

Washington

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

More than 1 million (1,330,000) adults in Washington provide care to a family member or friend with complex medical conditions or disabilities — two in ten (22%) adults across the state.

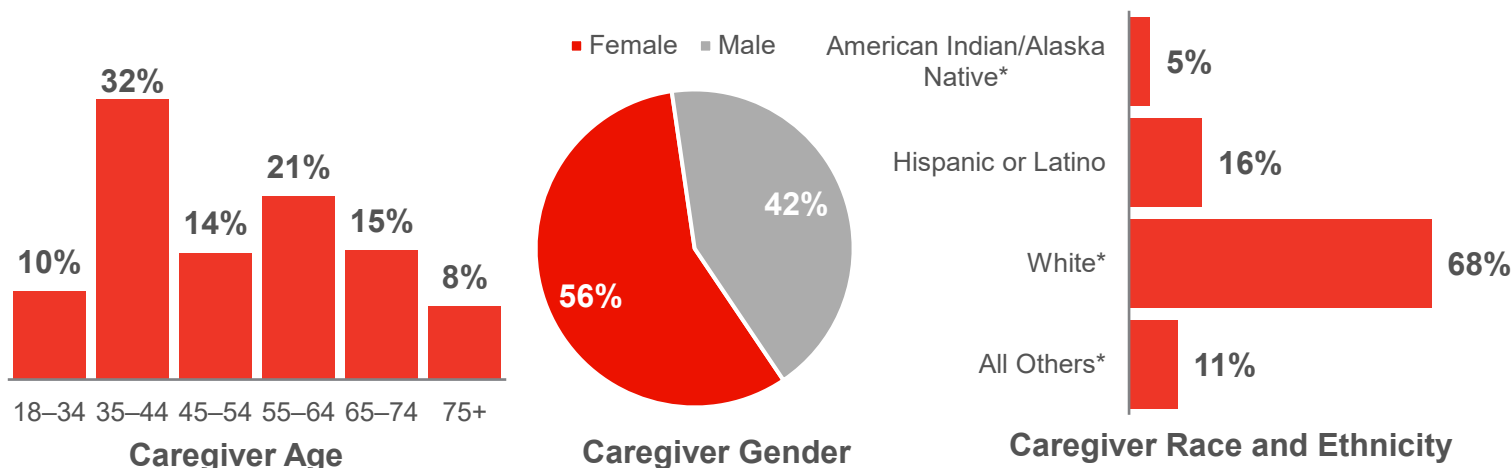
Most family caregivers in Washington care for an adult (94%) — most often a parent (44%). Twenty-three percent care for a child with complex medical needs. Most caregivers are married or living with a partner (70%). One-third of caregivers live in a household with income under \$50,000 (33%). One-third of caregivers (32%) 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. Two in five family caregivers live with their care recipient (41%).

On average, family caregivers are **52 years old** and care for someone **67 years old** in Washington.

Over half of family caregivers work while also caregiving (55%).

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

Demographics of Family Caregivers in Washington



*Non-Hispanic

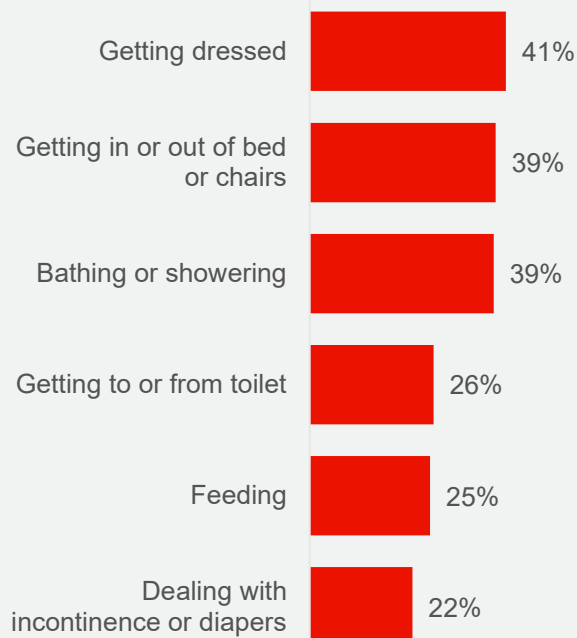
What Family Caregivers Do

Three-quarters of family caregivers in Washington (75%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

