

Virginia

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 Virginia provide care to a family member or friend with complex medical conditions or disabilities — nearly one quarter (23%) of adults across the state.

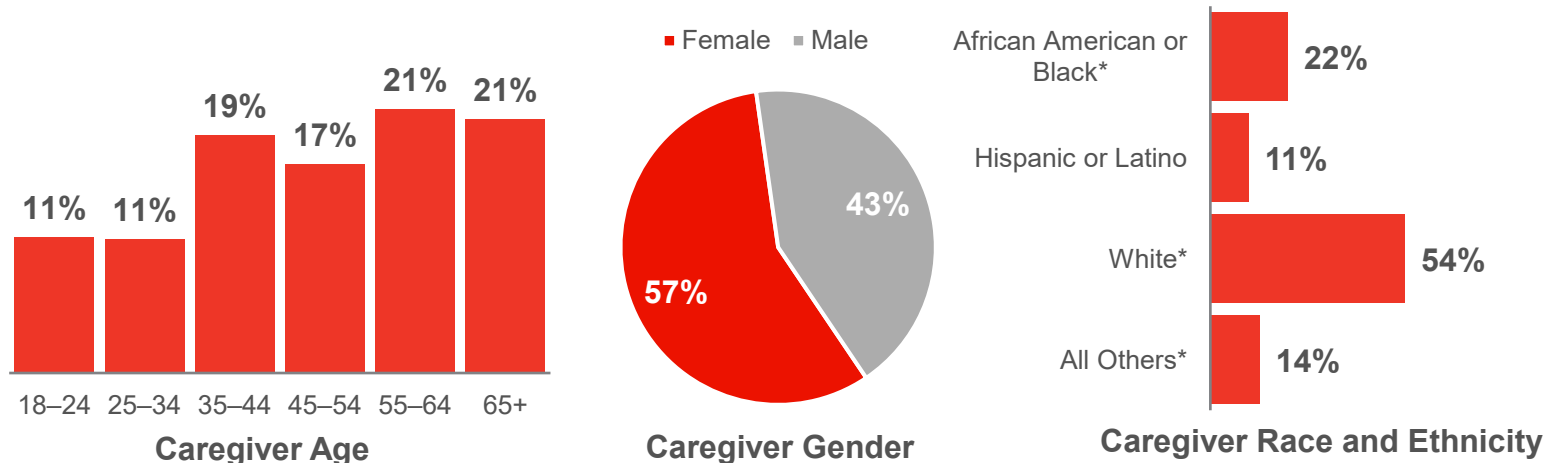
Most family caregivers in Virginia care for an adult (98%) — most often a parent (51%). Sixteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (61%). Over a quarter of caregivers live in a household with income under \$50,000 (28%). Nearly three in ten caregivers (29%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in six caregivers live with a disability. Four in ten family caregivers live with their care recipient (43%).

On average, family caregivers are **49 years old** and care for someone **64 years old** in Virginia.

Over half of family caregivers work while also caregiving (57%).

Most family caregivers in Virginia provide care to someone due to a long-term physical condition (61%).

Demographics of Family Caregivers in Virginia



*Non-Hispanic

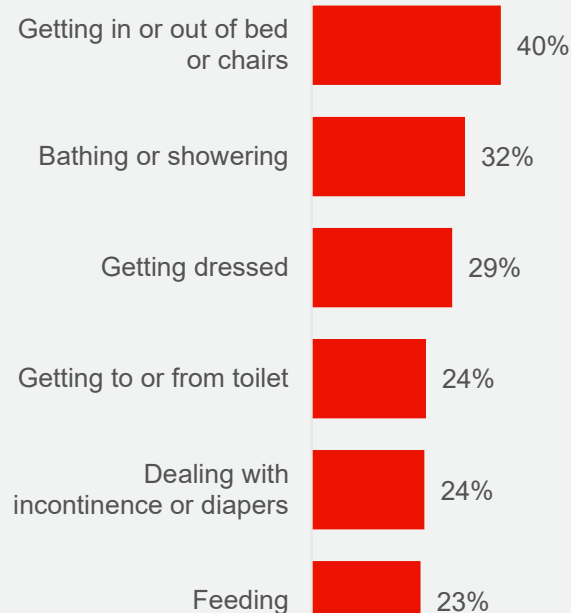
What Family Caregivers Do

Two-thirds of family caregivers in Virginia (65%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

