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Family Caregivers of Adults Age 50-plus:

The Caregiving in the US 2025 Series

AARP

NATIONAL ALLIANCE FOR CAREGIVING

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Executive Summary

More than 51 million Americans—nearly one in five adults—are providing care to someone age 50 and older, continuing an upward trend observed since 2015. These caregivers contribute substantially to the nation's long-term care system, often with limited formal support.

This companion report to *Caregiving in the US 2025* focuses specifically on the experiences of family caregivers who provide care to adults age 50 and older living with disabilities or complex medical conditions. It examines who these caregivers are, whom they care for, the nature and intensity of care provided, and the impacts of caregiving on the caregiver's employment, finances, health, and well-being.

Key Findings

Family caregiving for adults 50-plus has grown in prevalence and complexity. In 2025, nearly one in five American adults were providing care to adults age 50 and older, a significant increase in prevalence over the last decade.

Who is caregiving for older adults? Caregivers of adults age 50 and older span all demographic groups and reflect the diversity of the U.S. population. Key characteristics include

- Caregivers of adults 50-plus are older, on average, than caregivers of adults 18-49 (average age of 52 vs. 44);
- Almost one-quarter care for two or more adults simultaneously, creating complex and layered caregiving responsibilities; and
- Nearly all caregivers are caring for a relative, most commonly a parent, parent-in-law, or spouse or partner.

Women continue to represent a majority of caregivers, although men account for nearly two in five. Caregivers of older adults are less likely to have children living at home than caregivers of younger adults (27 percent compared to 36 percent).

Who are the older adult care recipients? Older adult care recipients have an average age of 76 years old. Half of these care recipients have multiple health conditions, reflecting greater care complexity. Care recipients who are 50-plus more often have memory issues and/or dementia as a primary condition than care recipients 18-49. One in four (28 percent) family caregivers care for someone 50-plus with memory issues or dementia compared to 18 percent of family caregivers of adults 18-49. Care for someone with Alzheimer's disease and other forms of dementia are associated with greater caregiving intensity, more frequent interactions with health care systems, and greater negative impacts on caregivers' finances, health, and well-being.

Living situation of family caregivers and older adult care recipients. Close physical proximity between family caregivers and care recipients 50-plus is common, with 74 percent of caregivers living with, or within 20 minutes of, their care recipient. Hispanic/Latino and lower-income caregivers more often live with their care recipients. Three in ten care recipients age 50plus live alone, rising to four in ten among those age 85 or older.

Family caregivers of adults 50-plus more often include both paid and unpaid helpers in their caregiving network (24 percent) than caregivers of adults 18-49 (12 percent). Caregivers of older adults, like caregivers of younger adults 18-49, also may be balancing care for different generations. One-quarter (27 percent) of caregivers for older adults are sandwich generation caregivers, caring for an older adult and a child at the same time.

What care are family caregivers of older adults providing? The average duration of caregiving for older adults has increased since 2020 in terms of years of care provided at the time of the survey and hours per week of care. On average, caregivers of adults 50-plus have been caregiving for five years and spend 26 hours per week providing care (compared to an average of 3.9 years and 22 hours per week of care in 2020). Notably, more caregivers are providing more than 40 hours of care each week (23 percent) than they were in 2020 (19 percent).

Caregivers of older adults assist with an average of 1.9 activities of daily living (ADLs) and 4.5 instrumental activities of daily living (IADLs). These caregivers more often assist with ADLs than caregivers of younger adults 18–49 (66 percent vs. 59 percent). Nearly six in ten caregivers of older adults perform medical or nursing tasks for their care recipient. More caregivers of older adults are providing high-intensity support, as classified in the Level of Care Index, than in 2020 (44 percent vs. 39 percent). While this index uses an objective measure of caregiving intensity, the expanded Level of Care Index that includes subjective measures of the caregiving experience found that over half of caregivers of older adults are in high-intensity care situations.

Working while caregiving. Nearly six in ten family caregivers of adults 50-plus worked outside the home while providing care in the past year (59 percent). Caregivers employed outside the home worked 35 hours per week on average. Roughly half of working caregivers are paid hourly instead of being salaried, which plays a key role in access to caregiver-supportive benefits, since salaried working caregivers report greater access to these benefits than do those paid hourly. Despite increased availability of workplace flexibility and paid leave, more than half of working caregivers of adults 50-plus report work disruptions, such as missed time or reduced hours due to caregiving responsibilities.

Financial situation of family caregivers of older adults. More than four in ten caregivers of adults 50-plus experienced at least one of the 13 negative financial impacts the survey measures. Financial impacts range from difficulty affording basic expenses to stopping saving and taking on debt, creating potential longterm economic security implications. Black/African American, Hispanic/Latino, and lower-income caregivers report more negative financial impacts due to care than other groups. In addition to the 13 negative financial impacts, more than one-quarter of caregivers had difficulty finding affordable services for their care recipient in 2025.

Wellbeing of family caregivers of older adults. Nearly half of family caregivers of adults 50-plus experienced physical strain and 64 percent reported emotional stress. On average, poor health limited caregivers' usual activities four days per month. Caregivers who live with their older adult care recipients more often experience high levels of physical and emotional strain and more often feel alone in their care journey.

Despite these challenges, caregiving can also provide meaning. About half of caregivers of adults 50-plus felt a sense of purpose in their role. Perceptions of choice in caregiving play a critical role in family caregivers' health and well-being. Caregivers of older adults who felt they had no choice in taking on caregiving consistently reported worse outcomes across health and wellbeing measures.

Policy and program support for family caregivers of older adults. Four in ten family caregivers of adults 50-plus would find respite services helpful (40 percent), although few currently use them (13 percent). Caregivers want help keeping recipients safe at home and using technology to support care. More than one-third of caregivers report that no long-range care plan exists for their 50-plus care recipient (36 percent), and almost one-fifth are unsure whether any such plans exist. Caregivers of adults 50-plus express strong support for training, financial supports, assessments by health care providers, assistance with care transitions, and planning tools to support both current caregiving and future needs.

Family caregivers of adults 50-plus provide extensive and increasingly complex care that is essential to supporting aging in place. While caregiving brings purpose for many, it is also associated with significant demands on caregivers' time, finances, employment, and health. As the population ages and caregiving needs continue to grow, understanding caregivers' experiences—and aligning policies and programs with those realities—will be critical to sustaining family caregiving and supporting the wellbeing of caregivers and their older-adult care recipients.

What's New

The 2025 survey includes the following notable updates:

- Inclusion of paid family caregivers—that is, family members or friends who receive compensation for care through programs such as Medicaid home and community-based services self-direction waivers or Department of Veterans Affairs programs. In the 2025 survey, 19% of caregivers in 2025 reported receiving compensation for care, including 18% of caregivers of adults 50-plus.
- Inclusion of an expanded Level of Care Index that includes objective and subjective measures of the caregiving experience.
- Use of CDC Healthy Days measures, which are validated assessments of caregiver physical and emotional health.

Introduction

Family caregivers in the United States provide critical support to more than 63 million adults and children with disabilities and complex medical conditions. Just over 80 percent of all caregivers—more than 51 million people—are caring for an adult age 50-plus. These caregivers play a crucial role in providing long-term care that allows a significant portion of the US population to age in the way they choose: at home and in their communities.

The experiences of these caregivers are the focus of this National Alliance for Caregiving (NAC) and AARP companion report to the main *Caregiving in the US 2025* study. Family caregiver responses to the 2025 survey provide keen insights into the needs of those they care for and tasks they perform, the challenges they face, and the impact of caregiving on their well-being. Caregivers provide an enormous economic benefit to the nation[1] through care valued at roughly $1 trillion annually. Gaining a better understanding of this group is key to improved support through policies and programs.

Findings draw on the survey responses of 5,639 family caregivers who reported providing care to an adult age 50 or older. To see the complete study results, or for more information about the questionnaire or methodology, please reference the full *Caregiving in the US 2025*[2] report and its appendices.

1 Houser, Ari, Selena Caldera, Brendan Flinn, and Rita Choula. *Valuing the Invaluable 2026: Family Caregivers' Contribution Reaches $1 Trillion*. Washington, DC: AARP Public Policy Institute, March 26, 2026. https://doi.org/10.26419/ppi.00402.001.

2 AARP and National Alliance for Caregiving. *Caregiving in the US 2025*. Washington, DC: AARP. July 24, 2025. https://doi.org/10.26419/ppi.00373.001.

What's new for 2025

Since its inception in 1997, *Caregiving in the US* has always surveyed unpaid family caregivers. The 2025 survey included paid family caregivers: those compensated via programs, such as Medicaid home- and community-based service (HCBS) self-direction waivers, Department of Veterans Affairs programs, and other state programs. These caregivers are distinct from paid professionals like home health aides or other direct care workers. The experiences of these paid family caregivers are an important addition to the dataset, making it more comprehensive of the universe of family caregivers.

Also in 2025, the survey began using validated measures of caregiver physical and emotional health and a revised index of caregiving complexity. All refinements to the survey are used here in this companion report. For a more in-depth discussion of the refinements implemented, see the *Caregiving in the US 2025* main report.

Reading this report

This report draws from the nationally representative online survey *Caregiving in the US*, completed by 6,858 family caregivers ages 18 and older. For this companion report, we analyze 5,639 family caregivers from that survey who reported providing ongoing care at any point in the survey year to an adult age 50-plus with complex medical conditions or disabilities.

Arrows or carets in tables indicate statistically significant differences at the 95 percent confidence level. When comparing more than two groups, superscripts show which specific comparisons are statistically significant. All results—including averages, medians, and percentages—have been weighted for accuracy. For complete details about our sampling methodology, survey design, analysis, and weighting, see the main report *Caregiving in the US 2025*, Appendix B.[3]

Detailed Findings

A. Prevalence of family caregiving for older adults

The number of caregivers of adults 50 and older in the US continues to increase, as Table 1 shows. In 2025, the majority of family caregivers—nearly one in five of all American adults (more than 51 million people)—were providing care to adults 50-plus. This upward trend has been sustained since 2015.

Table 1. Estimated Number of Family Caregivers and Prevalence of Family Caregiving for Both Older Adults and Recipients of Any Age, 2015–2025

Types of Care Recipients	2015*	2020*	2025
Total Family Caregivers of Adults Age 50 or Older	34.2 million *(prevalence: 14.3%)*	41.8 million *(prevalence: 16.8%↑)*	51.3 million *(prevalence: 19.6%↑)*
Total Family Caregivers of Adults or Children with Complex Medical Conditions or Disabilities	43.5 million *(prevalence: 18.2%)*	53.0 million *(prevalence: 21.3%↑)*	63.0 million *(prevalence: 24.0%↑)*

**2015 and 2020 asked about unpaid caregiving only so prevalence includes unpaid only; 2025 includes unpaid and paid family caregiving.*

↑↓ *Significantly higher or lower than prior wave.*

3 AARP and National Alliance for Caregiving. *Caregiving in the US 2025*. Washington, DC: AARP. July 24, 2025. https://doi.org/10.26419/ppi.00373.001.

The prevalence of caregiving for older adults is calculated as the number of caregivers who initially reported caring for someone 50 and older in a screener question divided by the total number of respondents who completed the screener section of the survey. A correction factor is applied for those who initially report being a caregiver but later answer other questions that indicate they are not.[4]

Paid family caregivers of adults ages 50 or older

For the first time, the 2025 survey included family caregivers who received payment for care they provided to an adult family member or friend under Medicaid HCBS self-direction waivers, Veterans Affairs, or other state programs. This update to the survey screening criteria reflects the shifting policy landscape of caregiving and makes the nationwide dataset on family caregivers more comprehensive. These family caregivers are distinct from paid professionals, such as home health aides or other direct care workers, though they may perform similar care tasks.

The vast majority of family caregivers are not paid for the care they provide. Just 18 percent of family caregivers of adults 50-plus receive payment for caregiving. Of those, very few (3 percent) are paid for all of their caregiving time; 83 percent report they also provide unpaid care, so they are identified as both paid and unpaid family caregivers.

Total caregiver prevalence includes both paid and unpaid family caregivers.

Who are paid family caregivers of older adults?

Paid family caregivers of adults 50 and older are more often Hispanic/Latino or Black/African American (Table 2) and tend to be younger than unpaid caregivers. Many of the other demographic differences observed among paid family caregivers of older adults tend to correlate with younger ages: They less often have a four-year college degree or health insurance and more often have lower household incomes. They often are unmarried, compared with unpaid caregivers of older adults.

4 For the prevalence of caregiving for an older adult, a small number of caregivers who indicated they were paid-only family caregivers—that is, caregivers who indicated they were paid for all of their caregiving time—were not asked in the screener if they were caring for an adult 50-plus. To account for the missing data, we assume a similar proportion of paid-only family caregivers provide care to an older adult as do family caregivers who indicated they provide both paid and unpaid care. A total of 161 people out of the 21,141 used for the prevalence calculation had missing data from this question. Of the 161, only 132 were suspected or confirmed caregivers who needed the 50 or older data assumption applied. Eighty-five percent of paid and unpaid family caregivers report caring for an older adult, used in our calculation as the assumed proportion for these 132 people.

Table 2. Demographic Comparison of Paid Family Caregivers of Adults Ages 50 or Older and Unpaid Family Caregivers of Adults Ages 50 or Older

Demographic		Paid Family Caregivers of Adults 50-plus+ (*n* = 1,221)	Unpaid Family Caregivers of Adults 50+ (*n* = 4,418)
Caregiver Age	18–29	17%↑	9%
	30–49	41%↑	29%
	50–64	27%↓	36%
	65 or older	15%↓	26%
Sandwich Generation Family Caregivers *(have children)*		34%↑	26%
Students		15%↑	7%
Race/Ethnicity	Non-Hispanic white	44%↓	66%
	Hispanic/Latino	23%↑	14%
	Black/African American	20%↑	11%
	Asian American/Native Hawaiian/ Pacific Islander	7%	5%
Education	High school degree or less	43%↑	31%
	Some college or associate's degree	31%	33%
	Bachelor's degree or higher	26%↓	36%
Have Health Insurance		84%↓	91%
Household Income	Less than $50,000	40%↑	26%
	$50,000–$99,999	29%	30%
	$100,000 or more	31%↓	44%
Marital Status	Married	41%↓	58%
	Single, never married	27%↑	19%
	Living with a partner	14%↑	9%
	Separated or divorced	10%	9%
	Widowed	4%	4%

↑↓ *Significantly higher or lower than unpaid caregivers.*

B. Who is caregiving for older adults?

Key Takeaways

- ✓ Caregivers of older adults themselves are older, on average 52 years old.
- ✓ Almost one-quarter of caregivers of older adults care for two or more adults at a time.
- ✓ Almost all caregivers of older adults care for a relative.

Demographic basics about family caregivers of older adults

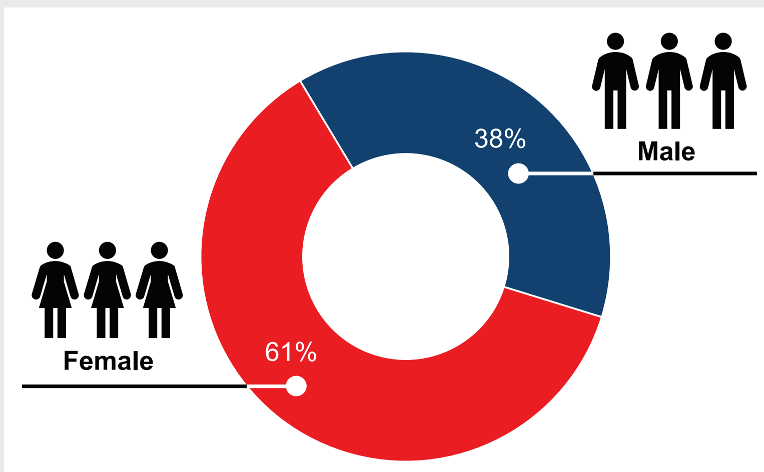
Family caregivers of older adults are found across all demographic groups: age groups, racial and ethnic groups, income and education levels, family types, gender identities, and sexual orientations. The demographic profile of caregivers of older adults in 2025 is similar to what was found in previous survey editions.

In some respects, the demographic profile of family caregivers of older adults differs significantly from those of caregivers of adults 18-49.

- Three in five family caregivers of adults 50-plus are female (61 percent); two in five are male (38 percent).[5]
- Caregivers of adults 50-plus are older than caregivers of adults 18-49 (52 vs. 44 years old, on average).
- Six in 10 family caregivers of adults 50-plus are Non-Hispanic white (62 percent); 12 percent are Black/African American; and 16 percent are Hispanic/Latino. Family caregivers of adults 50-plus are less often Hispanic/Latino (16 percent) than caregivers of adults 18-49 (21 percent).
- One in five family caregivers of adults 50-plus live in rural areas (20 percent), which is comparable to caregivers of younger adults age 18-49 (21 percent).

For the full demographic profile of family caregivers of adults ages 50 or older in comparison to previous editions of *Caregiving in the US* and compared to caregivers of younger adults 18-49, see Appendix A: Demographic Profile.

