

Utah

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

More than half a million (697,000) adults in Utah provide care to a family member or friend with complex medical conditions or disabilities — nearly three in ten (28%) adults across the state.

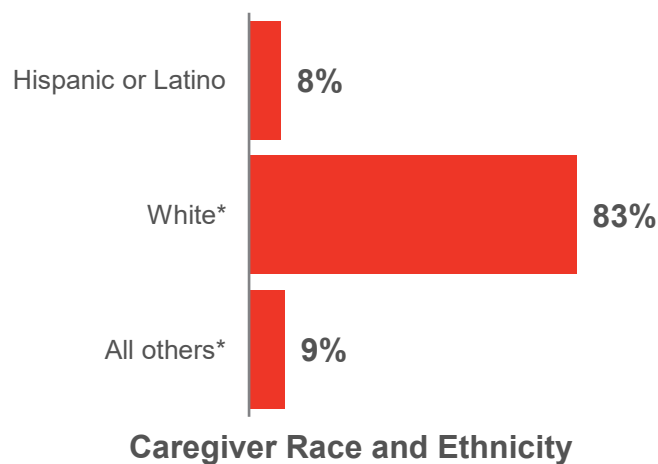
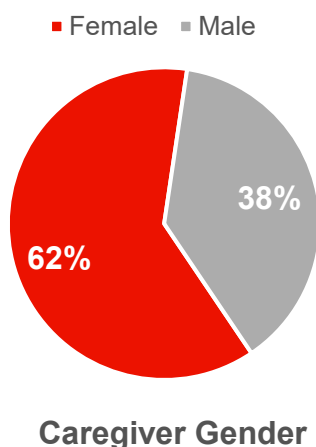
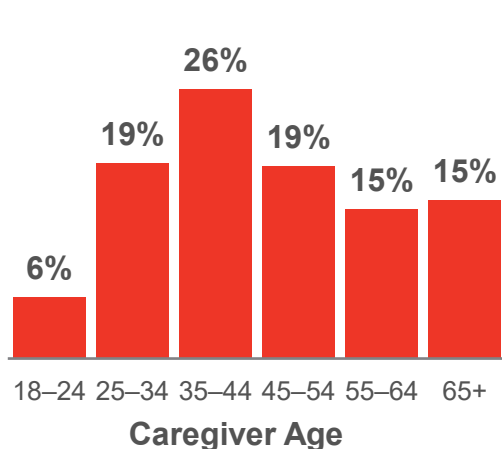
Most family caregivers in Utah care for an adult (90%) — most often a parent (53%). Twenty percent care for a child with complex medical needs. Most caregivers are married or living with a partner (74%). Nearly one quarter of caregivers live in a household with income under \$50,000 (23%). One-third of caregivers (35%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Fourteen percent of caregivers live with a disability. Over half of family caregivers live with their care recipient (52%).

On average, family caregivers are **47 years old** and care for someone **59 years old** in Utah.

Six in ten family caregivers work while also caregiving (63%).

Most family caregivers in Utah provide care to someone due to a long-term physical condition (55%).

Demographics of Family Caregivers in Utah



*Non-Hispanic

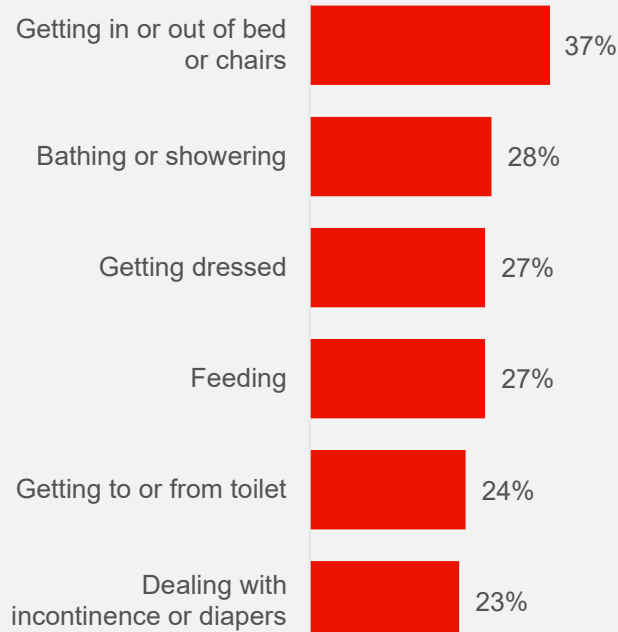
What Family Caregivers Do

Over half of family caregivers in Utah (56%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