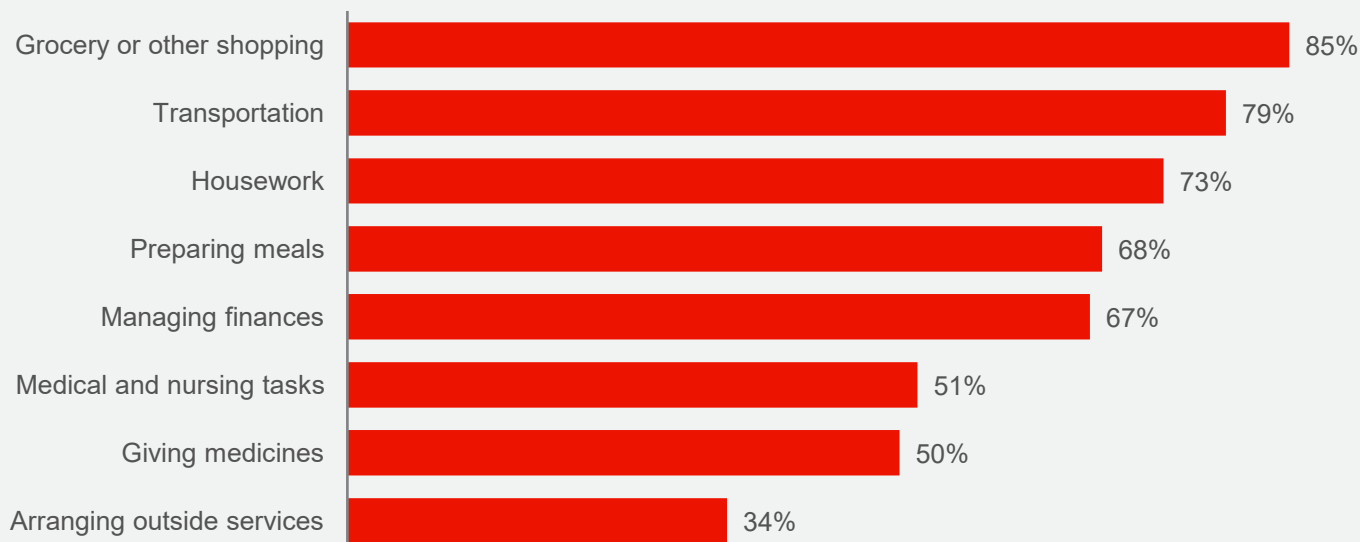
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

6% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Virginia Family Caregivers Help with Many Activities of Daily Living



Virginia Family Caregivers Help with Many Instrumental Activities of Daily Living



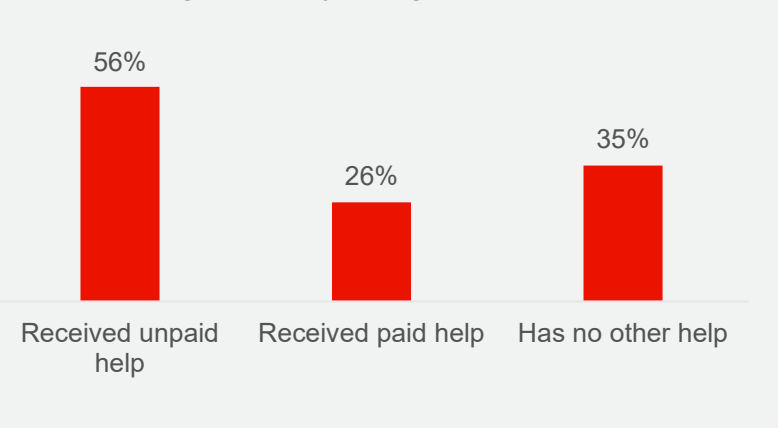
Four in ten family caregivers (42%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

33% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Virginia Family Caregivers Receive



46% of caregivers have been providing care for three years or longer.