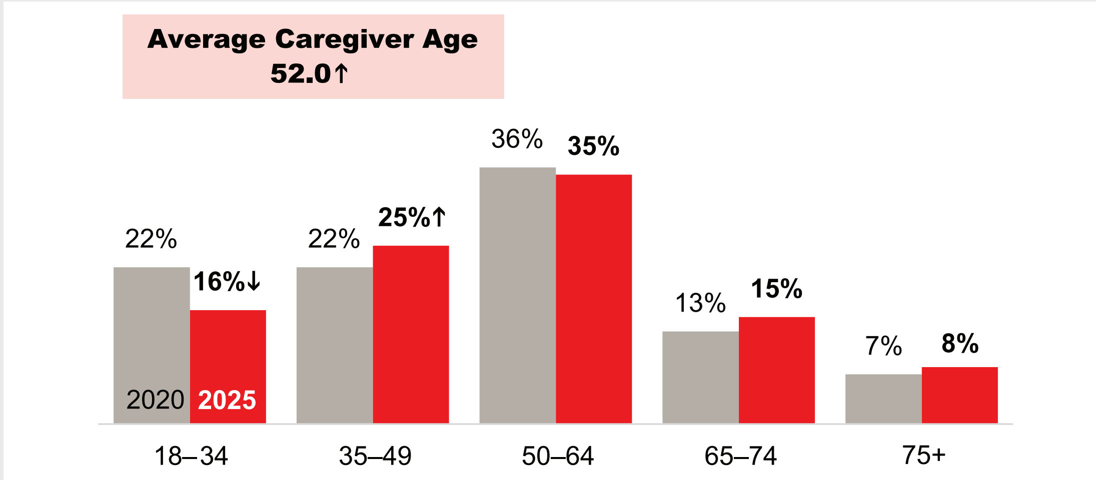
Figure 1. Caregiver Gender, Caregivers of Older Adults



2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

5 Approximately 0.4 percent self-reported their gender identity.

Figure 2. Caregiver Age, Caregivers of Older Adults



2020 Base: Caregivers of Recipient Age 50+ (*n* = 1,204)
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Results are rounded; results may not add to 100 percent.*

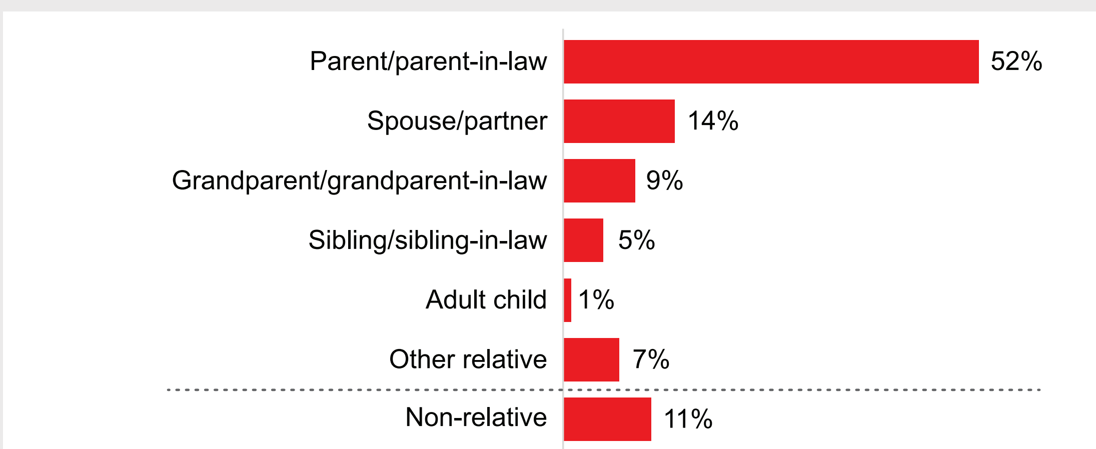
Number of care recipients

Although most family caregivers of adults 50-plus provide care to one person (76 percent), one in four (24 percent) care for two or more adults. The 2025 survey asked caregivers to focus on the main adult for whom they provide care. Findings in this report pertain exclusively to the caregiver's primary recipient of care, who is 50 and older.

Care recipient relation to caregiver

For most family caregivers of older adults, their main care recipient is a relative (89 percent), whereas 11 percent care for a friend, neighbor, or nonrelative. Most are caring for a parent (45 percent) or parent-in-law (8 percent) or for a spouse or partner (14 percent; see Figure 3).

Figure 3. Care Recipient Relation to Caregiver, Caregivers of Older Adults



Q7. Who are you caring/did you care for? Please select one relationship.

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,645)

Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

C. Who are the older adult care recipients?

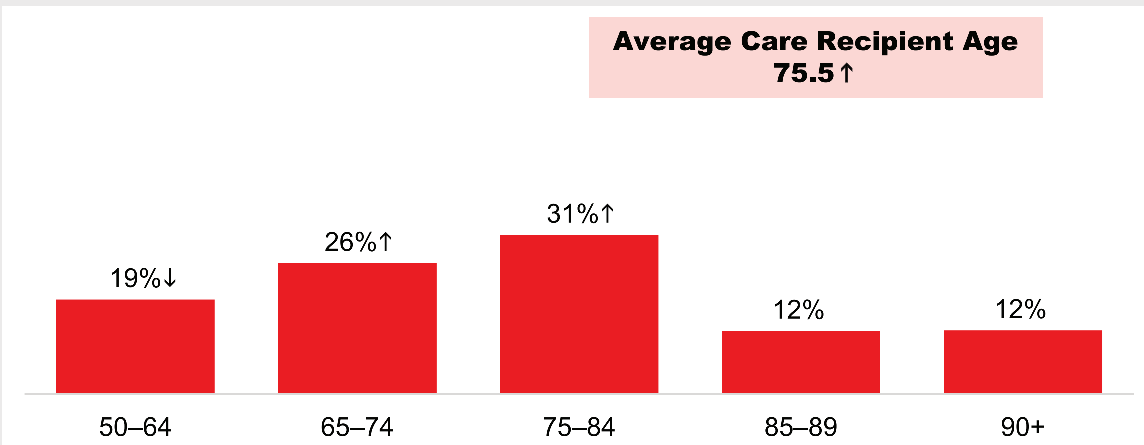
Key Takeaways

- ✓ Recipients are 76 years old, on average.
- ✓ Half of family caregivers of older adults report their recipient has multiple conditions.
- ✓ Memory issues and/or dementia are reported by more than one in four family caregivers of older adults.

Care recipient gender and age

Most family caregivers of adults 50-plus provide care to someone 75 or older (56 percent), as shown in Figure 4, with an average recipient age of 76-years-old. One in four provides care to someone 85 years or older. Sixty-three percent of older adult care recipients are female and 37 percent are male.

Figure 4. Care Recipient Age, Caregivers of Older Adults



Q5. How old is/was that adult [at the time you provided care]?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Caregiving situation among family caregivers of older adults

As compared to family caregivers of younger adults, family caregivers of older adults more often provide care to a parent, parent-in-law, or grandparent. The typical older adult care recipient is more often female and needs care for a long-term physical or memory-related condition and less often lives with her caregiver (Table 3).

Table 3. Comparison of Caregiving Situation for Family Caregivers of Older and Younger Adults

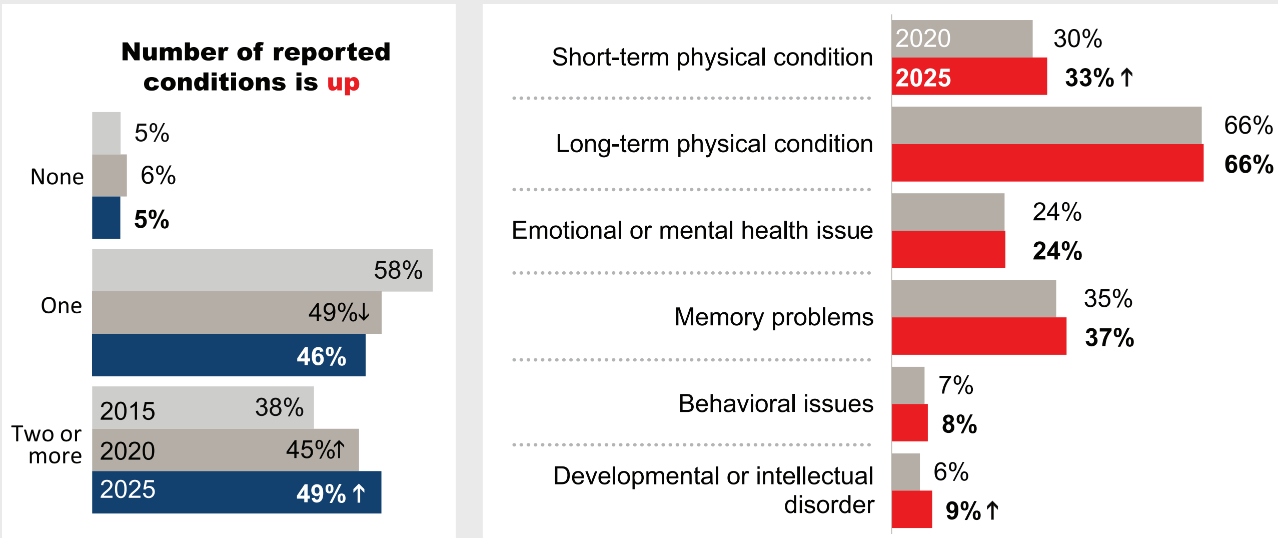
		Caregivers of Adults 18–49 (*n* = 879)	Caregivers of Adults 50+ (*n* = 5,639)
Mean Care Recipient Age *(in years)*		33.2	75.6↑
Care Recipient Gender	Male	44%	37%↓
	Female	53%	63%↑
Recipient	Parent or parent-in-law	10%	52%↑
	Spouse or partner	20%	14%↓
	Grandparent or grandparent-in-law	<0.5%	9%↑
	Sibling or sibling-in-law	11%	5%↓
	Own child	35%	1%↓
	Other relative	13%	7%↓
	Friend or neighbor	11%	11%
Lives in Same Household with Caregiver		64%	36%↓
Condition Types	Long-term physical condition	39%	67%↑
	Memory condition	17%	37%↑
	Emotional or mental health issue	53%	24%↓
	Developmental or intellectual disorder or delay	29%	9%↓
	Behavioral issue	21%	8%↓

↑↓ *Significantly higher or lower than caregivers of adults 18–49.*

Types of care recipient conditions

Family caregivers of older adults often support their recipients with a wide range of physical, emotional, and behavioral health needs, requiring them to assist across multiple types of care (Figure 5). Increasingly, caregivers of adults ages 50 or older are providing care to a recipient with multiple conditions (49 percent report two or more conditions, up from 45 percent in 2020).

Figure 5. Types of Care Recipient Conditions, Caregivers of Older Adults



Q17. Does/did your [relation] need care because of a … ?

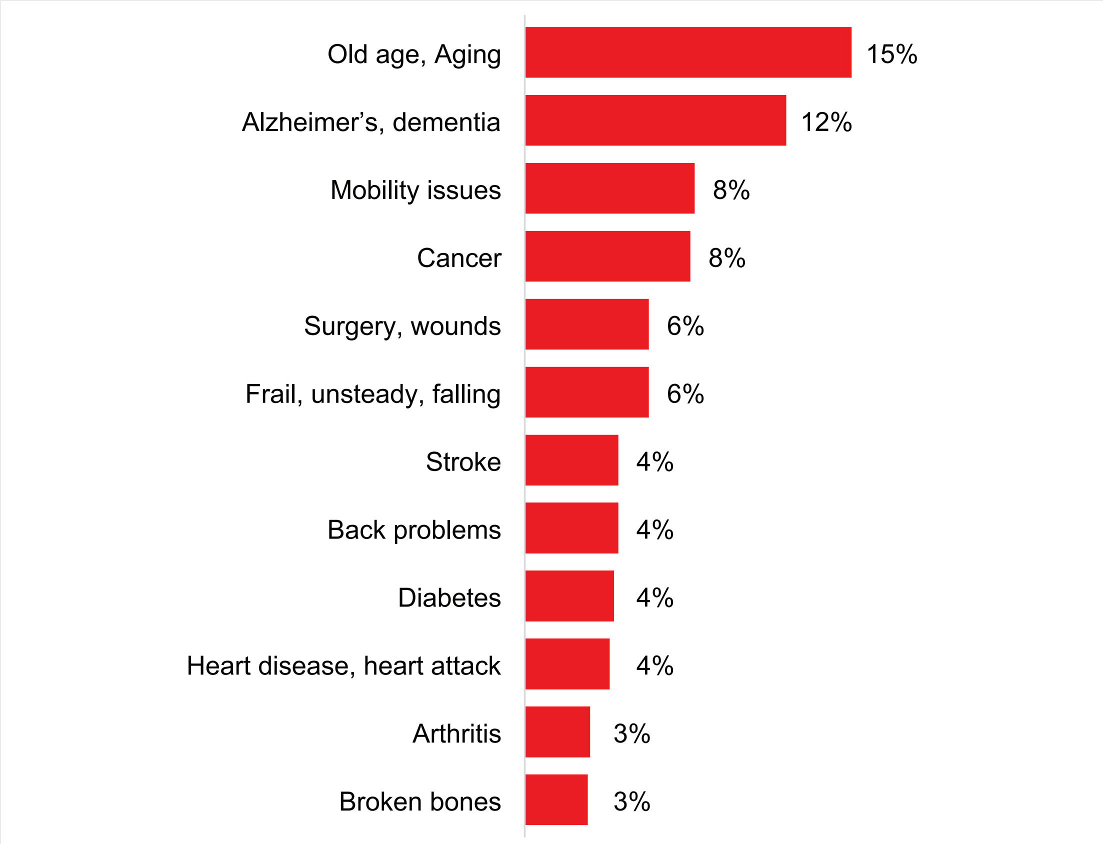
2015 Base: Caregivers of Recipient Age 50+ (*n* = 1,087)
2020 Base: Caregivers of Recipient Age 50+ (*n* = 1,204)
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Respondents may select more than one response; results add to greater than 100 percent.*

Care recipient's main challenge or illness

When asked to identify the primary condition requiring care, family caregivers of adults ages 50 or older most commonly cite "old age" or aging (15 percent), followed by Alzheimer's or other forms of dementia (12 percent), mobility issues (8 percent), cancer (8 percent), and surgery or wounds (6 percent). Together, these top five conditions account for nearly half of all primary reasons for care (Figure 6). These caregiver perceptions may differ from clinical diagnoses.[6]

Figure 6. Care Recipient's Main Condition or Illness, Caregivers of Older Adults



Q18. What is/was the main problem or illness your [relation] has/had, for which they need/needed your care?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

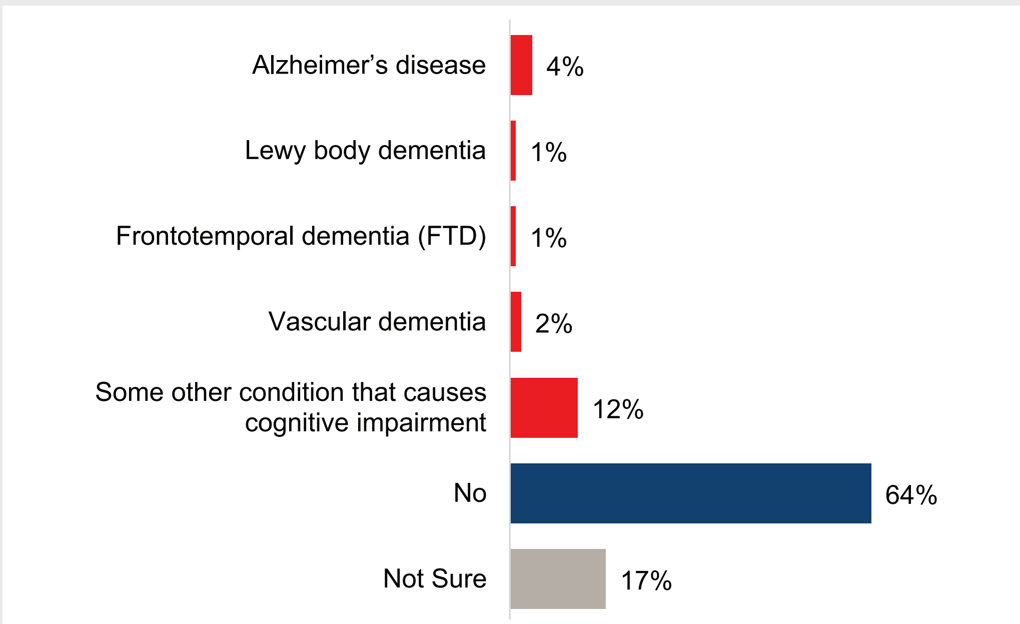
6 These are self-reports by caregivers about what they perceive their recipient's main condition to be for which they need care.

Presence of Alzheimer's disease or other dementias

Memory issues and/or dementia among care recipients are reported by 28 percent of caregivers of older adults, compared to just 18 percent among caregivers of younger adults 18-49. Of caregivers who did not indicate dementia as their care recipient's primary health condition, 18 percent reported the care recipient also lives with Alzheimer's or another cognitive impairment; this demonstrates these caregivers are handling multiple health conditions (Figure 7).

Of note, 17 percent of caregivers are not sure whether their care recipient has a memory or other cognitive issue, suggesting a continued need for improved screening and diagnosis in a health care setting.

Figure 7. Alzheimer's Disease and Other Dementias as Secondary Condition, Caregivers of Older Adults



A20a. Is / Was your (…) living with any of the following conditions causing cognitive impairment?

2025 Base: Caregivers of Recipient Age 50+ for whom Alzheimer's disease or another form of dementia is not their primary health condition (*n* = 4,890)

Caregiving for an older adult living with Alzheimer's or dementia

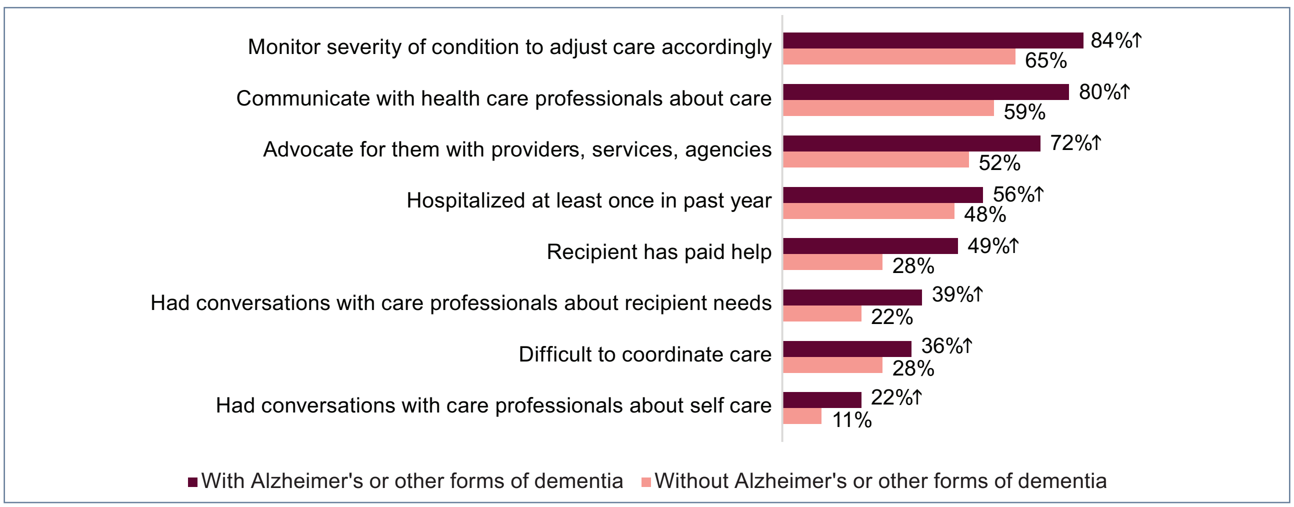
Caregiving for older adults living with Alzheimer's or dementia, as more than a quarter of US family caregivers do, presents a unique set of challenges. These care recipients tend to be older and need more assistance with activities of daily living. They also are likely to have multiple health conditions requiring care, monitoring, and treatment. This combination of factors can result in unusually complex experiences for caregivers due to the progression of these conditions and the recipient's level of need.

Adult care recipients with Alzheimer's or other forms of dementia are older (78-years-old, on average, compared to 75-years-old among older care recipients with other conditions). They more often live in a facility (13 percent in assisted living, nursing care, or long-term care compared to 4 percent of older adult care recipients with other health conditions).