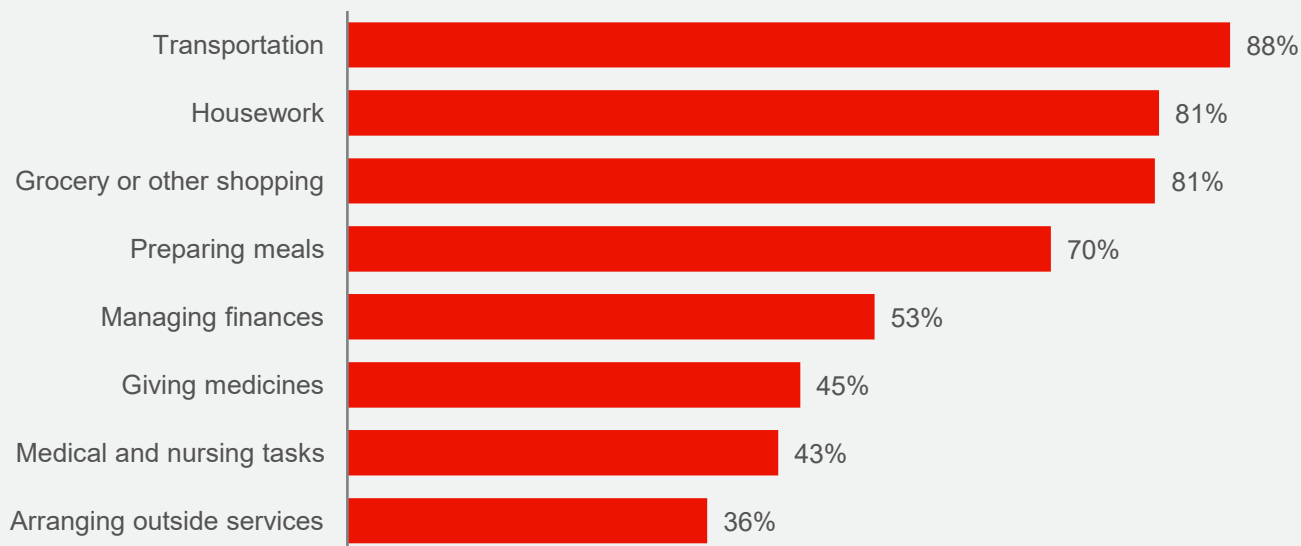
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

Nearly one in five family caregivers (18%) find these ADL tasks difficult. 11% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Washington Family Caregivers Help with Many Activities of Daily Living



Washington Family Caregivers Help with Many Instrumental Activities of Daily Living



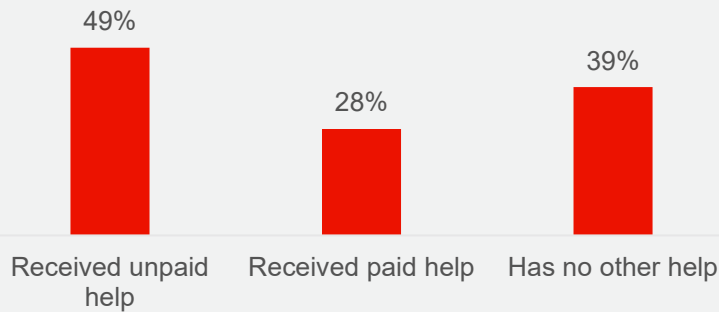
Over four in ten family caregivers (47%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

22% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Washington Family Caregivers Receive



38% of caregivers have been providing care for three years or longer.