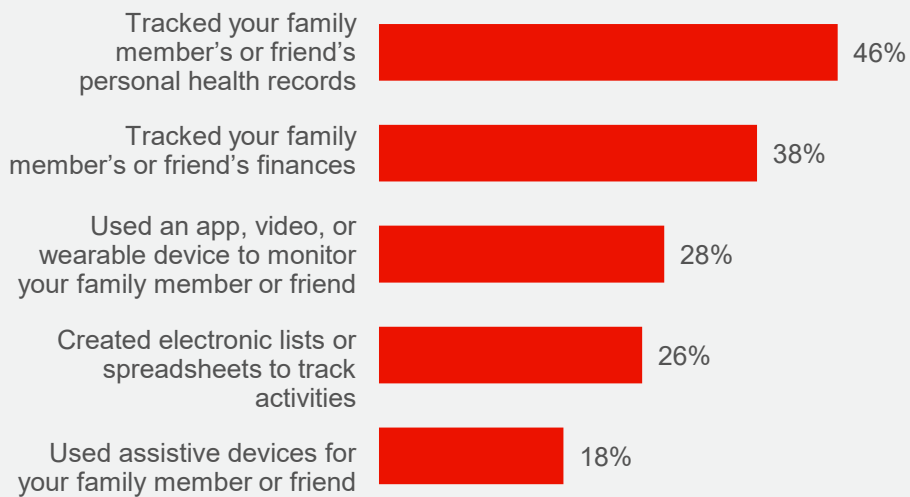
Half of family caregivers (51%) help with medical and nursing tasks.

Family caregivers in Virginia are key in managing health care:

- 71% monitor the severity of their care recipient's condition.
- 61% communicate with health care professionals about their family member's or friend's care.
- 60% advocate for them with health care providers, community services, or government agencies.

While nearly **four in ten (37%) family caregivers** would find respite care helpful, nearly **nine in ten (87%)** have never used such services.

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



One quarter of family caregivers (25%) have been asked by health care providers about care needed for their care recipient, and **13% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (45%) in Virginia have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, using up savings, and leaving bills unpaid.

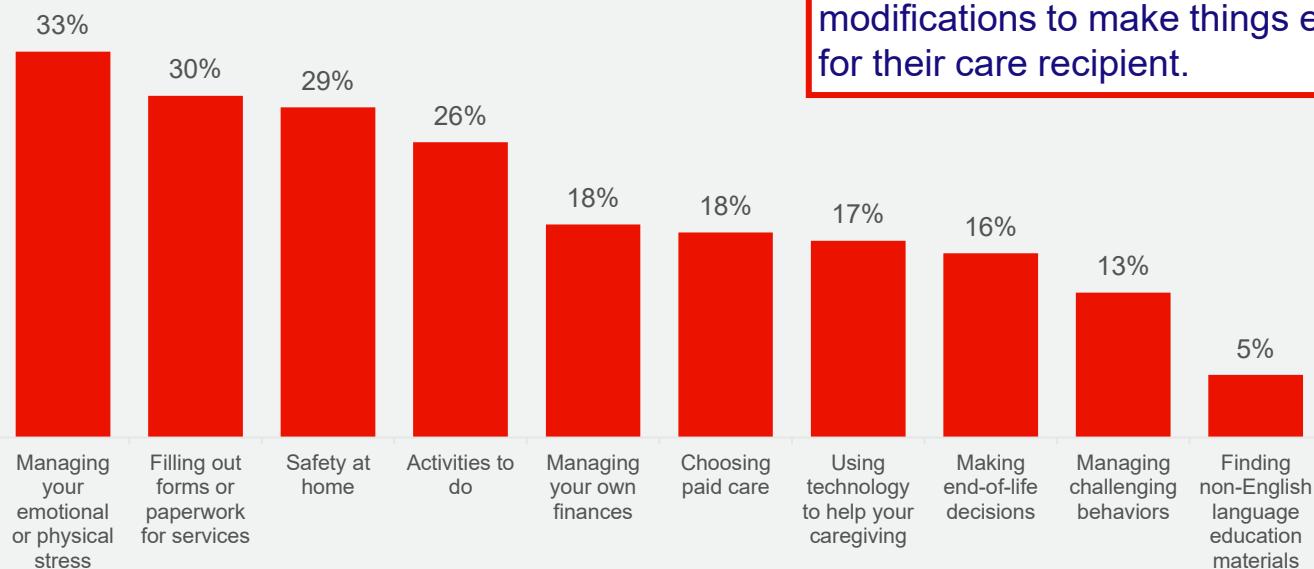
Over one-third of family caregivers (36%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Virginia Family Caregivers

