

Caregiving in the US 2025: A National Portrait of Family Caregivers

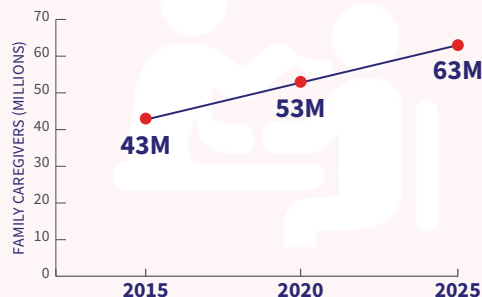
A Dramatic Increase

20 million

MORE family caregivers since 2015 – **a nearly 50% increase**

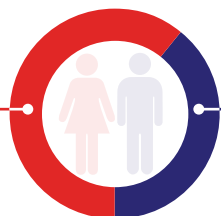
63 million

Americans are family caregivers – **that's 1 in 4 adults**



Who Are America's Family Caregivers?

61%
women



39%
men

51 is **average age**

NEARLY HALF are **under 50** – younger than many expect.



29%

are **sandwich generation caregivers** – caring for both children and adults



18%

have a **disability** themselves



27%

are caring for someone with **dementia** or **cognitive impairment**

Work and Financial Challenges

7 in 10 working-age family caregivers also work – **balancing dual responsibilities**

47% report at least one **negative financial impact**

1 in 5 can't afford basic needs like food and housing



1 in 4 family caregivers **feel alone**



Almost **4 in 10** report **emotional stress**



23% find it **difficult** to take care of their **own health**

Finding Hope & Solutions

51% of family caregivers **find purpose** in caregiving

Use of technology to support caregiving has **doubled** in 5 years

Caregivers' access to **paid family leave** has expanded over 10 years