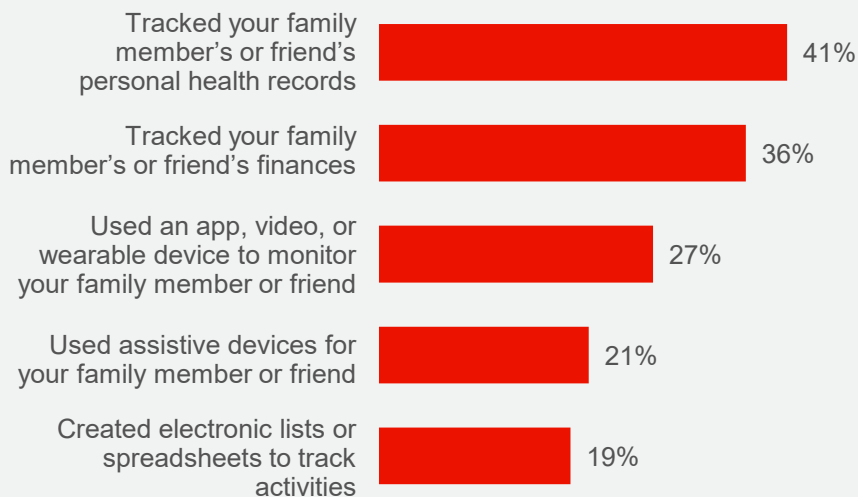
Two in five family caregivers (43%) help with medical and nursing tasks.

Family caregivers in Washington are key in managing health care:

- 70% monitor the severity of their care recipient's condition.
- 61% communicate with health care professionals about their family member's or friend's care.
- 53% 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, **nine in ten (92%)** have never used such services.

Two-thirds of family caregivers (66%) use at least one of the technology solutions asked about in our survey.



A quarter of family caregivers (24%) have been asked by health care providers about care needed for their care recipient, and **10% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Nearly half of family caregivers (49%) in Washington have experienced at least one negative financial impact because of their care responsibilities.

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

One-third of family caregivers (34%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Washington Family Caregivers

Stopped saving	37%	Could not afford basic expenses	17%
Left bills unpaid or paid late	28%	Put off retirement	15%
Used up personal short-term savings	27%	Used long-term savings	12%
Borrowed money from family/friends	25%	Moved to less expensive home	11%
Took on more debt	19%	Had to start working or work more	10%

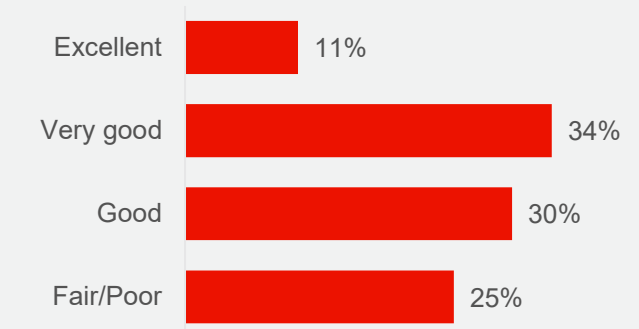
Information Needs of Family Caregivers

One-third of family caregivers (33%) have made home modifications to make things easier for their care recipient.