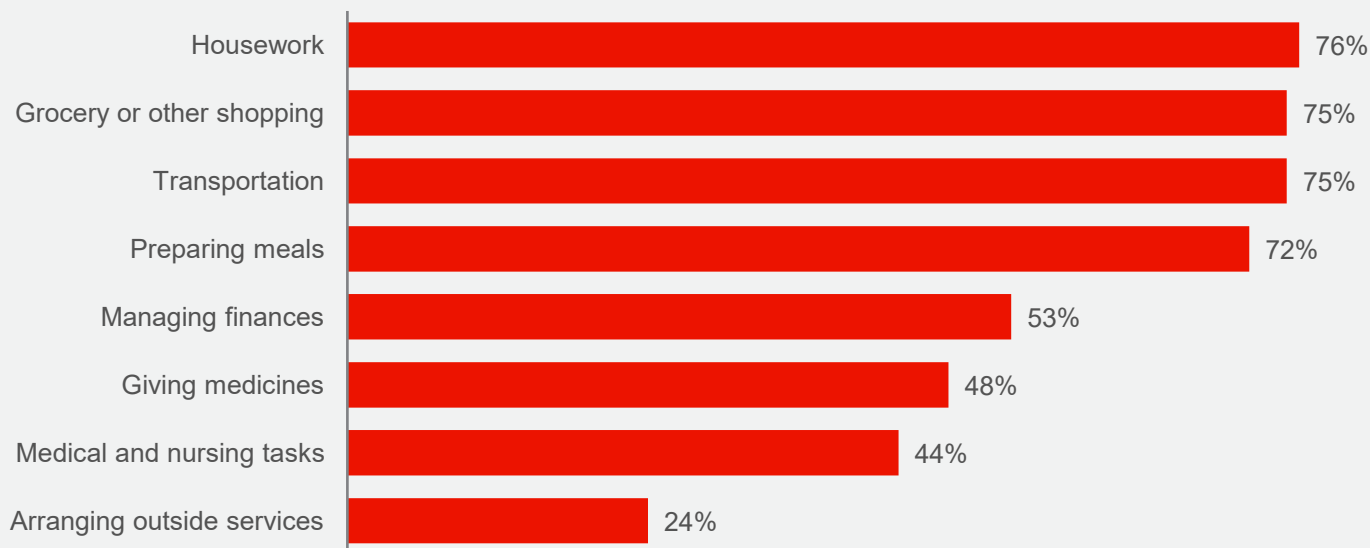
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

5% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Utah Family Caregivers Help with Many Activities of Daily Living



Utah Family Caregivers Help with Many Instrumental Activities of Daily Living



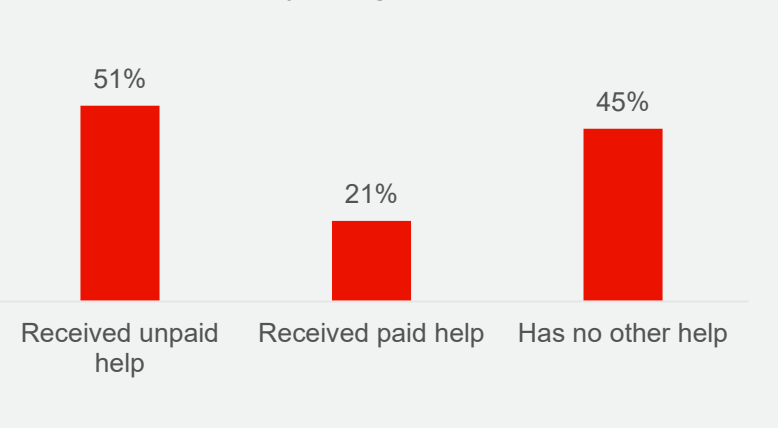
Nearly four in ten family caregivers (38%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

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

What Family Caregivers Do

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

Help That Utah Family Caregivers Receive



48% of caregivers have been providing care for three years or longer.