Caregivers of older adults living with Alzheimer's or dementia support a higher number of care tasks. On average, they help with five Instrumental Activities of Daily Living (IADLs)*, more than caregivers of older adults with other conditions (4.3 IADLs). They help with 2.6 Activities of Daily Living (ADLs),** on average, (vs. 1.6 ADLs among caregivers of older adults with other conditions). And they are more likely to perform medical nursing tasks*** (71 percent vs. 50 percent). Family caregivers of adults ages 50 or older who are living with Alzheimer's or dementia report higher difficulty assisting with ADLs (33 percent vs. 19 percent among caregivers of older adults with other health conditions).

These caregivers more often report hospitalizations of their care recipients (56 percent; see Figure 8). Family caregivers of older adults with Alzheimer's or dementia engage in more health care and social service interactions on behalf of their care recipients than caregivers of older adults with other conditions.

Figure 8. Care System Interactions Among Family Caregivers of Older Adults Whose Recipient has Alzheimer's or Dementia *(vs. not)*



2025 Base: **Caregivers of Recipient Age 50+ with Alzheimer's or other forms of dementia** (*n* = 1,825)
Caregivers of Recipient Age 50+ without Alzheimer's or other forms of dementia (*n* = 3,795)

↑↓ *Significantly higher or lower than caregivers of adults ages 50 or older who are not living with Alzheimer's or other forms of dementia.*

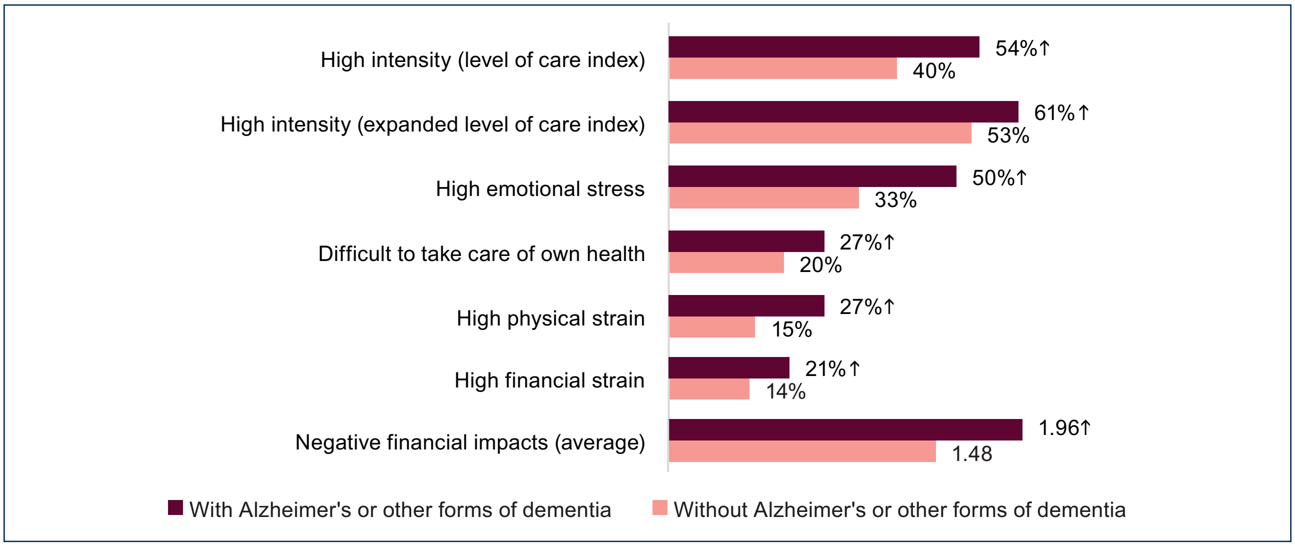
* IADLs include tasks necessary for independent living, like managing finances, preparing hot meals, shopping, and transportation. See later section on care tasks for more details.

** ADLs are routine tasks that are essential for maintaining personal independence, such as bathing, dressing, feeding oneself, toileting, and transferring from a bed or chair. See later section on care tasks for more details.

*** Medical nursing tasks are tasks that are typically handled by health care professionals and can include things like administering injections and managing catheters. See later section on care tasks for more details.

The level of challenge is revealed in these caregivers' self-reported quality of life. They more often report negative financial, health, and well-being impacts due to caregiving. Half report high levels of emotional stress and 27 percent find it difficult to take care of their own health (Figure 9).

Figure 9. Impact on Family Caregivers of Older Adults Whose Recipient has Alzheimer's or Dementia



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D. Living situation of family caregivers and older adult care recipients

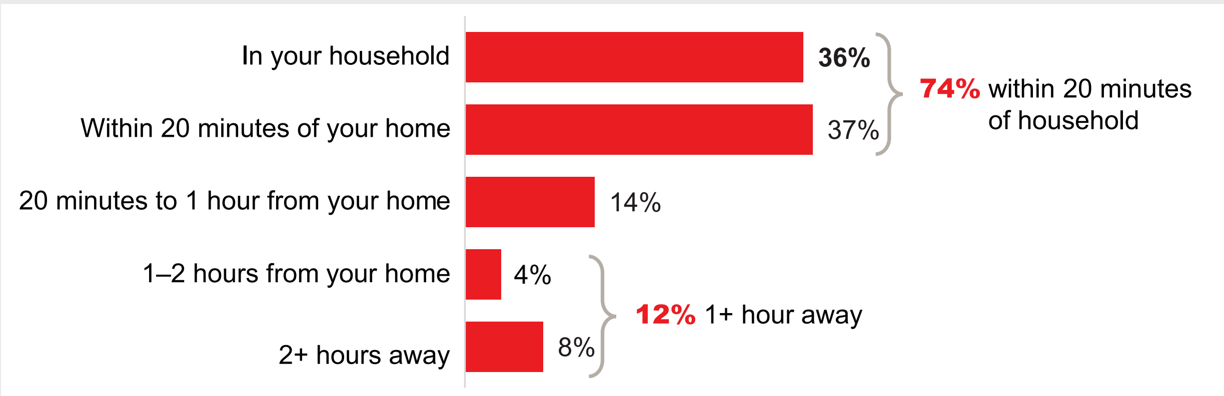
Key Takeaways

- ✓ 74 percent of family caregivers of older adults live in the same household or within 20 minutes of their care recipient.
- ✓ Three in 10 care recipients 50-plus live alone, whereas four in 10 care recipients 85-plus live alone.
- ✓ One-quarter of family caregivers of older adults are sandwich generation caregivers; they also have children at home.
- ✓ 55 percent of family caregivers of adults 50-plus include unpaid helpers in their network of support.

Care recipient living situation: Distance and living separately from caregivers

Nearly three-quarters of family caregivers of adults 50-plus either live with their care recipient or within 20 minutes of them (36 percent live with while 37 percent live within 20 minutes; see Figure 10). For 42 percent of Hispanic/Latino caregivers of older adults, their care recipient lives with them in their home, whereas 34 percent of Non-Hispanic white caregivers report shared living arrangements with their care recipients. Lower-income caregivers (household income under $50,000) of older adults more often live with their care recipients than those whose income is $50,000 or more (46 percent vs. 33 percent).

Figure 10. Caregiver Distance from Care Recipient, Caregivers of Older Adults

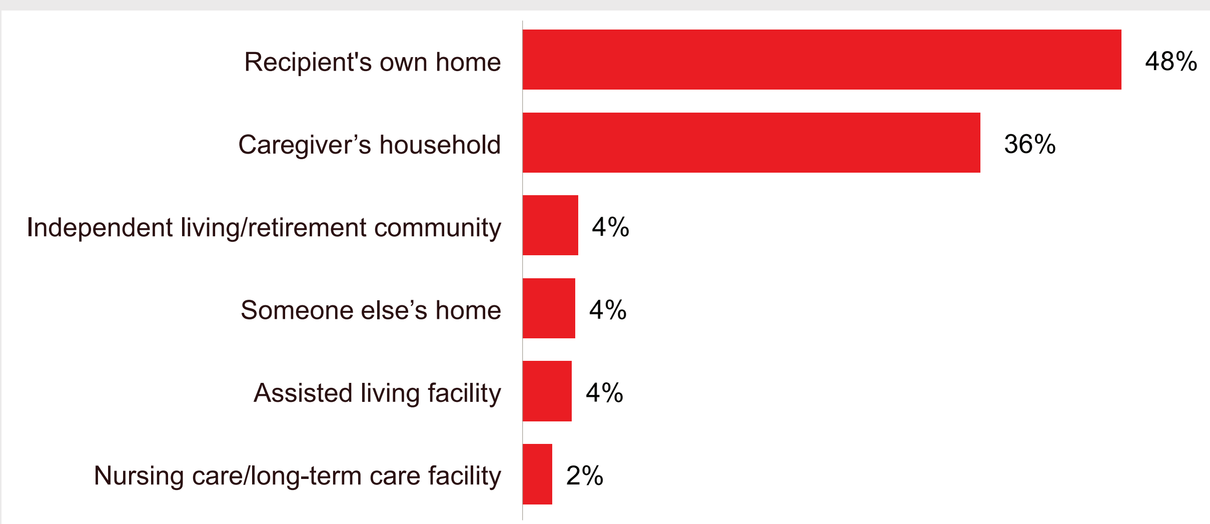


Q11. Where does/did your [relation] live at the time you provided care?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Nearly half of care recipients ages 50 or older (48 percent; see Figure 11) live in their own homes. Six percent live in formal long-term care settings like nursing homes or assisted living facilities, and 4 percent live in a retirement or independent living community.

Figure 11. Where Care Recipient Lives, Caregivers of Older Adults



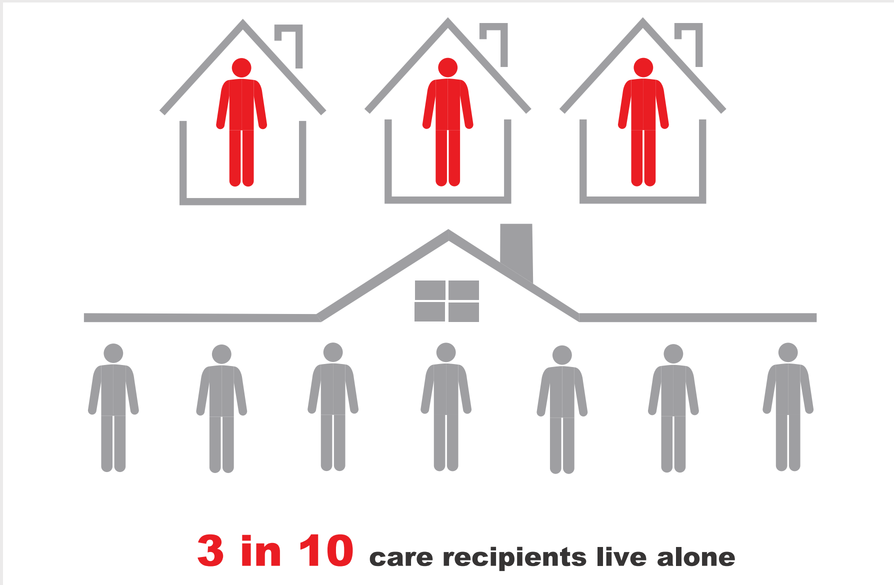
Q13. Which of the following best describes where your [relation] lives/lived at the time you provided care?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Results are rounded and don’t know/refused responses are not shown; results may not add to 100 percent.*

Three in 10 care recipients ages 50 and older who live in a home or community setting live alone (Figure 12), a higher rate than among younger recipients 18-49 (11 percent). Non-Hispanic white family caregivers of older adults more often report their care recipient lives alone (33 percent) than do Hispanic/Latino (26 percent) or Black/African American caregivers (28 percent).

Figure 12. Care Recipient Living Alone, Caregivers of Older Adults

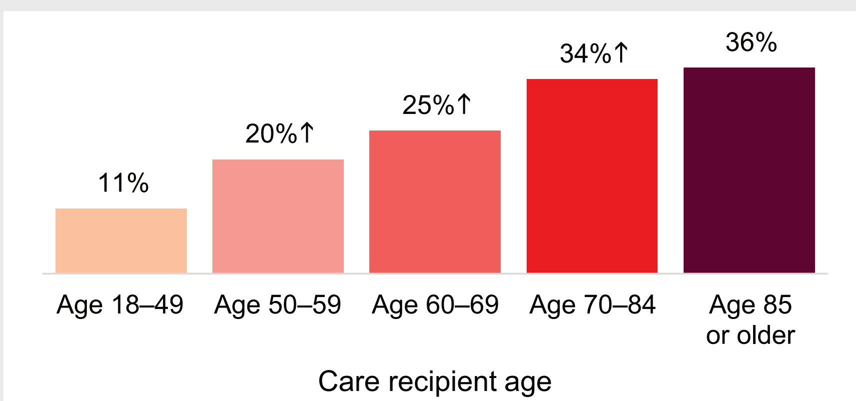


Q14c. Does/did your [relation] live alone at the time you provided care?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

The older the care recipient is, the more likely they are to live alone (Figure 13); nearly four in 10 adults 85-plus live alone. This raises concerns about how to better support older adults as they aim to safely age in place.

Figure 13. Care Recipient Living Alone, by Age of Care Recipient



2025 Base: Caregivers of Recipient Age 18–49 (n = 879); **50–59** (*n* = 587); **60–69** (*n* = 1,153); **70–84** (*n* = 2,483); **85 or older** (*n* = 1,416)

↑↓ *Significantly higher/lower than next youngest care recipient age group.*

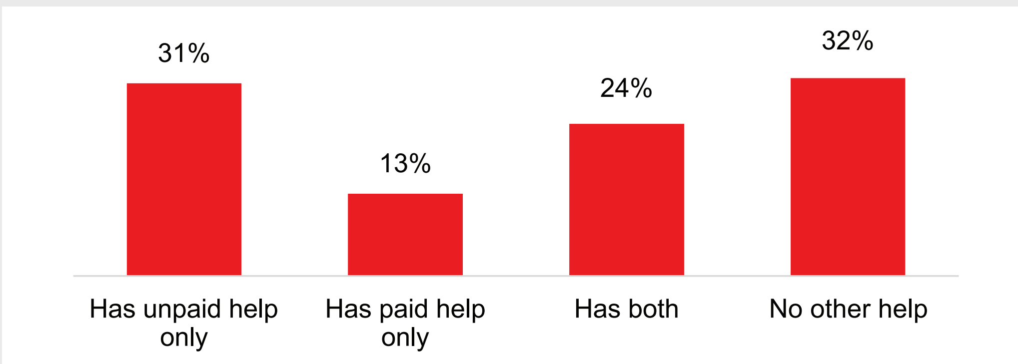
Sandwich generation family caregivers

Sandwich generation caregivers care for a child and an older adult at the same time. One in four family caregivers of adults 50-plus have children or grandchildren under 18 living at home (27 percent); 36 percent of caregivers of younger adults 18-49 also do. Sandwich generation caregiving is more commonly reported by Hispanic/Latino (40 percent) and Black/African American (32 percent) caregivers of older adults (vs. 22 percent of Non-Hispanic white caregivers).

Use of paid help and unpaid help

Family caregivers may have other people assisting with providing care to their older adult recipient; that person may be paid or unpaid. Caregivers of older adults more often have support from both paid and unpaid helpers (24 percent), compared to caregivers of younger adults 18-49 (12 percent). Over half of family caregivers of older adults (55 percent) include unpaid helpers in their network of support (vs. 40 percent among caregivers of adults 18-49). Caregivers of adults 50-plus who are living with Alzheimer's or dementia more often report the presence of other unpaid caregivers (62 percent vs. 52 percent for caregivers of older adults without Alzheimer's or another dementia).

Figure 14. Use of Paid or Unpaid Help, Caregivers of Older Adults



Q28. Has anyone else provided unpaid help to your [relation] during the last 12 months?

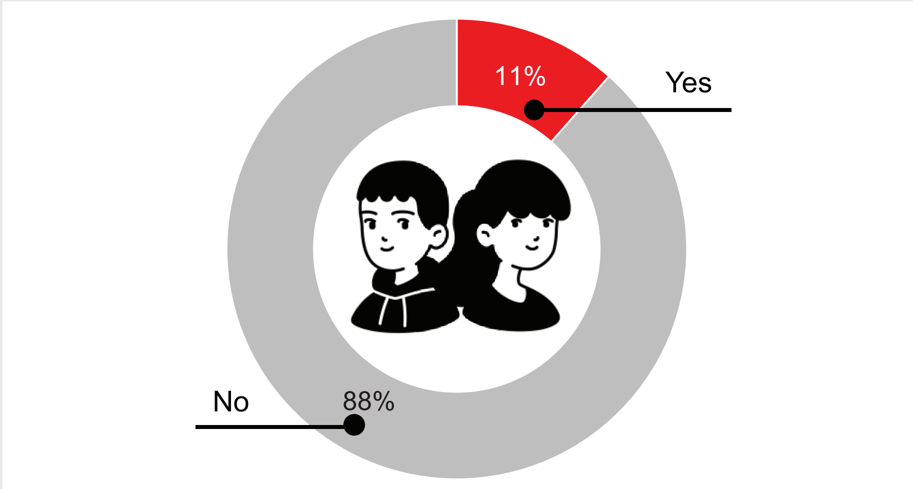
Q30. *(If recipient not in nursing home or assisted living)* During the last 12 months, did your [relation] receive paid help from any aides, housekeepers, or other people who were paid to help them?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Children as part of family caregiving

Children may also assist their families or households with caregiving. Among all caregivers of adults 50-plus, 6 percent include a child under 18 as one of their unpaid helpers.

Figure 15. Children as Part of Family Caregiving, Caregivers of Older Adults



Q29Z. *(If has other unpaid help)* Of all the people who help provide/helped provide care to your [relation], are/were any of them children under the age of 18? They might help or assist/have helped or assisted you with the care you provide/provided. The child(ren) may also help/have helped with things like bringing items to or from your [relation], doing chores or other housework, running errands, or just generally helping watch over your [relation].

2025 Base: Caregivers with Other Unpaid Help for Recipient Age 50+ (*n* = 2,952)

Use of support services

Some family caregivers take advantage of available supports, such as respite services and transportation assistance that can help with daily responsibilities.

Respite care is care provided to an older adult recipient to allow the family caregiver to take a break from care responsibilities. Although 40 percent of caregivers of adults 50-plus report that respite services would be helpful (see Figure 16), only 13 percent use them. Researchers have identified practical barriers to respite use, like inflexible program design, lack of trained providers, difficult application processes, and more subjective barriers, such as lack of trust, shame around handing off care to someone else, or uncertainty about the quality of available respite services .[7,8]

One in four family caregivers have used transportation services for their care recipient age 50 and older (22 percent).

