

# Rural Family Caregivers

## SUMMARY

Rural family caregivers face unique challenges shaped by limited access to affordable services. They are more likely to say it is very difficult to get affordable services in their local area or community. They are less likely to live with their care recipient – an example of how geographic differences impact their caregiving situation. Notably, they are more likely to have a disability themselves, which highlights the layered challenges

they may face in providing care while managing their own health needs. Rural caregivers also face distinct financial challenges. They are less often working full-time, and when they are working, they are less often in salaried jobs, compared to their counterparts. Despite these barriers, working rural caregivers often report greater awareness from their supervisors about their caregiving roles, highlighting an opportunity for workplace support.

## DATA HIGHLIGHTS

**1 in 5**

family caregivers live in a **rural community**

**34%**

of rural caregivers say **affordable services** are very **hard to find**

**52%**

are **employed** while providing care

**20%**

have a **disability**

**56%**

of rural working caregivers report that **supervisors are aware** of their **caregiving responsibilities**

**37%**

are likely to **live with** their care recipient

<https://doi.org/10.26419/ppi.00373.012>