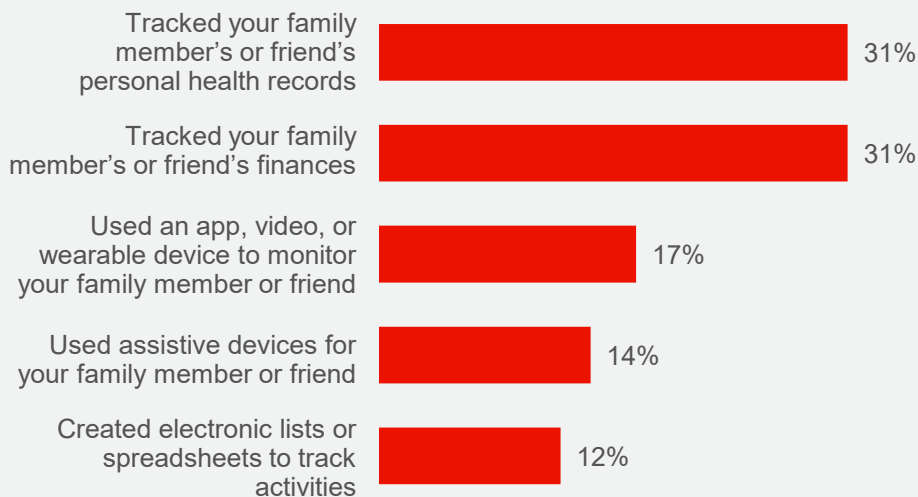
Four in ten family caregivers (44%) help with medical and nursing tasks.

Family caregivers in Utah are key in managing health care:

- 67% monitor the severity of their care recipient's condition.
- 60% communicate with health care professionals about their family member's or friend's care.
- 46% advocate for them with health care providers, community services, or government agencies.

While **three in ten (30%) family caregivers** would find respite care helpful, over **nine in ten (94%)** have never used such services.

Half of family caregivers (50%) use at least one of the technology solutions asked about in our survey.



Two in ten family caregivers (21%) have been asked by health care providers about care needed for their care recipient, and **12% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

One-third of family caregivers (36%) in Utah have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, taking on more debt, and using up personal savings.

One in four family caregivers (25%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Utah Family Caregivers

Stopped saving	23%
Took on more debt	23%
Used up personal short-term savings	21%
Borrowed money from family/friends	15%
Left bills unpaid or paid late	14%

Could not afford basic expenses	10%
Had to start working or work more	10%
Used long-term savings	9%
Put off retirement	5%

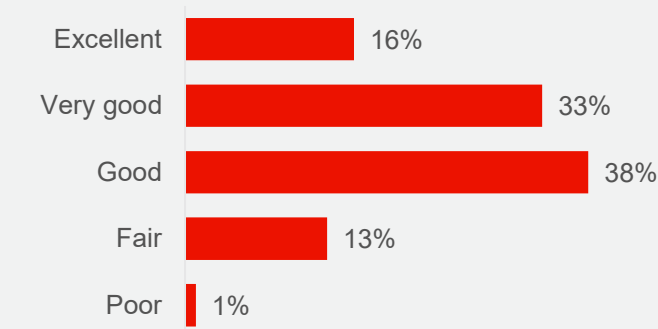
Information Needs of Family Caregivers

Three in ten family caregivers (31%) have made home modifications to make things easier for their care recipient.