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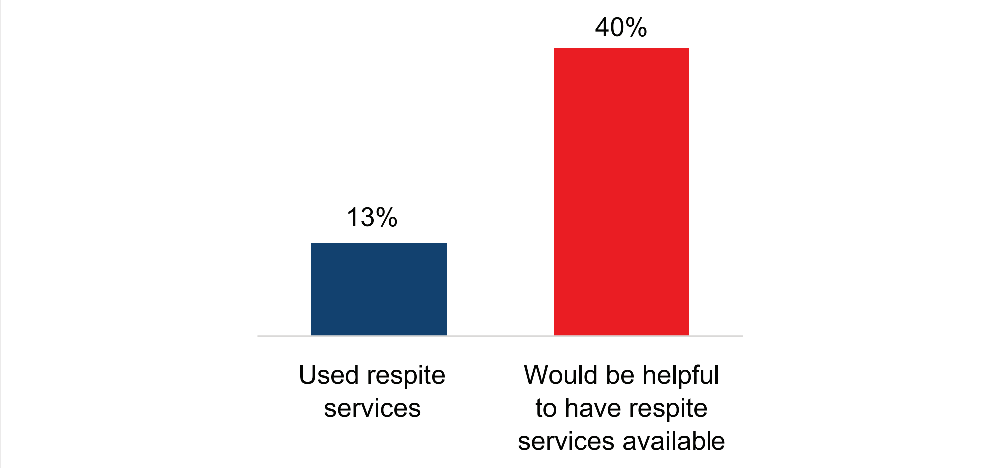
7 Leocadie, Marie Conception, Marie-Helene Roy, and Monique Rothan-Tondeur. "Barriers and Enablers in the Use of Respite Interventions by Caregivers of People with Dementia: An Integrative Review." *Archives of Public Health* 76, no. 72 (November 2018). https://doi.org/10.1186/s13690-018-0316-y.

8 Min, Aehong, Flannery Currin, Gustavo Razo, Kay Connelly, and Patrick C. Shih. 2021. "Can I Take a Break? Facilitating In-Home Respite Care for Family Caregivers of Older Adults." *AMIA Annual Symposium Proceedings 2020*: 850–859. https://pmc.ncbi.nlm.nih.gov/articles/PMC8075491/.

Figure 16. Respite Services, Caregivers of Older Adults



Q45. In your experience as a caregiver, have you ever … ?

N20. Various organizations are thinking about ways to help caregivers like you. Which of the following do you think would be/have been helpful to you?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Home modifications, such as improved lighting, nonslip flooring, zero-step entries, wider doorways, and grab bars, help ensure care recipients can safely remain in their homes and age in place. About two in five caregivers of adults 50-plus report having made modifications to the home where their recipient lives (39 percent; see Figure 17) more often than family caregivers of younger adults 18–49 (28 percent).

Figure 17. Use of Caregiver Support Services, Caregivers of Older Adults

Q45. In your experience as a caregiver, have you ever … ?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

E. What care do family caregivers of older adults provide?

Key Takeaways

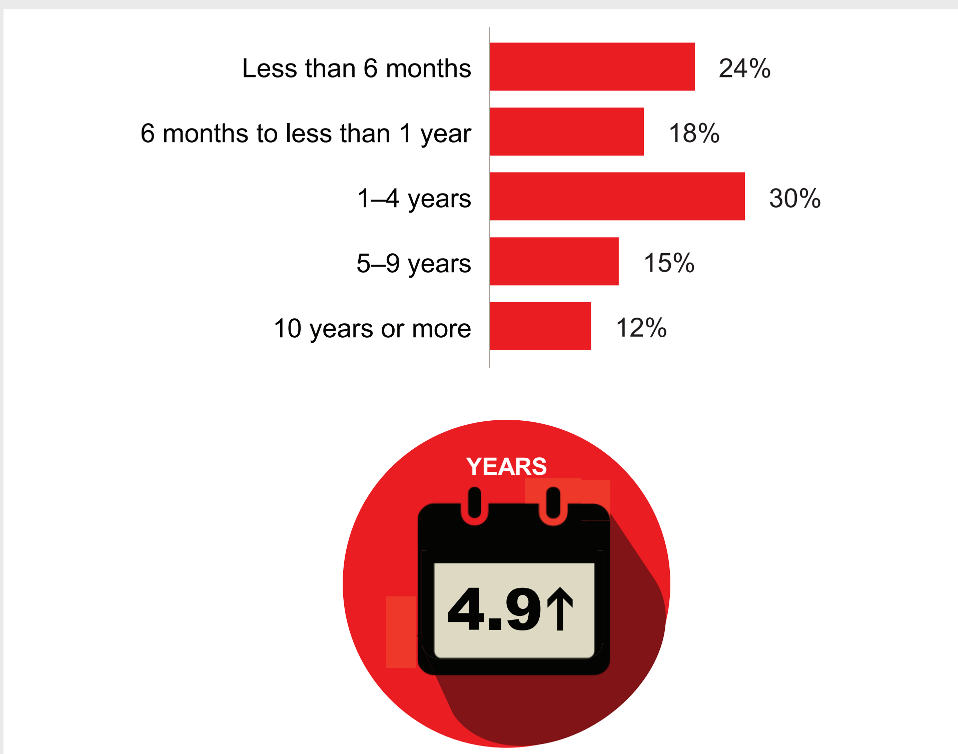
- ✓ Family caregivers of older adults spend 26 hours a week providing care and have been providing care for five years, on average.
- ✓ Caregivers of adults 50-plus help their recipient with 1.9 ADLs and 4.5 IADLs, on average.
- ✓ Nearly six in 10 family caregivers of older adults perform medical and nursing tasks for their recipient.

Caregiving for an older adult involves tasks that vary substantially in complexity, physical effort, and time commitment. This section describes how long caregiving typically lasts, how many hours family caregivers spend providing care, and what they do.

Duration of care for recipient

The average duration of caregiving, measured as total years of care provided at the time of the survey, for an adult 50 and older is five years, up significantly from four years in 2020. More than one in four caregivers of older adults have provided care for five years or longer (27 percent; see Figure 18). However, this is shorter than the average duration of care for adults 18-49 (9 years).

Figure 18. Duration of Care, Caregivers of Older Adults



Q21. How long have you been providing/did you provide care to your [relation]?

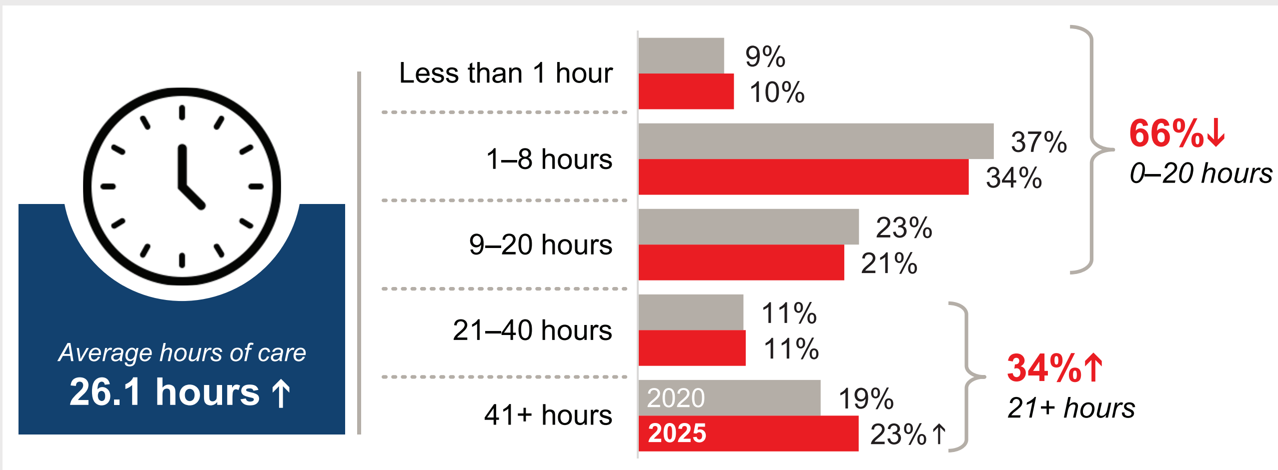
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

Hours of care provided

On average, family caregivers of older adults spend 26 hours per week providing care (up from 22 hours in 2020; see Figure 19); they spend fewer hours per week than caregivers of younger adults 18-49 (33 hours).[9] One-third of caregivers of older adults provide care for more than 20 hours per week (34 percent). The number of caregivers who provide more than 40 hours of care each week—equivalent to a full-time job—was up significantly: 23 percent compared to the 19 percent who did so in 2020.

Figure 19. Hours of Care Provided, Caregivers of Older Adults



Q25. Thinking now of all the kinds of help you provide/provided for your [relation], about how many hours do/did you spend in an average week helping them?

2020 Base: Caregivers of Recipient Age 50+ (*n* = 1,204)
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

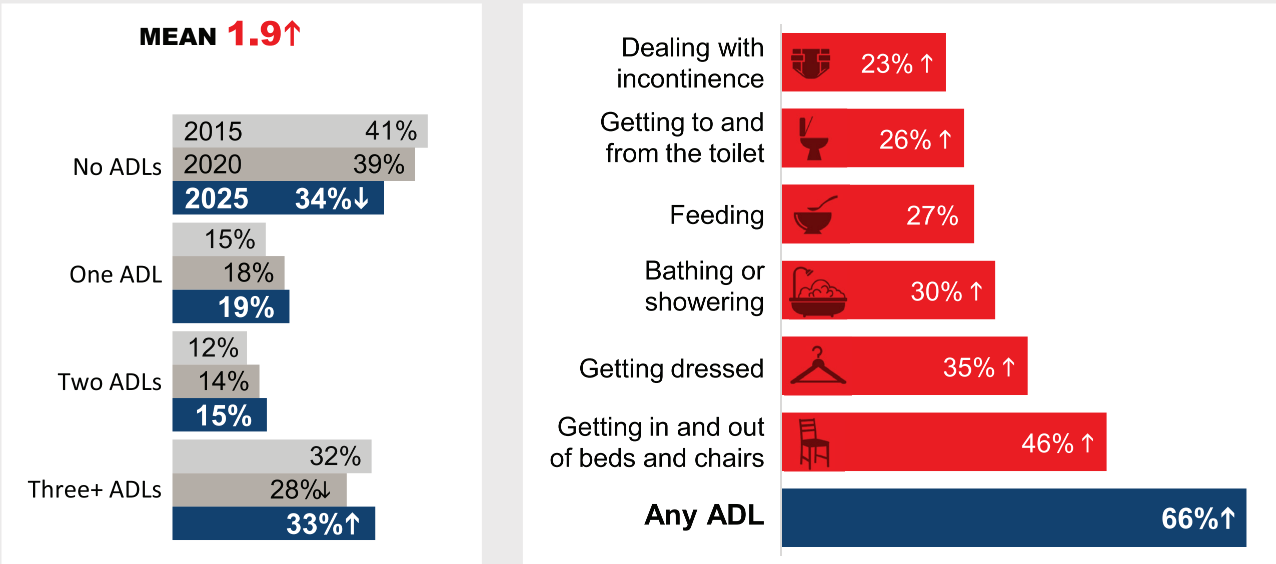
Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

Help with activities of daily living (ADLs)

Activities of daily living, or ADLs, are routine tasks essential for maintaining personal independence, such as bathing, dressing, feeding oneself, toileting, and transferring from a bed or chair. Two out of three family caregivers of adults 50-plus assist their recipient with at least one ADL: 66 percent, as compared with 59 percent in 2015 (Figure 20). On average, caregivers of adults 50-plus help with 1.9 ADLs; 33 percent help with three or more ADLs. The most common task is helping recipients get in and out of beds and chairs (46 percent). Caregivers of older adults more often help with ADLs than caregivers of younger adults 18-49 (66 percent vs. 59 percent).

9 Any caregiver who reported hours of care in excess of 98 hours per week is capped at this level, equivalent to 14 hours per day. We imputed hours of care for caregivers who selected constant care and did not report a numeric response using the range of values reported by all other caregivers and additional information the constant-care caregivers provided about the nature of that constant care.

Figure 20. Helping Recipients with Activities of Daily Living (ADLs), Caregivers of Older Adults



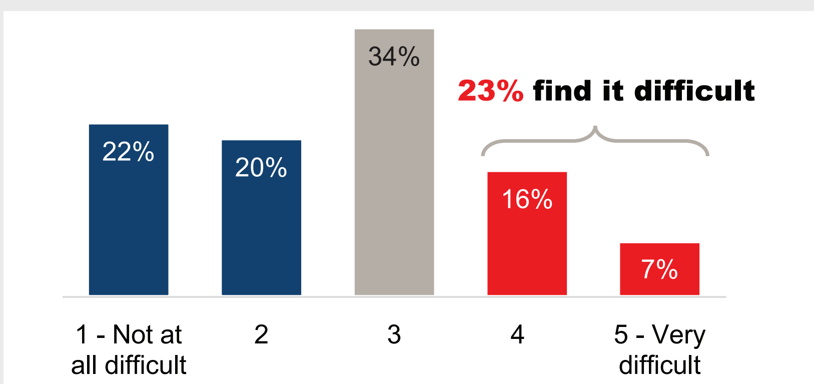
Q22. Which of these do/did you help your [relation] with?

2015 Base: Caregivers of Recipient Age 50+ (*n* = 1,087)
2020 Base: Caregivers of Recipient Age 50+ (*n* = 1,204)
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Respondents may select more than one response; results add to greater than 100 percent.*

Assisting with activities of daily living can be challenging for caregivers of adults 50-plus. Among family caregivers of older adults performing ADLs, 23 percent say it is difficult to assist their recipient with these tasks (see Figure 21).

Figure 21. Difficulty of Helping Recipient with ADLs, Caregivers of Older Adults



N1. *(If doing ADLs)* How difficult is/was it for you to help your [relation] with these/those kinds of tasks?

2025 Base: Caregivers Who Help Recipient Age 50+ with ADLs (*n* = 3,887)

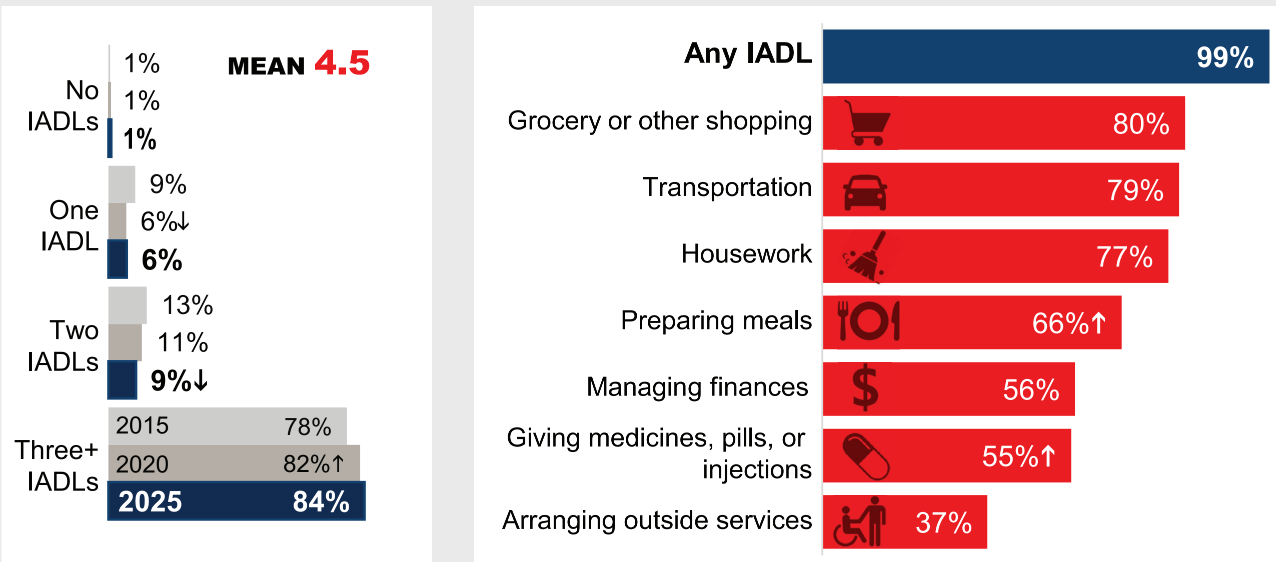
Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

Help with instrumental activities of daily living (IADLs)

In addition to help with ADLs, caregivers of older adults may assist with instrumental activities of daily living, or IADLs. These are complex tasks necessary for independent living, such as managing finances, preparing hot meals, shopping, housekeeping, and using transportation. Caregivers of adults 50-plus help with an average of 4.5 IADLs (Figure 22). More than eight in 10 caregivers assist their older adult care recipient with three or more IADLs (84 percent).

Caregivers of adults 18-49 provide support with a similar number of IADLs (4.7 on average), though the specific tasks vary by the age of the recipient. Family caregivers of older adults more often help arrange outside services (37 percent vs. 30 percent of caregivers of adults 18-49) and less often help prepare meals (66 percent vs. 74 percent among caregivers of younger adults) or manage finances (56 percent vs. 66 percent among caregivers of younger adults).

Figure 22. Helping Recipients with Instrumental Activities of Daily Living (IADLs), Caregivers of Older Adults



Q23. Do/did you provide help to your [relation] with … ?

2015 Base: Caregivers of Recipient Age 50+ (*n* = 1,087)
2020 Base: Caregivers of Recipient Age 50+ (*n* = 1,204)
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

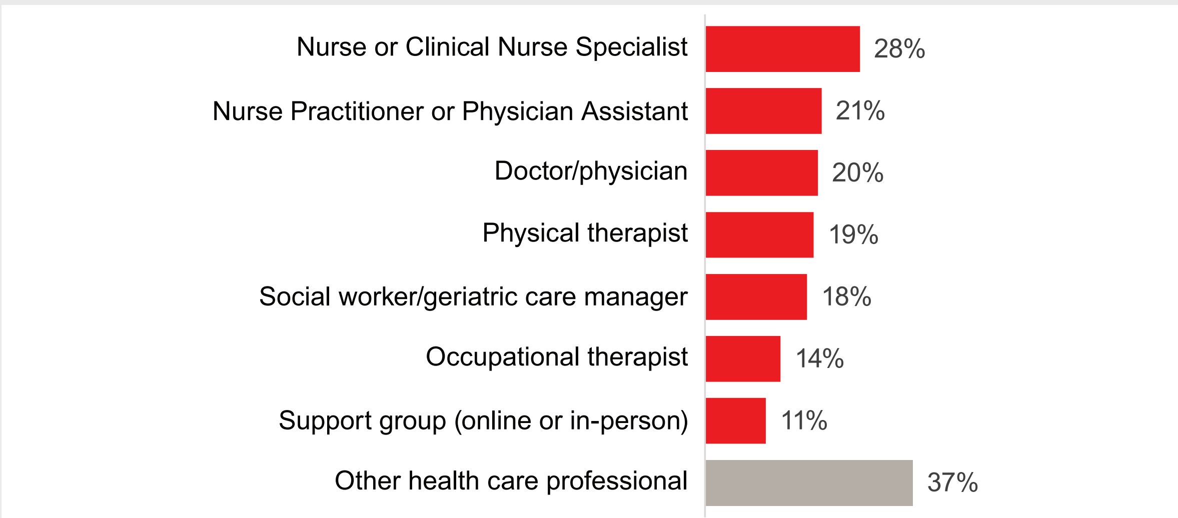
Note: *Respondents may select more than one response; results add to greater than 100 percent.*

Training for ADL and IADL help

Despite how frequently family caregivers provide ADL and IADL help, they rarely receive formal training on these critical tasks. In fact, only 10 percent of caregivers of older adults report having received any training. The small number who do receive training typically receive it from a nurse (28 percent), nurse practitioner or physician's assistant (21 percent), or doctor or physician (20 percent; see Figure 23).