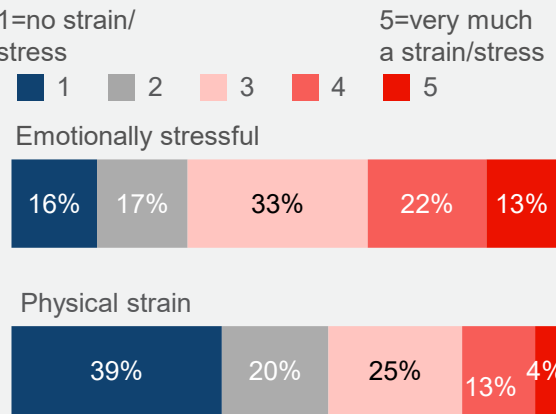


Well-Being of Family Caregivers

Self-Reported Health Status of Family Caregivers

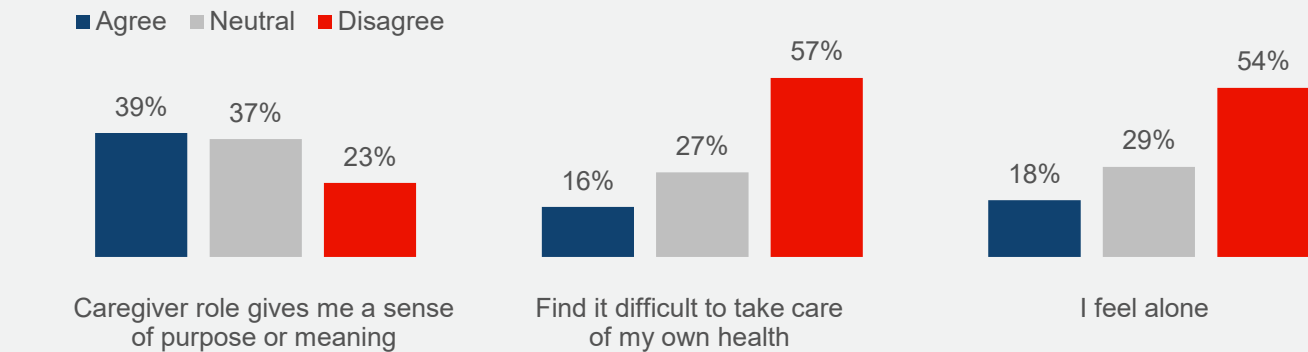
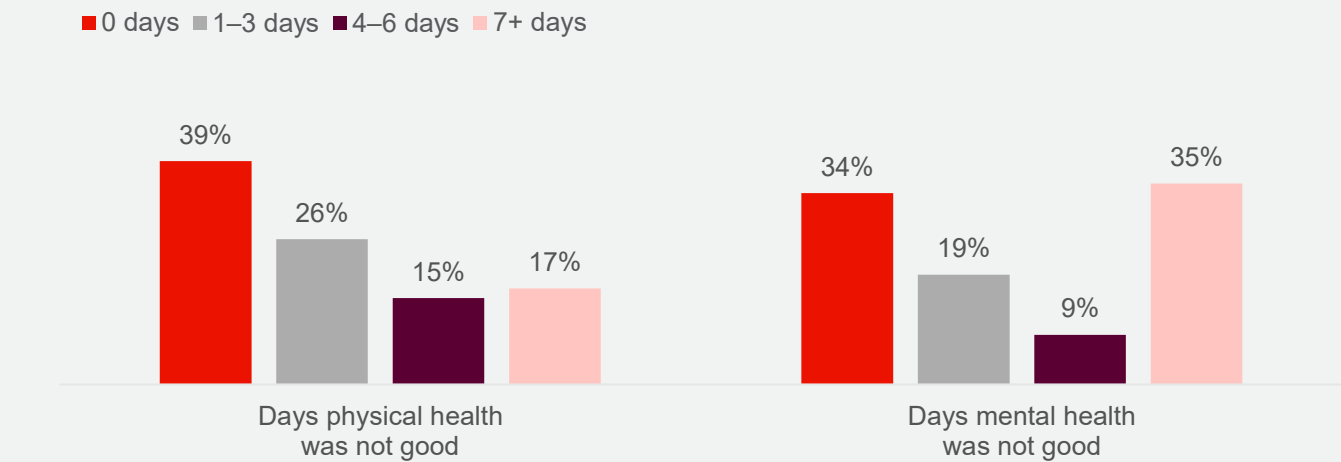


Stress and Strain Felt by Washington Caregivers



Nearly two in ten family caregivers experience seven or more days a month of poor physical health. Over one in three caregivers (35%) experience high emotional stress while caregiving. One in six (16%) have difficulty taking care of their own health while they focus on their care recipient’s needs. Nearly two in ten (18%) feel alone while caregiving.

Caregivers Healthy Days Measure



Demographic Characteristics of Family Caregivers in Washington

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	32%	Served in US Armed Forces	11%
Education		Cares for someone who served in the US Armed Forces	12%
Did not graduate from high school	12%	Has health insurance coverage	91%
Graduated from high school	25%	Has been a student while caregiving	5%
Some college or associate's degree	38%	Has a disability or handicap that limits them	18%
Bachelor's degree or higher	26%	Has internet access in home	96%
Marital status		Place of residence	
Married/living with partner	70%	Rural	20%
Single/never married	10%	Urban	41%
Widowed	3%	Suburban	39%
Separated/divorced	16%	Living situation	
Household income		Lives alone	12%
<\$25,000	15%	Lives with others	88%
\$25,000-\$49,999	18%		
\$50,000-\$99,999	22%		
\$100,000+	45%		

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 132 caregivers in Washington, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±11.0%.