

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

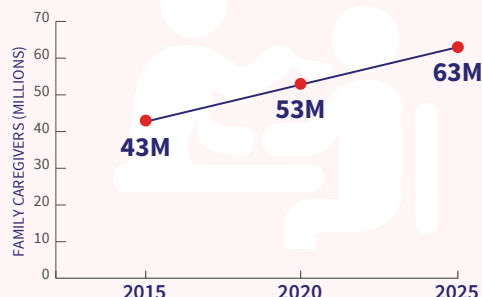
## A Dramatic Increase

**20 million**

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

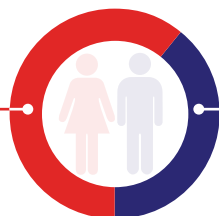
**63 million**

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