Health care providers can be paid by Medicare for providing training on these tasks to caregivers of Medicare enrollees.[10] Paid family caregivers of adults 50-plus more often report having received training to assist with ADLs or IADLs or behavior modification (22 percent vs. 8 percent of unpaid family caregivers of older adults).

Figure 23. Sources of Training for ADLs and IADLs, Caregivers of Older Adults



N17. *(if received training)* Who prepared you to assist your [recipient] with Activities of Daily Living (ADLs), Instrumental Activities of Daily Living (IADLs), or behavioral management/modification? *(Responses totaling 10 percent or higher)*

2025 Base: Caregivers of Recipient Age 50+ Who Received Training for ADLs or IADLs (*n* = 794)

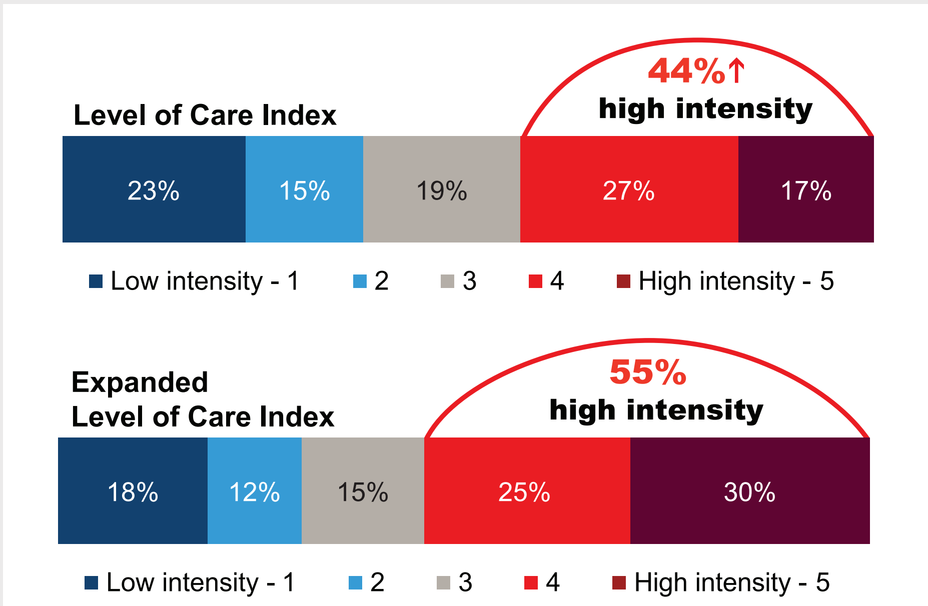
Note: *Top mentions only (10 percent or greater)*

10 For more information about Medicare training programs, see *Caregiving in the US 2025 main report*, callout box on *Medicare Caregiver Training Service Billing Codes*.

Level of Care Index and Expanded Level of Care Index

The Level of Care Index is a simple, objective measure of the intensity of the caregiving situation.[11] The index is based on the number of hours of care given as well as the number of ADLs and IADLs performed.[12] More family caregivers of older adults are in high-intensity care situations (44 percent) than in 2020 (39 percent; see Figure 24).

Figure 24. Level of Care Indices, Caregivers of Older Adults



Level of Care Index
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Expanded Level of Care Index
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

The new Expanded Level of Care Index included in the 2025 survey includes subjective measures of the caregiving experience. It is designed to provide a more holistic understanding of caregiving intensity and includes measures around coordination of care and the availability of other help.[13]

Figure 24 shows how family caregivers are distributed across each level of intensity across the two indices. When measured using the Expanded Level of Care Index, more than half of caregivers of adults 50-plus are in high-intensity care situations (55 percent).

11 In the 1997, 2004, 2009, and 2015 waves, this index was referred to as the Burden of Care Index, with each level of the index referred to as high, moderate or medium, and low "burden." For the 2020 cycle, the name was adjusted to Level of Care Index, with each level of the index referred to with the word "intensity," as this index is one way to measure the intensity or complexity of the caregiving situation.

12 For more information about the index construction for both the Level of Care Index and the Expanded Level of Care Index, see *Caregiving in the US 2025* Appendix B.

13 The Expanded Level of Care index includes two survey items (in addition to the original metrics): the ease of coordinating care and the presence of other help (paid and unpaid).

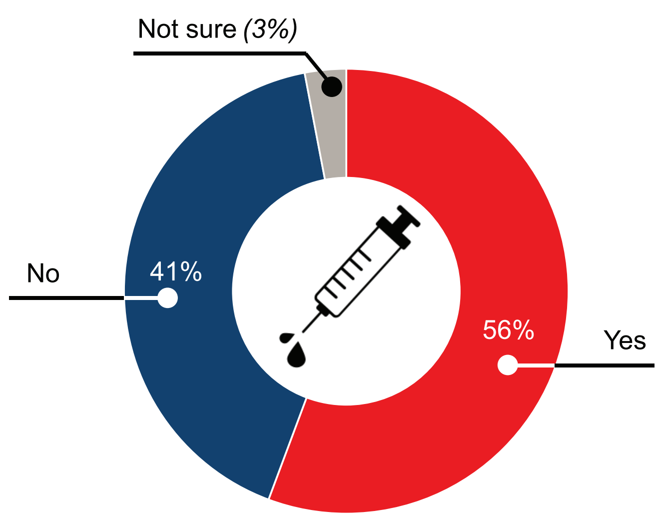
Medical and nursing tasks

In addition to helping with ADLs and IADLs, many family caregivers take on medical and nursing tasks typically handled by health care professionals. These tasks, like administering injections and managing catheters, are performed by 56 percent of caregivers of adults ages 50 or older (Figure 25), more than caregivers of younger adults (52 percent). Only 21 percent of caregivers of adults 50-plus say they trained for these tasks, most commonly from medical professionals (88 percent; see Figure 26). Among those who received training, nearly all caregivers of adults ages 50 or older felt the training prepared them to take on these tasks well (96 percent). This highlights the importance of training and preparation for difficult tasks to ensure caregivers' sense of assurance and success.

Perhaps not surprisingly, paid family caregivers of adults 50-plus help with medical nursing tasks more often than unpaid caregivers (61 percent vs. 54 percent) and more often have received training or preparation to do these tasks than unpaid caregivers (30 percent vs. 19 percent).

Nearly one in four family caregivers of older adults say doing these medical and nursing tasks is difficult (23 percent), more so than caregivers of younger adults 18-49 (14 percent).

Figure 25. Assistance with Medical and Nursing Tasks, Caregivers of Older Adults

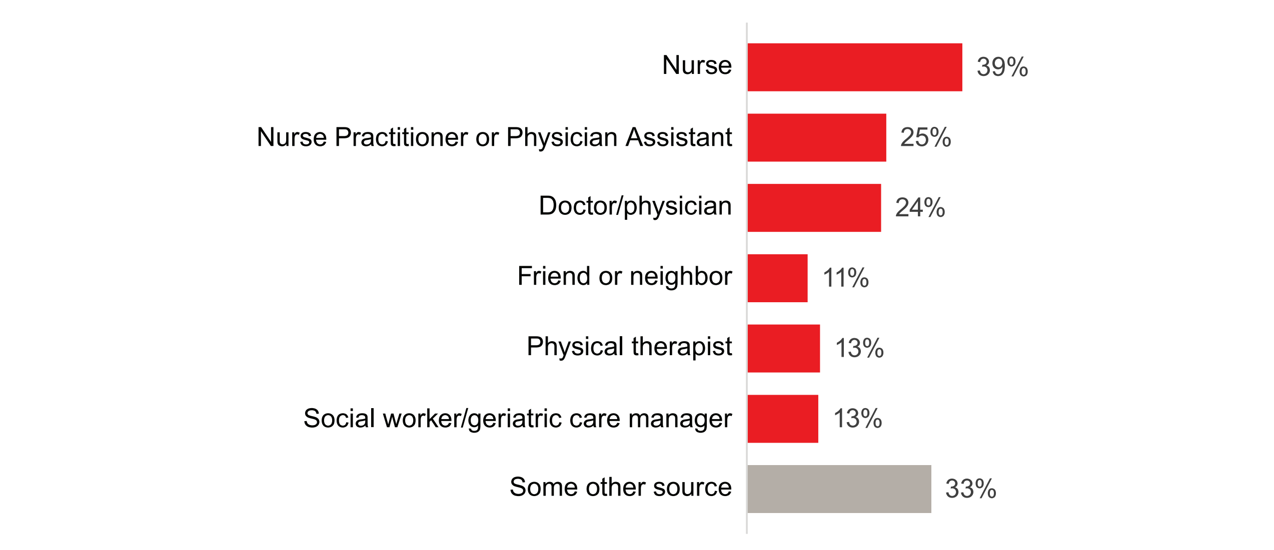


N3. Do/did you help your [relation] with any medical/nursing tasks? This might include giving medicines like pills, eye drops, or injections, preparing food for special diets, tube feedings, or wound care. You could be monitoring things like blood pressure or blood sugar, helping with incontinence, or operating equipment like hospital beds, wheelchairs, oxygen tanks, nebulizers, or suctioning tubes.

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

Figure 26. Sources for Training on Medical/Nursing Tasks, Caregivers of Older Adults



N6. *(if received training)* Who prepared you to do the medical/nursing tasks needed to help your [recipient]?

2025 Base: Caregivers of Recipient Age 50+ Who Received Training for Medical/Nursing Tasks (*n* = 773)

Note: *Top mentions only (10 percent or greater)*

Interactions with health care providers and ease of coordinating care

Family caregivers of adults ages 50 and older play a key role in managing the health care of their recipient: 71 percent monitor care recipients' health conditions, 65 percent communicate with care recipients' providers, and 58 percent advocate for their care recipients' needs with providers, community services, or government agencies (Figure 27).

Figure 27. Interactions with Health Care Providers, Caregivers of Older Adults

Q23_1. And do/did you provide help to your [relation] by …?

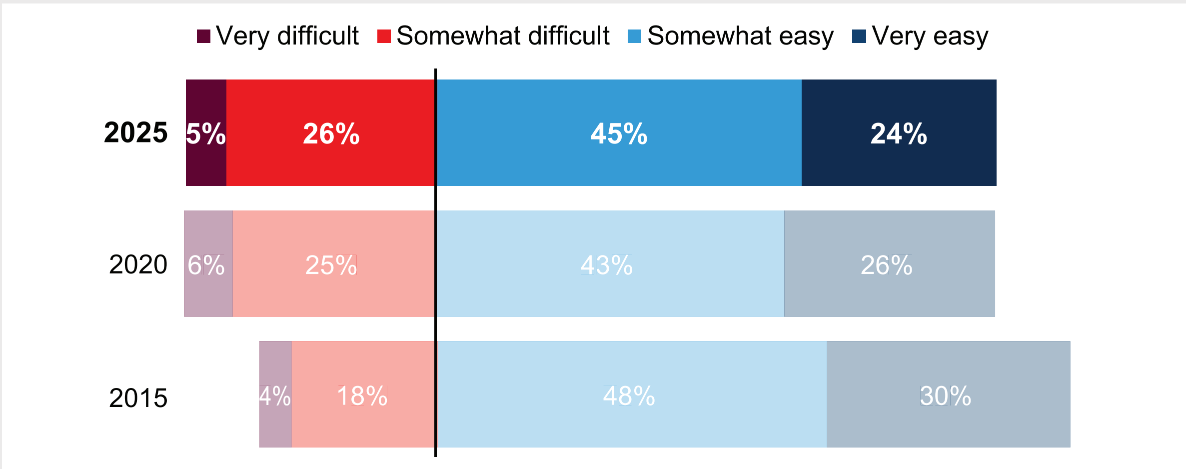
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Respondents may select more than one response; results add to greater than 100 percent.*

A larger proportion of family caregivers for older adults report that their recipient has been hospitalized overnight at least once in the past year than caregivers of adults 18-49 (50 percent vs. 33 percent). When hospitalization occurs, 71 percent of caregivers of adults 50-plus said they were included in discussions about their recipient's care.

One in three caregivers (30 percent) report that coordinating care with health professionals is difficult (Figure 28).

Figure 28. Ease of Coordinating Care, Caregivers of Older Adults



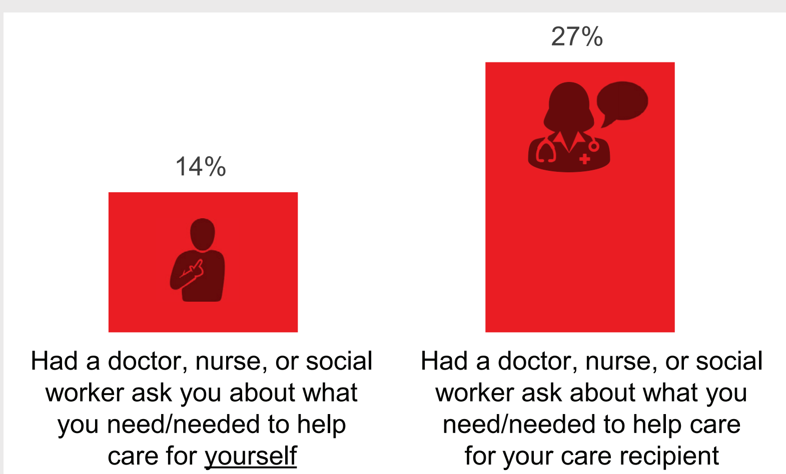
Q38. *(If responsible for coordinating)* Please think about all of the health care professionals or service providers who give/gave care or treatment to your [relation]. How easy or difficult is/was it for you to coordinate care between those providers?

2015 Base: Caregivers Involved in Care Coordination for Recipient Age 50+ (*n* = 904)
2020 Base: Caregivers Involved in Care Coordination for Recipient Age 50+ (*n* = 1,030)
2025 Base: Caregivers Involved in Care Coordination for Recipient Age 50+ (*n* = 4,854)

Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

Only one in four family caregivers of adults ages 50 or older say a health care provider, such as a doctor, nurse, or social worker, has asked them what they needed to care for their recipient (27 percent) and even fewer (14 percent) say a health care provider has asked what they need to care for themselves (Figure 29).

Figure 29. Conversations with Health Care Providers, Caregivers of Older Adults



Q45. In your experience as a caregiver, have you ever … ?

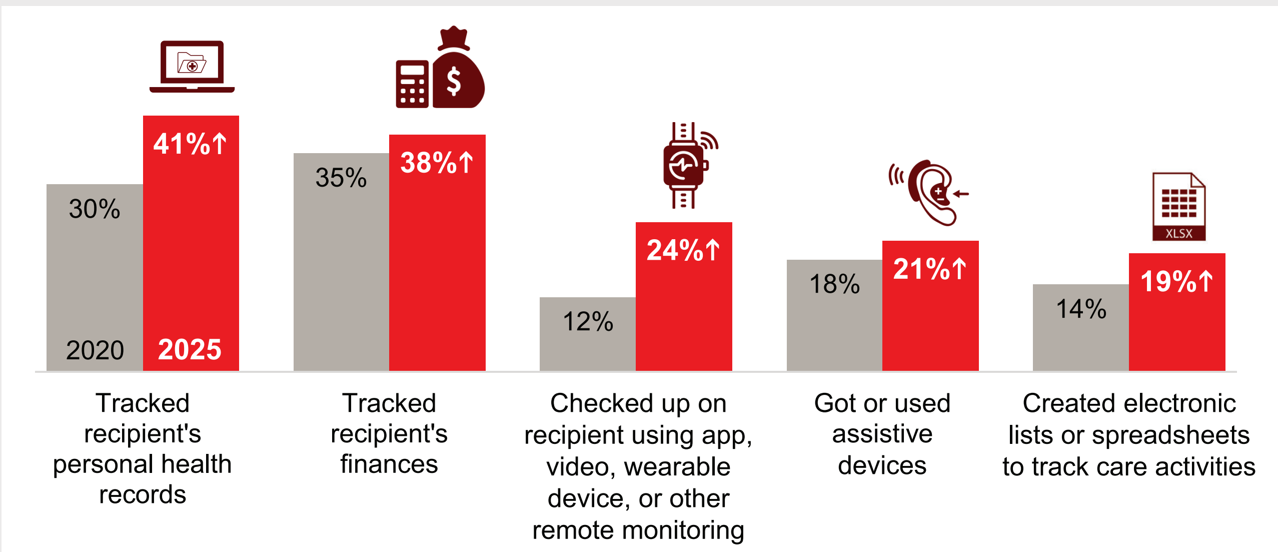
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Use of technology to help with care tasks

As the nature and complexity of caregiving evolve, family caregivers are increasingly turning to technology solutions to help manage developing care demands, with a significant increase in use of technology since 2020 (Figure 30). Four in 10 caregivers of adults ages 50 or older now report using technology or software to track their recipient's personal health records (41 percent, up from 30 percent in 2020). Family caregivers of older adults have doubled the use of remote monitoring technologies since 2020, with 24 percent of caregivers of adults 50-plus now using apps, video, or wearables to check on their recipient from a distance.

This technological integration extends to other aspects of caregiving as well, such as assistance with ADLs and IADLs. One in five caregivers of adults 50-plus uses assistive devices to support their recipient's independence (21 percent), more often than caregivers of younger adults 18-49 (12 percent). Assistive devices are "helpful products that improve or maintain a person's ability to live and function independently."[14]

Figure 30. Software and Monitoring Solution Use, Caregivers of Older Adults



M11. In your experience as a caregiver for your [relation], have you ever done the following things using technology or software?

