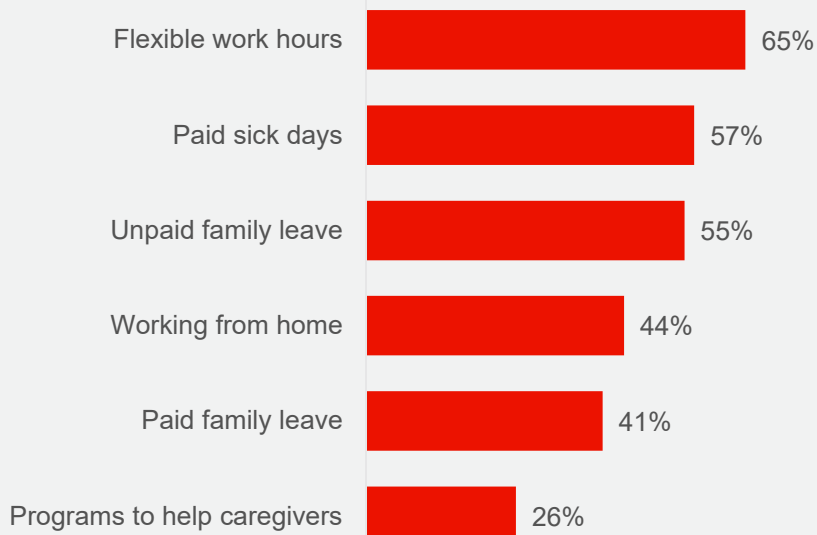
Four in ten family caregivers (39%) have made home modifications to make things easier for their family member or friend.



Working While Caregiving

Two in three family caregivers work while caregiving, and about two in three are full-time employees (65%) (working more than 30 hours a week). Over half of working caregivers (58%) in Texas are hourly-wage employees.

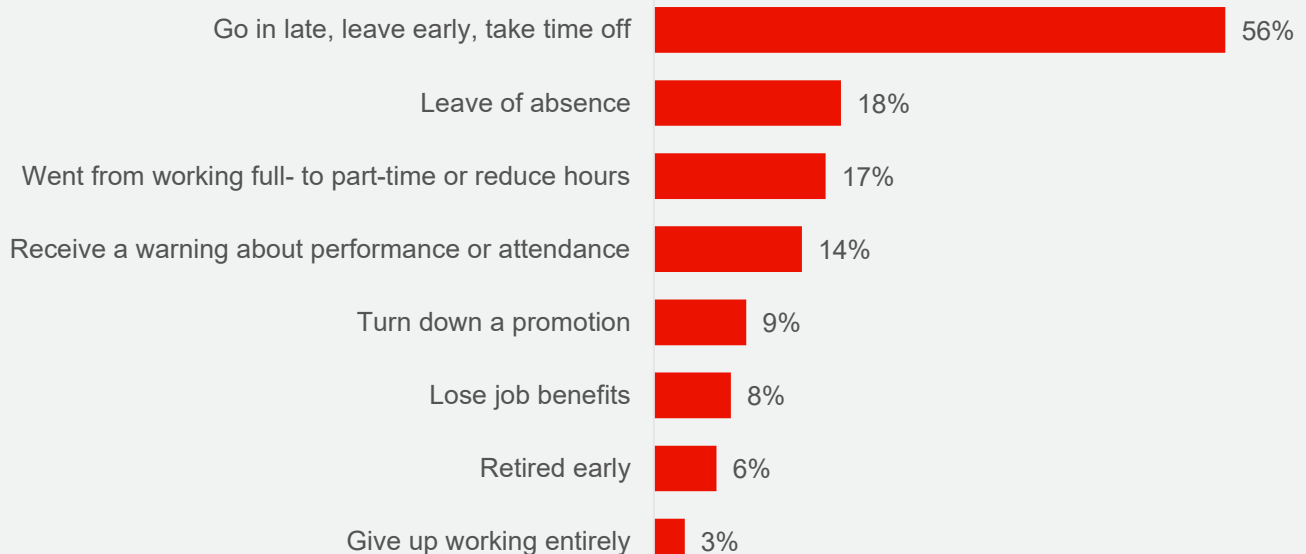
Workplace Benefits Offered to Texas Family Caregivers



36% of working caregivers have not told their supervisor that they are caregiving.

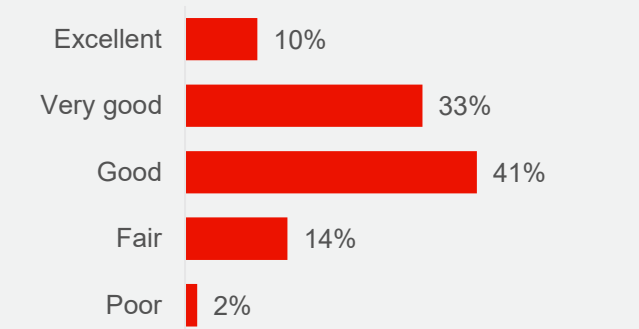
Support for working family caregivers has increased in recent years, but many workers still face challenges balancing care and paid employment.

