

Family Caregivers with Disabilities

SUMMARY

Family caregivers with disabilities face compounded challenges that significantly impact their financial stability, health, and well-being. These family caregivers tend to have lower household incomes and report substantially more negative financial impacts from caregiving than caregivers without disabilities. They experience greater strain across all dimensions—physical, emotional, and financial—

while spending more time on caregiving responsibilities. Many are sandwich generation caregivers, managing their own health conditions while caring for a child under 18 and an adult with complex needs. Despite these challenges, many continue working while providing care, highlighting their resilience and the critical need for targeted and accessible support services.

DATA HIGHLIGHTS

Nearly **1 in 5**
family caregivers
have a disability

49%
have household incomes
of **less than \$50,000**

1 in 4
are **sandwich generation**
caregivers with children
or grandchildren at home

36%
work full or part-time
in addition to their
family caregiving

8%
lack health
insurance themselves

3x
more likely to report **filing**
for bankruptcy compared to
caregivers with no disability

13%
currently serve or have
served on **US Armed Forces**

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