2020 Base: Caregivers of Recipient Age 50+ (*n* = 1,204)
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Respondents may select more than one response; results add to greater than 100 percent.*

14 Family Caregiver Alliance. "Assistive Technology." https://www.caregiver.org/resource/assistive-technology/

F. Working while caregiving for an older adult

Key Takeaways

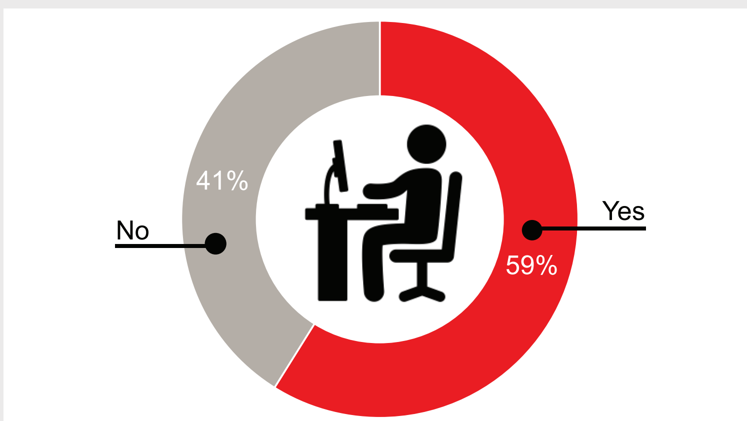
- ✓ Nearly six in 10 family caregivers of older adults worked while providing care in the past year.
- ✓ Employed caregivers of older adults work 35 hours a week, on average, and half are paid hourly.
- ✓ Caregivers of older adults who work report increased access to caregiver-friendly benefits, although benefits are more often available to family caregivers who are salaried (rather than paid hourly).

Balancing employment with caregiving responsibilities is the reality for many family caregivers of older adults; in fact, three in five work outside the home while caregiving. For many, their employment provides access to benefits that help support them in their caregiving roles. More than half of working caregivers report experiencing some work disruption due to their care responsibilities.

Working while caregiving

The proportion of caregivers of older adults who work outside the home (59 percent) has declined slightly (down from 62 percent in 2020; see Figure 31). These caregivers less often work than caregivers of adults 18-49 (67 percent).

Figure 31. Working while Caregiving, Caregivers of Older Adults

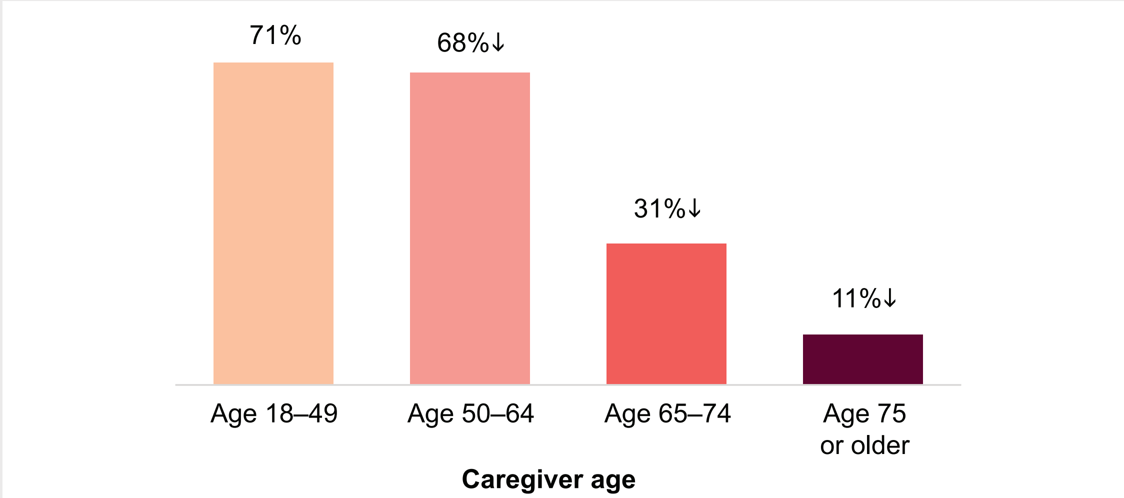


Q32A. Are/were you currently employed?

Q33. Were you employed at any time in the last year while you were also helping your [relation]?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Figure 32. Working while Caregiving, Caregivers of Older Adults by Caregiver Age



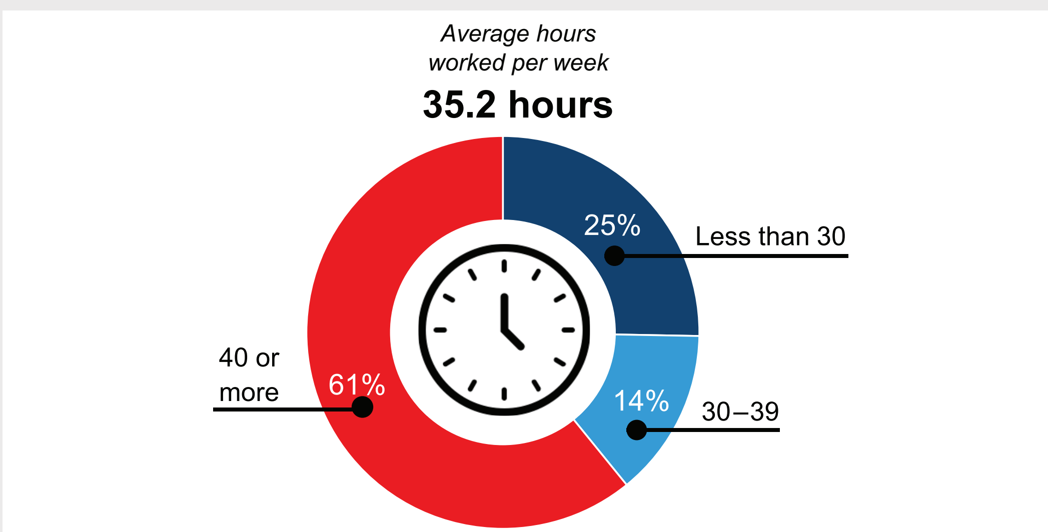
2025 Base: Caregivers of Recipient Age 50+ by Caregiver Age 18–49 (*n* = 2,048); **50–64** (*n* = 1,945); **65–74** (*n* = 1,107); **75 or older** (*n* = 539)

↑↓ *Significantly higher/lower than next youngest caregiver age group.*

Male caregivers of older adults more often are employed (64 percent) than female caregivers (55 percent), as are Black/African American (65 percent) and Hispanic/Latino (63 percent) caregivers of older adults (vs. 59 percent of all caregivers).

Six in 10 working caregivers of adults 50-plus work full time (61 percent). Male caregivers are more likely to work full time than female caregivers (69 percent vs. 55 percent), as are non-Hispanic white (62 percent) caregivers of older adults (vs. 56 percent of Hispanic/Latino caregivers). On average, employed caregivers of older adults work 35.2 hours a week (Figure 33).

Figure 33. Hours Worked among those Employed, Caregivers of Older Adults



N13. About how many hours a week, on average, do you work?/When you were last working and helping your [relation], about how many hours a week, on average, did you work?

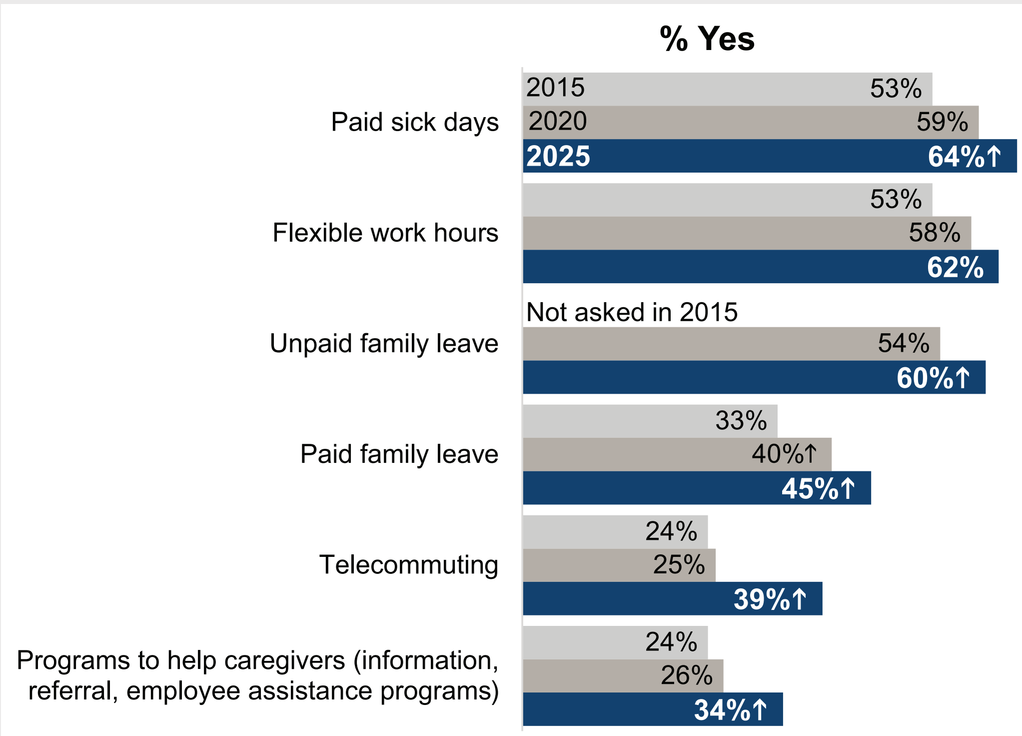
2025 Base: Working Caregivers of Recipient Age 50+ (*n* = 3,151)

More than half of employed caregivers of older adults are paid hourly (51 percent), while 41 percent report being salaried. More male caregivers of older adults report being salaried (48 percent) than female caregivers (37 percent). Non-Hispanic white caregivers of older adults are also more likely to be salaried (43 percent) than Black/African American caregivers of older adults (37 percent). Nine percent of caregivers of adults 50-plus are self-employed or own their own business.

Access to caregiver-friendly benefits

In recent years, support for employed family caregivers has evolved: 13 states and the District of Columbia now offer paid family leave programs. The percentage of caregivers of older adults who report access to caregiver-friendly work benefits has increased since 2020 (Figure 34). In 2025, about six in 10 say their employer offers paid sick days or flexible work hours. Caregivers of older adults report increased access to telecommuting or the ability to work from home, from 25 percent in 2020 to 39 percent in 2025.

Figure 34. Workplace Benefits, Caregivers of Older Adults



N16. For employees at your work in a similar role or job as yours, which of the following does your employer offer?/At the time when you were last working and providing care for your [relation], for employees at your work in a similar role or job as yours, which of the following did your employer offer?

2015 Base: Working and Not Self-Employed Caregivers of Recipient Age 50+ (*n* = 503)
2020 Base: Working and Not Self-Employed Caregivers of Recipient Age 50+ (*n* = 623)
2025 Base: Working and Not Self-Employed Caregivers of Recipient Age 50+ (*n* = 2,843)

Note: *Respondents may select more than one response; results add to greater than 100 percent.*

Hourly wage caregivers of older adults are less likely to have access to these benefits than their salaried counterparts (Table 4). They less often report having access to paid leave benefits like sick days and family leave, as well as telecommuting benefits. Although benefits overall may have expanded in recent years, many family caregivers of older adults still need workplace support.

Table 4. Comparison of Workplace Benefits Among Employed Caregivers of Older Adults, Salaried vs. Hourly Earning

	Salaried Working Caregivers of Adults 50+ (*n* = 1,230)	Hourly Earning Caregivers of Adults 50+ (*n* = 1,665)
Paid sick days	78%↑	54%
Flexible work hours	65%↑	57%
Unpaid family leave	64%↑	55%
Paid family leave	60%↑	34%
Telecommuting or working from home	57%↑	23%
Caregiver support programs like information, referrals, counseling, or an employee assistance program	43%↑	26%

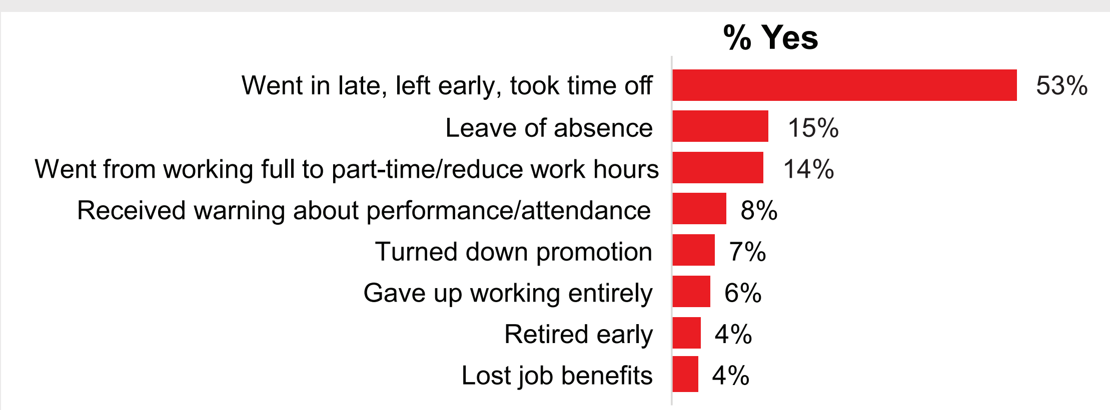
↑↓ *Significantly higher or lower than caregivers who are paid hourly.*

Even with available workplace benefits, family caregivers may not feel comfortable telling their workplace about their caregiving role. Among employed caregivers of adults ages 50 or older, 50 percent report their work supervisor is aware of their caregiving responsibility. For those caregivers whose supervisor is unaware, this could present a barrier to accessing benefits.

Work impacts as a result of caregiving

Although caregiver-friendly workplace benefits have become more common, the share of family caregivers experiencing negative work impacts indicates those benefits do not fully meet their needs. Six in 10 employed caregivers of adults 50-plus have experienced at least one work impact (63 percent), such as having to go in late, leave early, take time off to provide care, take a leave of absence, or cut back on work hours (Figure 35).

Figure 35. Work Impacts as a Result of Caregiving, Caregivers of Older Adults



Q34. As a result of caregiving, did you ever experience any of these things at work?

2025 Base: Working and Not Self-Employed Caregivers of Recipient Age 50+ (*n* = 2,862)

Note: *Respondents may select more than one response; results add to greater than 100 percent.*

Working caregivers of older adults also experience more negative financial impacts than their nonworking counterparts. They take on more debt (23 percent vs. 17 percent nonworking); work more, add hours, or find a second job (14 percent vs. 5 percent); and are more likely to put off retiring or decide never to retire (11 percent vs. 4 percent).

Family caregivers of older adults living with Alzheimer's or another type of dementia more often experience all eight work impacts than caregivers of older adults without Alzheimer's or another type of dementia.

Among working family caregivers of adults 50-plus, 8 percent report feeling their responsibilities as a caregiver led to them being penalized or discriminated against at work.

G. Financial situation of family caregivers of older adults

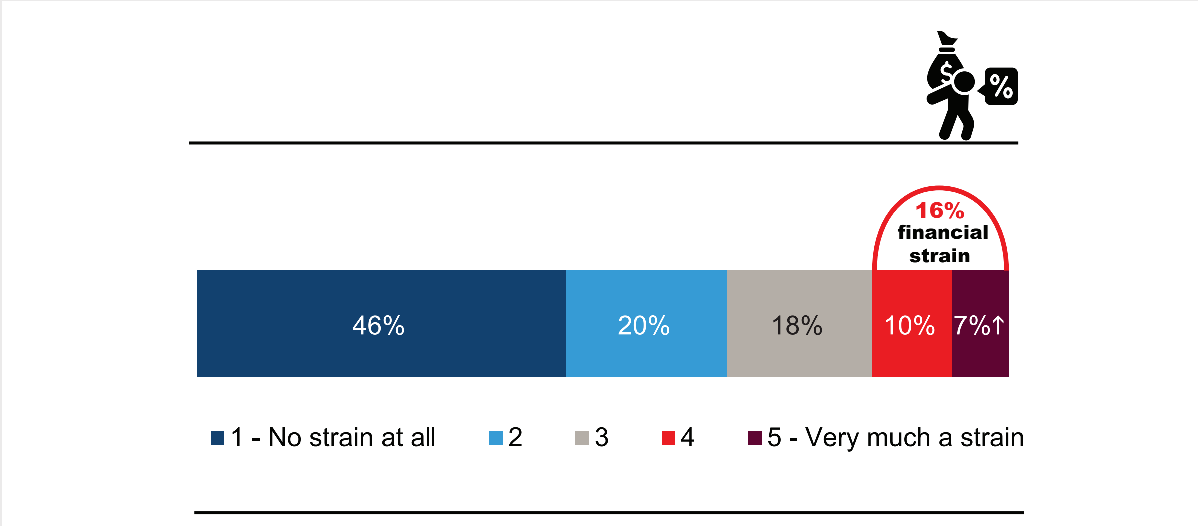
Key Takeaways

- ✓ More than four in 10 family caregivers of older adults have experienced at least one negative financial impact due to their caregiving role.
- ✓ Black/African American and Hispanic/Latino caregivers of older adults experience negative financial impacts at greater rates than others, as do lower- income caregivers of older adults.
- ✓ 28 percent of family caregivers of older adults have difficulty finding affordable services, an increase over 2020.

Financial pressures are a common part of the caregiving experience for many family caregivers of adults ages 50 or older, with measurable impacts that affect both day-to-day stability and long-term economic security. These can include taking on more debt or saving less; in more extreme cases, it can mean an inability to afford basic expenses. Forty-four percent of caregivers of older adults report at least one negative financial impact.

About one in five caregivers of adults 50-plus report high financial strain as a result of providing care (16 percent rate 4 or 5 on a 5-point scale; see Figure 36). However, caregivers of older adults less often report high financial strain than caregivers of younger adults (27 percent); they also report fewer negative financial impacts than caregivers of younger adults (1.6 vs. 2.9 on average).

Figure 36. Financial Strain of Caregiving, Caregivers of Older Adults



Q37. How much of a <u>financial strain</u> would you say that caring for your [relation] is/was for you?