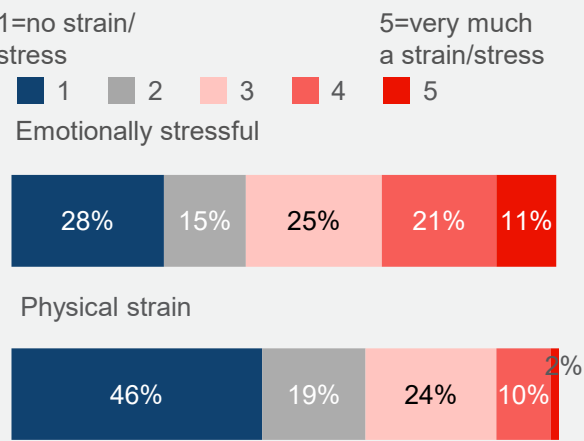


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

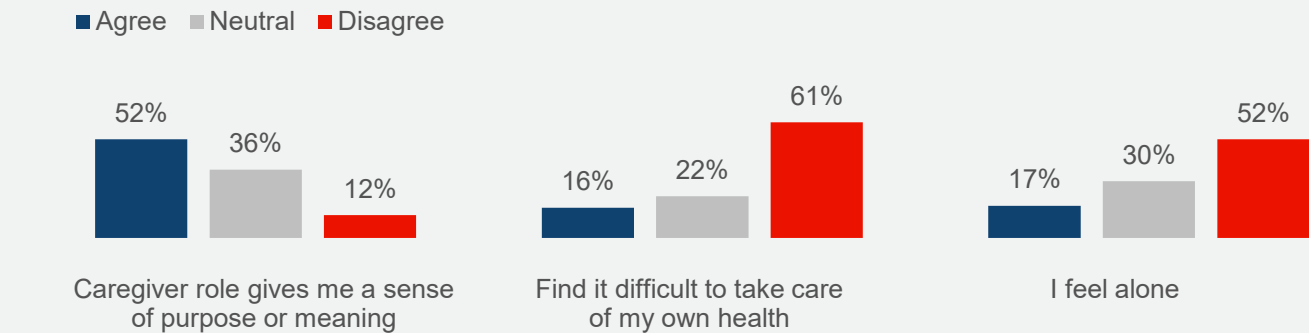
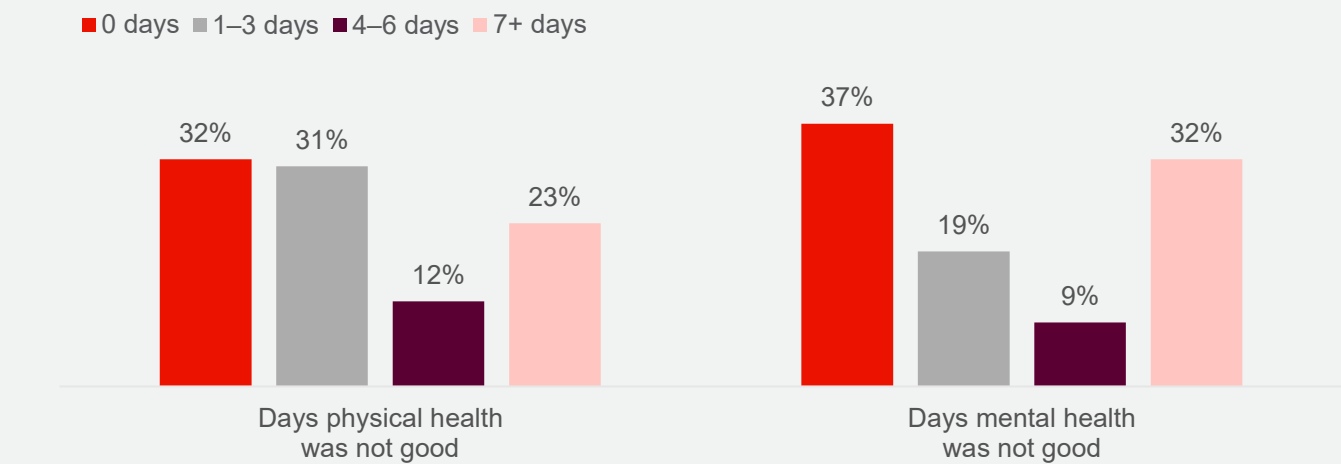


Stress and Strain Felt by Utah Caregivers



One quarter of family caregivers experience seven or more days a month of poor physical health. One-third of caregivers (32%) experience high emotional stress while caregiving. Sixteen percent (16%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Just under two in ten (17%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Utah

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	35%	Served in US Armed Forces	9%
Education		Cares for someone who served in the US Armed Forces	9%
High school graduate or less	37%	Has health insurance coverage	88%
Some college or associate's degree	33%	Has been a student while caregiving	8%
Bachelor's degree	22%	Has a disability or handicap that limits them	14%
Master's degree or above	8%	Has internet access in home	89%
Marital status		Place of residence	
Married/living with partner	74%	Rural	5%
Single/never married	13%	Urban	23%
Widowed	3%	Suburban	73%
Separated/divorced	10%	Living situation	
Household income		Lives alone	10%
<\$25,000	13%	Lives with others	90%
\$25,000-\$49,999	10%		
\$50,000-\$99,999	26%		
\$100,000+	51%		

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 127 caregivers in Utah; 117 caregivers sampled from Ipsos' national, probability-based online Knowledge Panel® and 10 caregivers sampled from opt-in non-probability panels. The margin of sampling error is ±12.2%.