Texas Family Caregivers Experience Work Disruptions

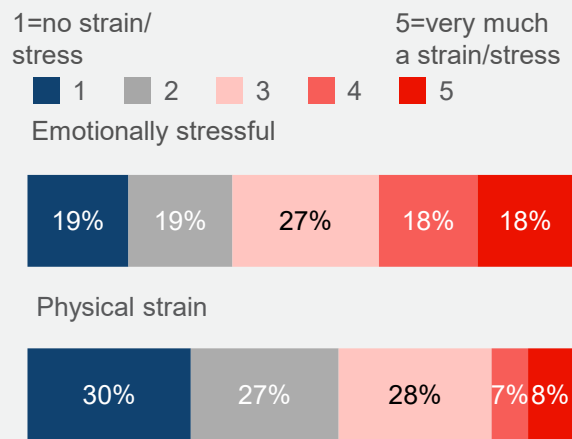


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

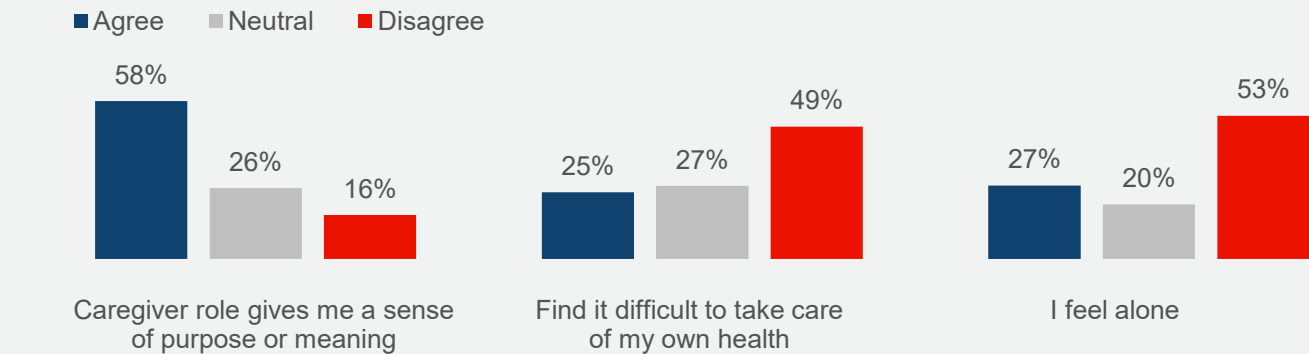
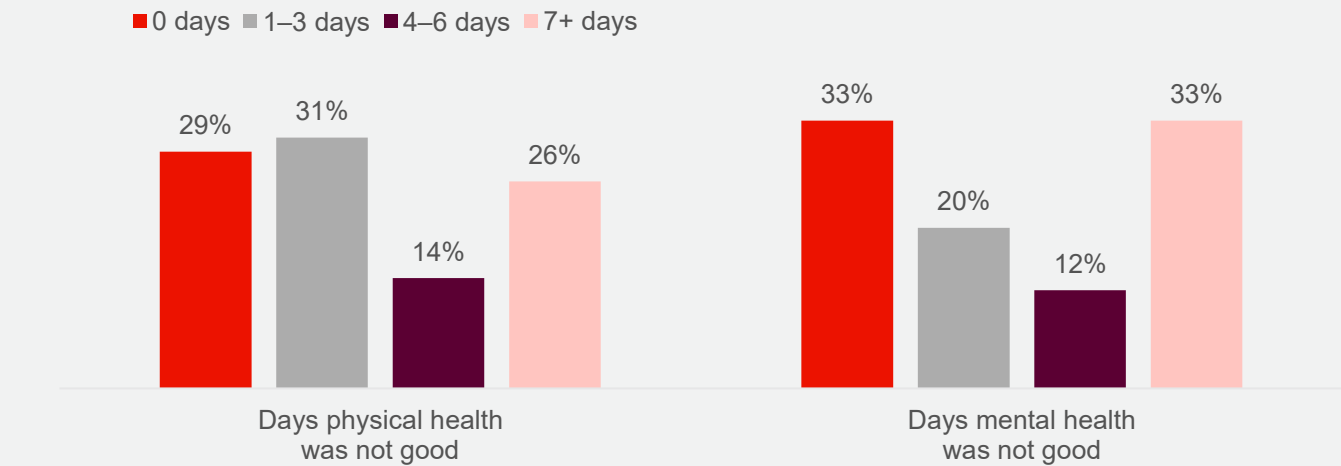


Stress and Strain Felt by Texas Caregivers



One in four family caregivers experience seven or more days a month of poor physical health. One-third (36%) of caregivers experience high emotional stress while caregiving. One quarter (25%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One quarter (27%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Texas

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	39%	Served in US Armed Forces	6%
Education		Cares for someone who served in the US Armed Forces	9%
Did not graduate from high school	14%	Has health insurance coverage	77%
Graduated from high school	24%	Has been a student while caregiving	12%
Some college or associate's degree	32%	Has a disability or handicap that limits them	15%
Bachelor's degree or higher	30%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	64%	Rural	13%
Single/never married	23%	Urban	46%
Widowed	3%	Suburban	41%
Separated/divorced	8%	Living situation	
Household income		Lives alone	9%
<\$25,000	15%	Lives with others	91%
\$25,000-\$49,999	15%		
\$50,000-\$99,999	27%		
\$100,000+	43%		

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 198 caregivers in Texas, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is $\pm 7.7\%$.