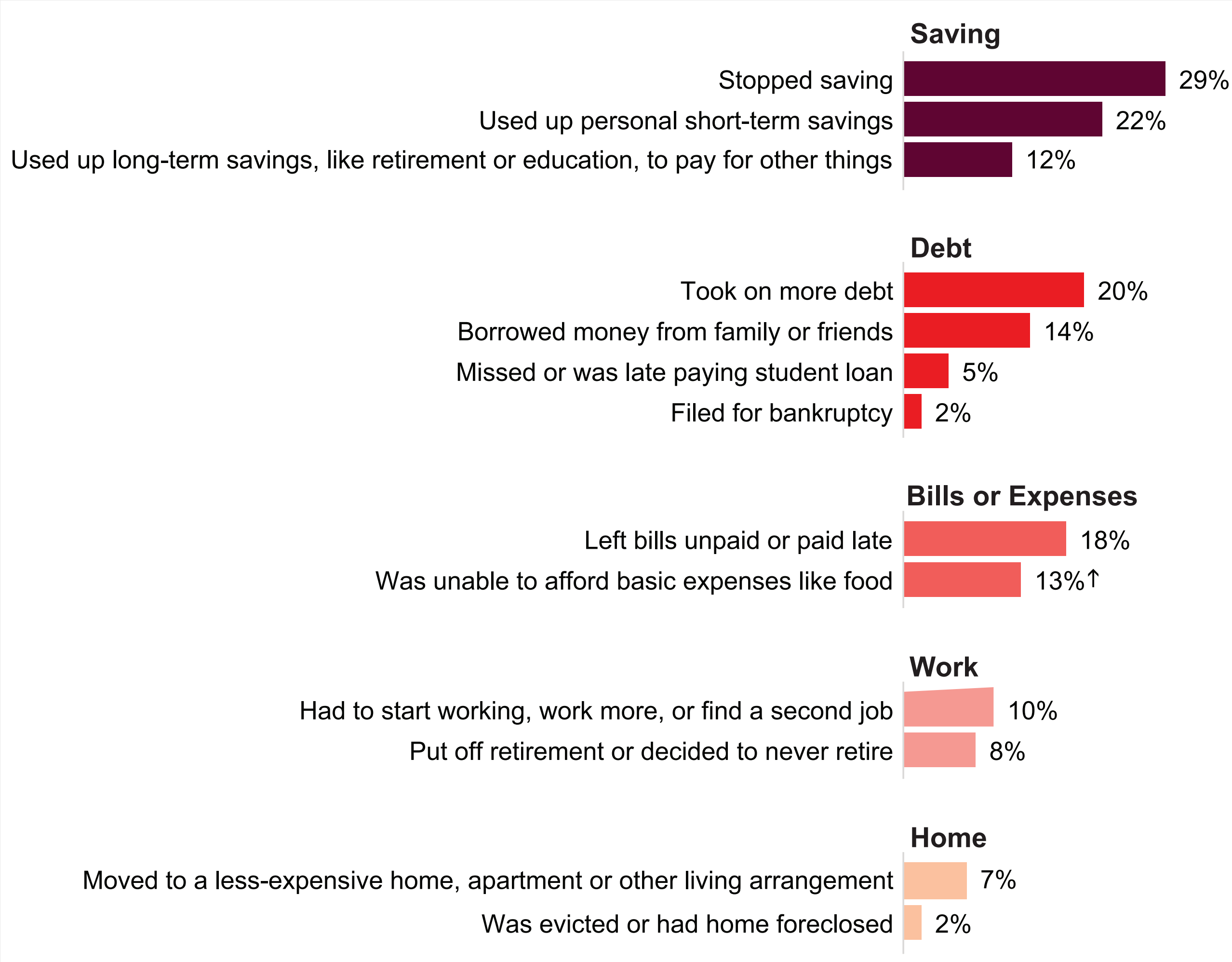
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

Negative financial impacts

The negative financial impacts family caregivers face because of their caregiving role can vary. About three in 10 family caregivers of adults ages 50 or older have stopped saving, while just over one in five have used up personal short-term savings. Twenty percent report taking on more debt (Figure 36), while 18 percent paid bills late or left them unpaid. Thirteen percent of caregivers of adults 50-plus have been unable to afford basic expenses like food, up from 10 percent in 2020. These findings demonstrate that caregiving can have long-term impacts on the caregiver's future financial well-being and security.

Figure 37. Negative Financial Impacts as a Result of Caregiving, Caregivers of Older Adults



M6. As a result of providing care to your (…), have you ever experienced any of these financial things?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Black/African American, Hispanic/Latino, and lower-income caregivers of older adults (those with less than $50,000 in household income) consistently experience more negative financial impacts more frequently than other groups (Table 5).

Table 5. Negative Financial Impacts as a Result of Caregiving, Caregivers of Older Adults by Caregiver Race/Ethnicity

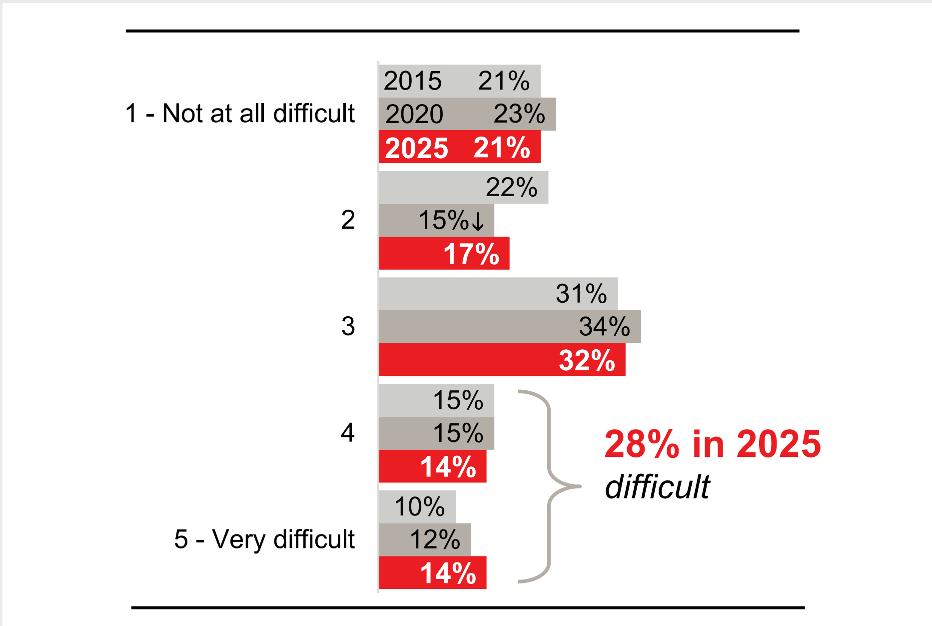
		Non-Hispanic White (*n* = 3,901) A	Black/ African American Non-Hispanic (*n* = 612) B	Hispanic/ Latino (*n* = 615) C	Other Non-Hispanic (*n* = 506) D
Saving	Stopped saving	26%	33%[A]	38%[AD]	28%
	Used up personal short-term savings	19%	27%[A]	29%[A]	24%
	Used up long-term savings, like retirement or education, to pay for other things	10%	14%	17%[A]	13%
Debt	Took on more debt	17%	27%[A]	29%[AD]	20%
	Borrowed money from family or friends	11%	20%[A]	21%[A]	16%
	Missed or was late paying student loan	3%	10%[AD]	10%[AD]	5%
	Filed for bankruptcy	2%	3%	5%[A]	2%
Bills or Expenses	Left bills unpaid or paid late	16%	26%[AD]	22%[AD]	13%
	Was unable to afford basic expenses like food	10%	16%[A]	18%[A]	14%
Work	Had to start working, work more, or find a second job	7%	14%[A]	15%[A]	14%[A]
	Put off retirement or decided to never retire	7%	9%	11%[A]	10%
Home	Moved to a less expensive home, apartment, or other living arrangement	5%	13%[A]	9%[A]	9%
	Was evicted or had home foreclosed	1%	4%[A]	3%	2%

Note: *Superscript letters indicate result is significantly higher than comparison data shown in lettered column*

Affordability of services

Since 2015, more family caregivers of adults ages 50 or older have had difficulty finding affordable services for their recipient, with 28 percent having difficulty finding services like delivered meals, transportation, or in-home health services (compared to 25 percent in 2015; see Figure 38).

Figure 38. Affordability of Services in Recipient's Area, Caregivers of Older Adults



N19. How difficult is/was it to get affordable services in your [relation]'s local area or community that could help/would have helped you care for your [relation], like delivered meals, transportation, or in-home health services?

2015 Base: Caregivers of Recipient Age 50+ (*n* = 1,087)
2020 Base: Caregivers of Recipient Age 50+ (*n* = 1,204)
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

H. Well-being of family caregivers of older adults

Key Takeaways

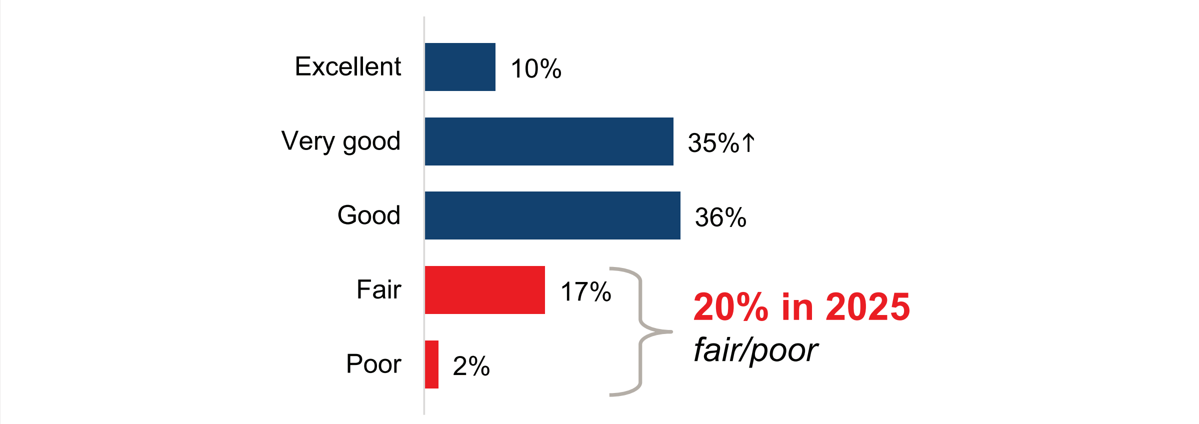
- ✓ Family caregivers of older adults have four days per month, on average, where poor mental or physical health kept them from doing their usual activities.
- ✓ Nearly half of caregivers of older adults report experiencing physical strain and 64 percent report emotional stress.
- ✓ Family caregivers of adults 50-plus experience greater physical stress, emotional stress, and feelings of loneliness when their older care recipient lives with them.

Family caregivers often struggle to maintain their own health while prioritizing the well-being of the older adults they support. This section quantifies the emotional, physical, and overall well-being toll that can come from serving as the primary caregiver to an older adult.

Caregiver health

In 2025, one in five caregivers of adults ages 50 or older report fair or poor health, similar to findings from 2020 (Figure 39). Caregivers who live with their care recipient more often report they are in fair or poor health (26 percent) than those who do not (16 percent).[15]

Figure 39. Caregiver Self-Reported Health, Caregivers of Older Adults

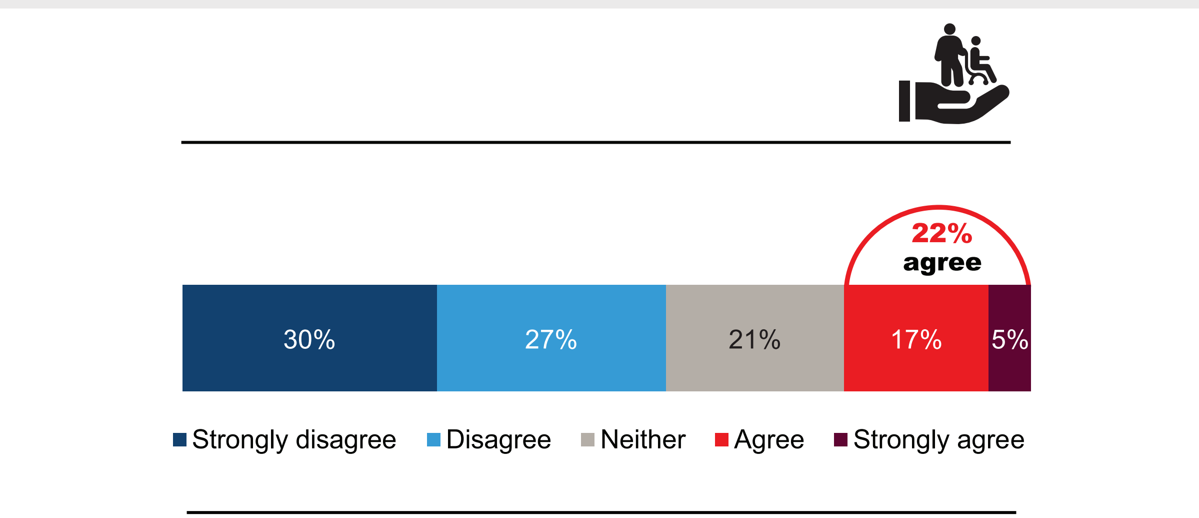


D1. How would you describe your own health?/When you were last caregiving, was your health … ?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

About one in five caregivers of adults ages 50 or older say it is difficult to take care of their own health (22 percent; see Figure 40), whereas caregivers of younger adults 18-49 more often have difficulty taking care of their own health (30 percent).

Figure 40. Difficulty Caring for Own Health, Caregivers of Older Adults



M5b. How much do you agree or disagree with each statement below about being a caregiver for your [relation]? "I find/found it difficult to take care of my own health."

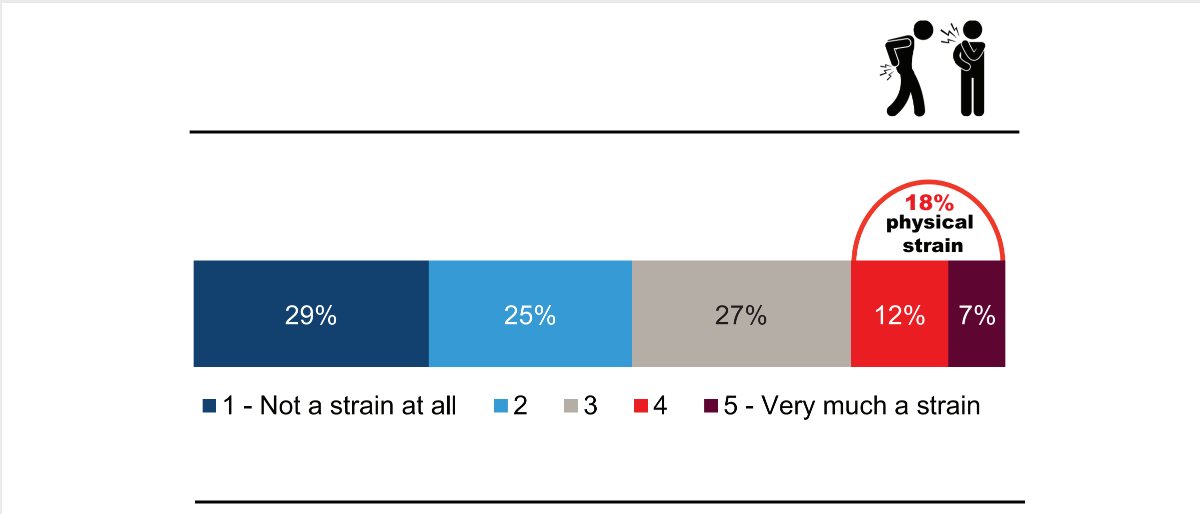
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

15 There are significant differences across multiple dimensions of well-being for caregivers of older adults living with Alzheimer's and/or dementia versus caregivers of older adults living with other health conditions. See earlier section on Alzheimer's or dementia caregiving.

Caregiving can affect both physical and emotional health. Nearly half of caregivers of adults 50-plus experience moderate or high physical strain (46 percent; see Figure 41).

Figure 41. Physical Strain of Caregiving, Caregivers of Older Adults



Q35. How much of a physical strain would you say that caring for your [relation] is/was for you?

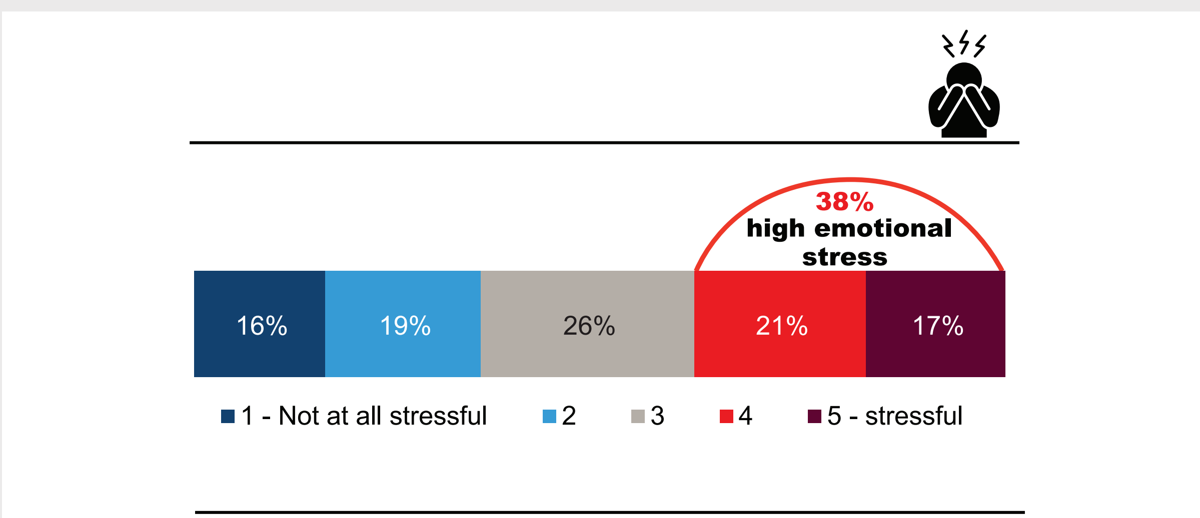
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,654)

Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

Seventeen percent of caregivers of older adults report having a disability that prevented their full participation in work, school, housework, or other activities.

Nearly two-thirds of family caregivers of adults 50-plus report moderate or high emotional stress (64 percent; see Figure 42).

Figure 42. Emotional Stress of Caregiving, Caregivers of Older Adults



Q36. How emotionally stressful would you say that caring for your [relation] is/was for you?

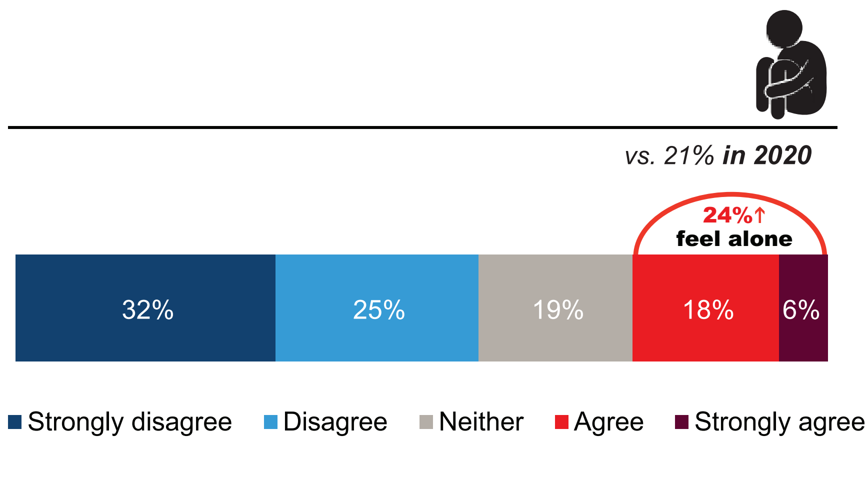
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,654)

Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

In addition to emotional strain, nearly one in four caregivers of adults 50-plus report feeling alone (24 percent; see Figure 43), an increase from 2020 (21 percent).