Stopped saving	34%	Used long-term savings	13%
Used up personal short-term savings	27%	Had to start working or work more	12%
Left bills unpaid or paid late	25%	Put off retirement	11%
Took on more debt	22%	Missed/late paying student loan	7%
Borrowed money from family/friends	21%	Moved to less expensive home	3%
Could not afford basic expenses	19%		

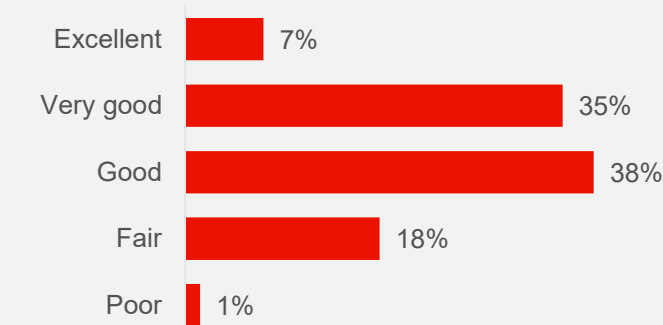
Information Needs of Family Caregivers

Over four in ten family caregivers (43%) have made home modifications to make things easier for their care recipient.

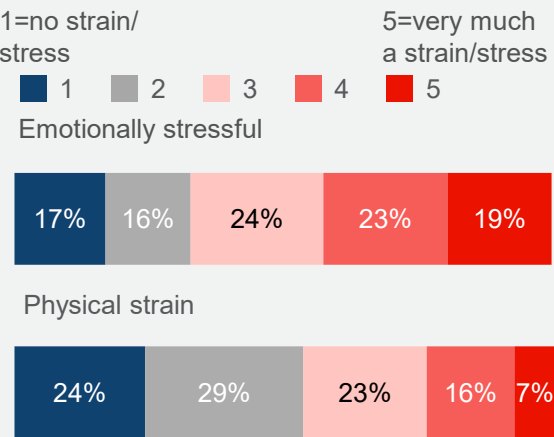


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

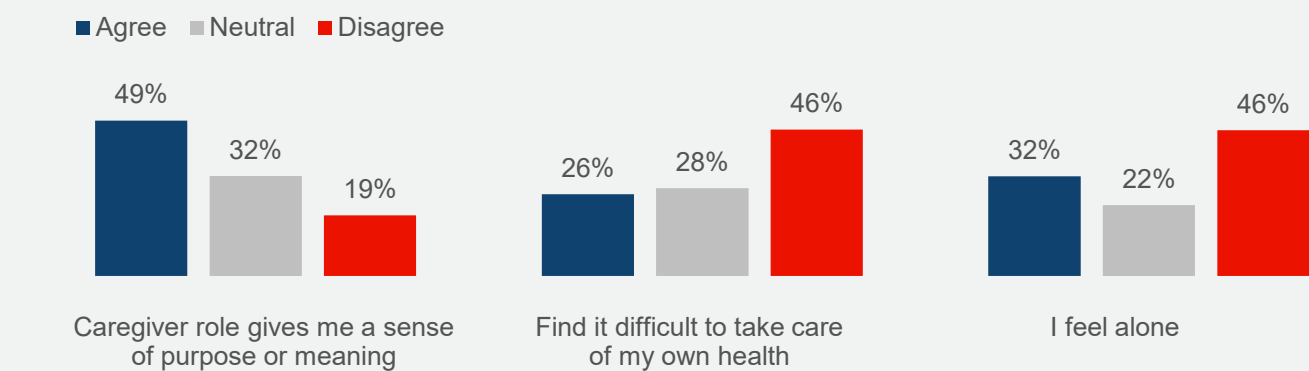
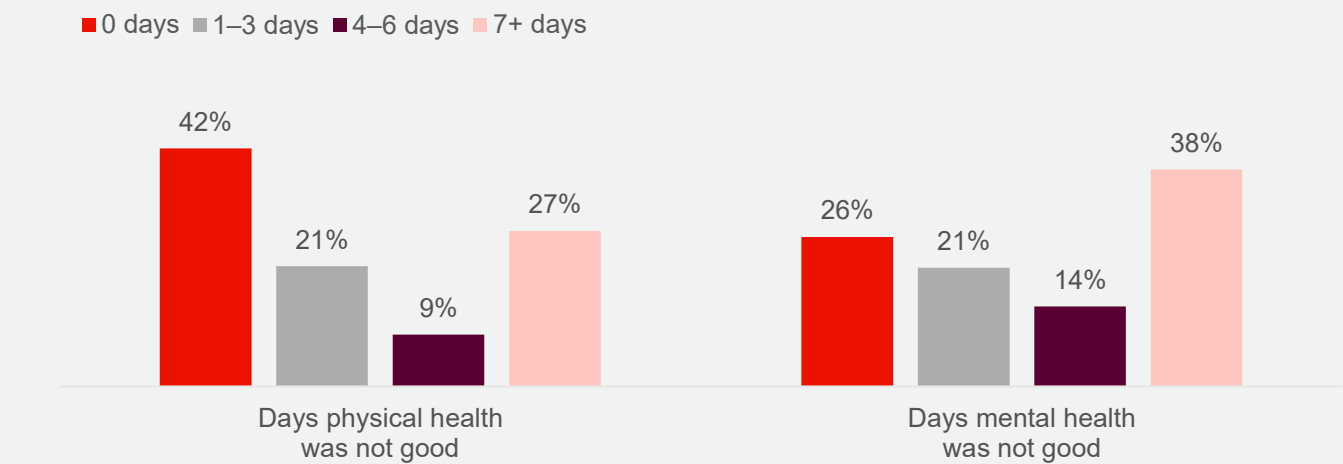


Stress and Strain Felt by Virginia Caregivers



Nearly three in ten family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (42%) experience high emotional stress while caregiving. One quarter (26%) have difficulty taking care of their own health while they focus on their care recipient’s needs. One-third (32%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Virginia

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	29%	Served in US Armed Forces	14%
Education		Cares for someone who served in the US Armed Forces	12%
Did not graduate from high school	4%	Has health insurance coverage	91%
Graduated from high school	29%	Has been a student while caregiving	12%
Some college or associate's degree	33%	Has a disability or handicap that limits them	17%
Bachelor's degree or higher	34%	Has internet access in home	98%
Marital status		Place of residence	
Married/living with partner	61%	Rural	25%
Single/never married	27%	Urban	31%
Widowed/separated/divorced	8%	Suburban	44%
Household income		Living situation	
<\$25,000	12%	Lives alone	8%
\$25,000-\$49,999	16%	Lives with others	92%
\$50,000-\$99,999	25%		
\$100,000+	47%		

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 129 caregivers in Virginia, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±10.1%.