Caregivers of older adults who live with their care recipient more often report high levels of physical strain (26 percent vs. 14 percent of those not living together), high emotional stress (45 percent vs. 34 percent), and more often report feeling alone (32 percent vs. 19 percent).

Figure 43. Feeling Alone, Caregivers of Older Adults



M5c. How much do you agree or disagree with each statement below about being a caregiver for your [relation]? "I feel/felt alone"

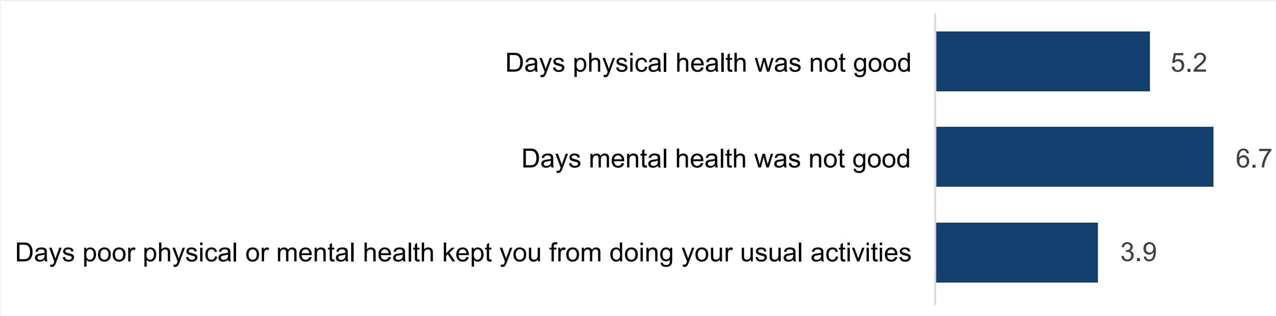
2020 Base: Caregivers of Recipient Age 50+ (*n* = 1,204)
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Note: *Results are rounded and don't know/refused responses are not shown; results may not add to 100 percent.*

To understand which mental and physical health issues are significant enough to impact caregivers' daily activities—whether linked to caregiving or not—this year's survey included the CDC Healthy Days measure: a series of four questions assessing perceived physical and mental health of the family caregiver over the past 30 days.[16] On average, caregivers of adults ages 50 or older report having four days per month where poor mental or physical health kept them from doing their usual activities (Figure 44). However, caregivers of adults ages 50 and older report days with these effects less often than caregivers of adults 18-49 (5.2 days on average). Caregivers of older adults more often report having some kind of help, which could account for the difference.

16 Moriarty, David G., Mathew W. Zack, and Rosemarie Kobau. "The Centers for Disease Control and Prevention's Healthy Days Measures – population tracking of perceived physical and mental health over time." *Health Qual Life Outcomes* 1, no. 37 (September 2003).

Figure 44. CDC Healthy Days Measure, Caregivers of Older Adults



H1. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

H2. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

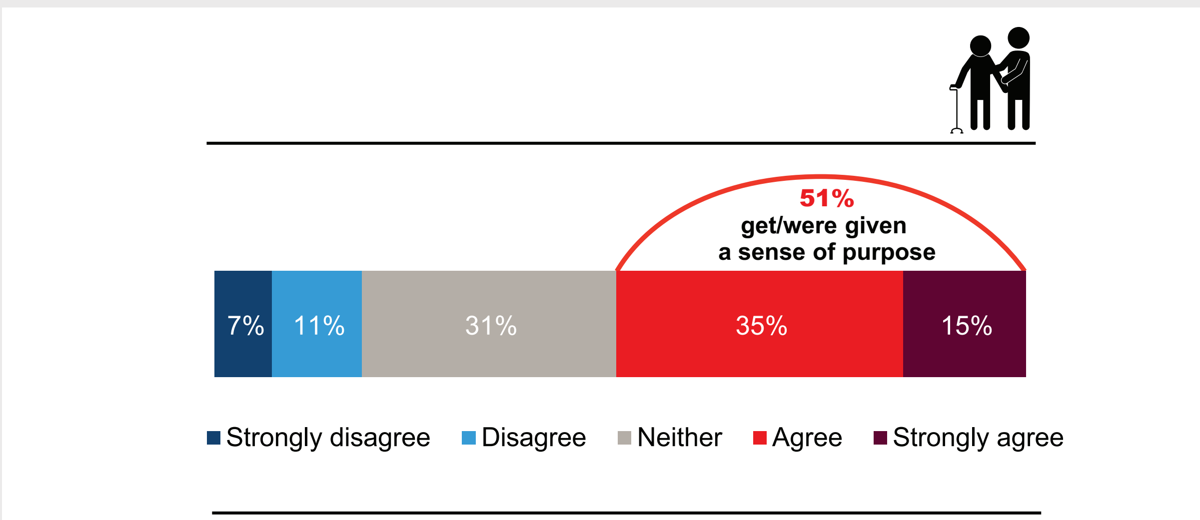
H3. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Sense of purpose

For family caregivers, positive emotions often coexist with feelings of isolation, stress, or strain. Half of caregivers of adults 50-plus report their role as a caregiver gives them a sense of purpose or meaning in life (51 percent; see Figure 45).

Figure 45. Sense of Purpose, Caregivers of Older Adults



M5a. How much do you agree or disagree with each statement below about being a caregiver for your [relation]? “My role as a caregiver gives/gave me a sense of purpose or meaning in my life”

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,654)

Note: *Results are rounded and don’t know/refused responses are not shown; results may not add to 100 percent.*

Choice in caregiving

Previous *Caregiving in the US* research indicates that choice–or lack thereof–in becoming a family caregiver significantly affects well-being, which continues to hold true in the 2025 data.[17] Over half of caregivers of adults ages 50 or older (56 percent) felt they had no choice in taking on their caregiving role, up from 2020 (53 percent). Caregivers of older adults who live with their care recipient are also more likely to say they had no choice in taking on their role (65 percent vs. 51 percent).

The element of choice may mitigate the physical and mental health effects of older adult caregiving. Among caregivers of adults 50-plus, those who felt they had a choice in taking on their role:

- Less often found it difficult to care for their own health (12 percent vs. 30 percent)
- Reported a lower number of poor mental health days (25 percent vs. 38 percent reporting seven days or more in the past month)
- Reported a lower number of poor physical health days (19 percent vs. 26 percent reporting seven days or more in the past month)
- Feel alone less often (11 percent vs. 34 percent)
- Are more likely to feel their role gives them a sense of purpose (62 percent vs. 42 percent.

I. Policy and program support for family caregivers of older adults

Key Takeaways

- ✓ Four in 10 caregivers of older adults would find access to respite programs helpful.
- ✓ More caregivers of older adults would like help keeping their care recipient safe at home and in using technology to support their caregiving activities, compared to caregivers of younger adults.
- ✓ 36 percent of caregivers of older adults report there is no long-range plan in place for their care recipient, with another 19 percent being unsure if there is such a plan.

Family caregivers provide 50 billion hours of care annually while facing substantial personal and financial challenges.[18] Financial support, programs, and planning tools can help mitigate the challenges and caregivers express strong preferences for these options. As caregiving demands grow with an aging population, targeted policy solutions become more essential. These findings can help to inform comprehensive policy development.

Financial support policies

As documented above, the economic impacts of caregiving are extensive, reaching into caregivers' job security and financial futures. Many make significant career sacrifices that can amount to hundreds of thousands of dollars in lifetime earnings losses. Policy solutions, such as tax credits, paid leave, and programs that provide pay for caregiving could provide meaningful relief.

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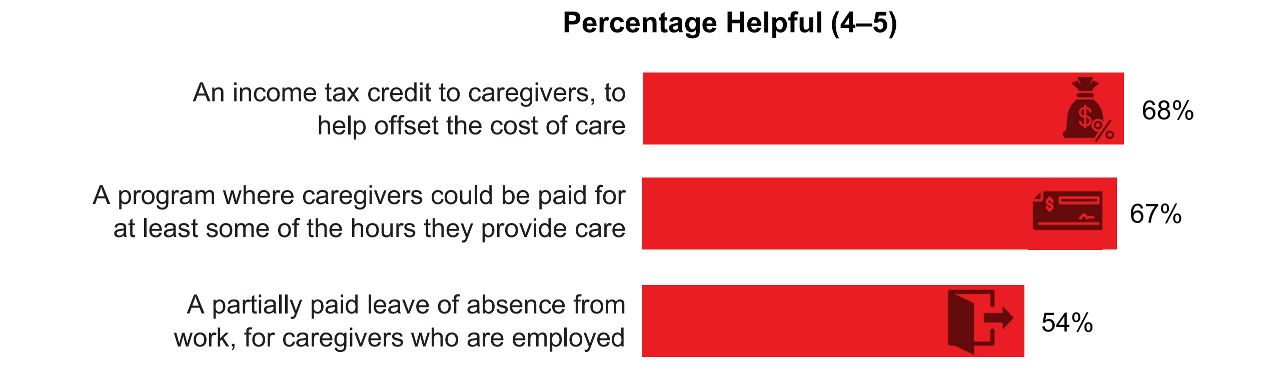
17 For more information about the relationship of choice and well-being, see call out box on *Choice in Caregiving*, from *Caregiving in the US 2025 main report.*

18 Houser, Ari, Selena Caldera, Brendan Flinn, and Rita Choula. *Valuing the Invaluable 2026: Family Caregivers' Contribution Reaches $1 Trillion*. Washington, DC: AARP Public Policy Institute, March 26, 2026. https://doi.org/10.26419/ppi.00402.001.

Most caregivers of adults ages 50 and older think these solutions would be financially helpful, consistent with sentiment in 2020. This strong support reflects the significant financial challenge that caregiving places on families across America. According to the survey, 68 percent would find an income tax credit helpful, 67 percent consider caregiver payment programs helpful, and 54 percent view partially paid leaves of absence as helpful (Figure 46).

Figure 46. Reaction to Financial Support Policies, Caregivers of Older Adults



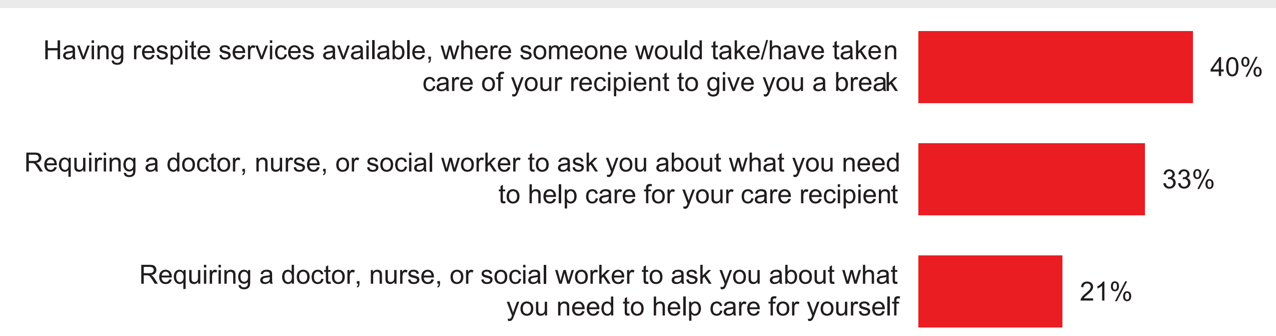
M9. Below are some ways that people are proposing to help caregivers financially. How helpful would you find/ have found each?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Caregiver support and training policies

Family caregivers of older adults express clear preferences regarding supportive programs and services that address their multifaceted needs. The highest demand is for respite services, with 40 percent of caregivers of adults 50-plus valuing programs that provide temporary relief and breaks from caregiving. Additionally, one-third of caregivers of adults 50-plus want policies requiring health care professionals to assess their needs as caregivers to better support their care recipients (33 percent; see Figure 47).

Figure 47. Reaction to Caregiver Support Policies, Caregivers of Older Adults



N20. Various organizations are thinking about ways to help caregivers like you. Which of the following do you think would be / have been helpful to you?

2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Caregivers of older adults increasingly recognize their own well-being as essential, with three in 10 wanting more help or information to manage their emotional or physical stress (Figure 48). Meanwhile, 21 percent would find conversations with health care professionals about addressing their self-care needs beneficial (Figure 48). Caregivers of adults 50-plus more often desire practical support with care: 28 percent want assistance in keeping care recipients safe at home (vs. 23 percent among caregivers of adults 18–49) and 13 percent want help using technology to provide care (vs. 9 percent of caregivers of adults 18–49).

In addition, caregivers of adults ages 50 or older more often want help with care transitions like choosing a home care agency, assisted living facility, or nursing home (15 percent compared to 8 percent of caregivers of adults 18–49). They also would like help making end-of-life decisions (15 percent vs. 9 percent among caregivers of younger adults 18–49). These findings highlight the importance of developing comprehensive support systems that recognize caregivers not only as providers of care, but as individuals with distinct needs requiring attention and resources to sustain that care.

Figure 48. Training and Information Needs, Caregivers of Older Adults

Q48. Which of the following topics do you feel you need/needed more help or information? Select all that apply.

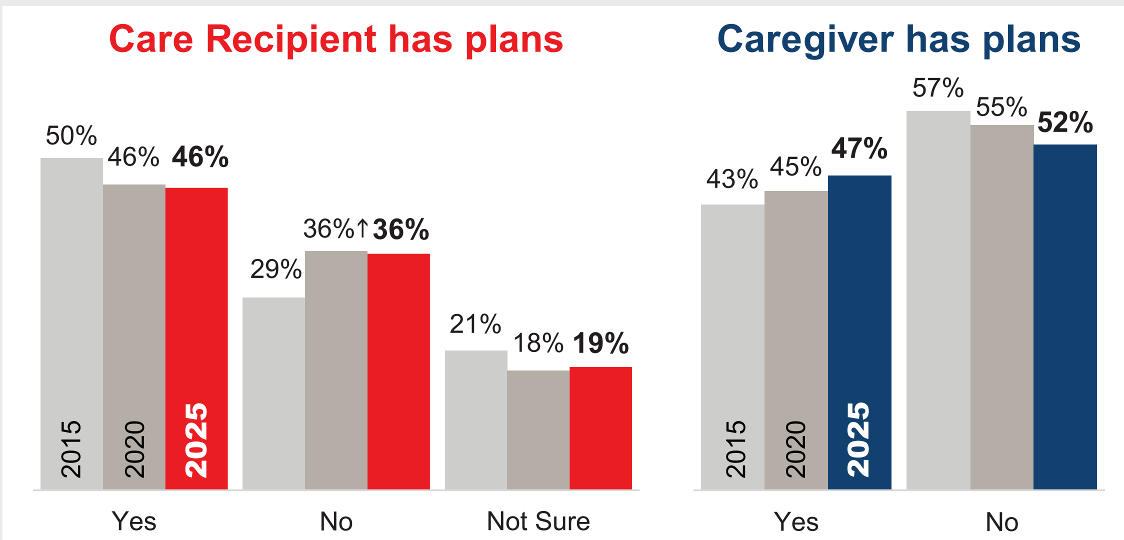
2020 Base: Caregivers of Recipient Age 50+ (n = 1,204)
2025 Base: Caregivers of Recipient Age 50+ (n = 5,639)

Note: *Respondents may select more than one response; results add to greater than 100 percent.*

Long-range planning

The implementation of comprehensive care plans represents a critical component in supporting family caregivers, especially for family caregivers of older adults, yet significant gaps remain. Despite their importance for managing financial matters, health care decisions, and living arrangements, 36 percent of caregivers of adults 50-plus report that no established plans exist, whereas an additional 19 percent are uncertain whether such plans are in place (Figure 49). Caregivers of older adults are more likely to report their recipient has long-range plans than caregivers of adults 18-49 (27 percent). Since 2015, incrementally more caregivers of adults 50-plus report implementing their own long-range plans and nearly half have their own plans in place (43 percent in 2015 compared to 47 percent in 2025).

Figure 49. Future Care Plans, Caregivers of Older Adults



N22. Do you have your <u>own</u> plans for your own future care, such as handling financial matters, health care decisions, or living arrangements?

N21. Does/did your [relation] have plans in place for their future care, such as instructions for handling financial matters, health care decisions, or living arrangements?

2015 Base: Caregivers of Recipient Age 50+ (*n* = 1,087)
2020 Base: Caregivers of Recipient Age 50+ (*n* = 1,204)
2025 Base: Caregivers of Recipient Age 50+ (*n* = 5,639)

Conclusion

More than 50 million Americans—almost 20 percent—are serving as family caregivers to adults ages 50 or older. The vast majority are uncompensated for this work, collectively providing billions of hours of unpaid service that allows care recipients to age safely at home and in their communities and generating significant public savings in doing so. Yet these caregivers are not a homogenous group, as this report demonstrates. The data shared here provides a richness and texture to our understanding of the makeup, experiences, challenges, and rewards of this group. These caregivers are diverse ethnically, demographically, financially, and in many other regards.

While they are diverse, they share some common experiences in caregiving. Many provide care alone, with few using respite services. Many help with complex care tasks, like activities of daily living and medical and nursing tasks, which can be challenging. They face staggering negative employment and financial effects, as well as impacts on their own health. Many caregivers struggle to coordinate care across health care professionals and service providers and are rarely asked by health professionals about their own needs.

More than half of caregivers of older adults feel a sense of purpose or meaning in their lives because of their caregiving responsibilities. Yet they would like more support, specifically in the form of policies and programs. Nearly half are making plans for their own future care, likely informed by their lived experiences as caregivers.

As the number of Americans 50-plus continues to rise, demand for caregivers will only increase. By getting to know and understand caregivers and their experiences with care through this survey, we can help construct a future that supports caregivers as they provide this vital care.

Appendix A: Demographic profile

This appendix provides the demographic profile for respondents in the *Caregiving in the US* 2025 study who are family caregivers of an adult 50-plus, providing both a trend comparison to 2015 and 2020, as well as a comparison to adults caring for younger adults 18-49.

Demographic profile of caregivers of older adults, Trend 2015–2025

Family caregivers of adults 50-plus reflect the general US population and, on the whole, look like family caregivers of adults 50-plus from 2020 (Table A1). Six in 10 are women and four in 10 are men; the average age is 52 years old; six in 10 are white; and about half are married.

Table A1. Demographic Summary of Caregivers of Older Adults, Trend 2015–2025

Demographic	2015 Caregivers of Adults 50+ (*n* = 1,087)	2020 Caregivers of Adults 50+ (*n* = 1,204)	2025 Caregivers of Adults 50+ (*n* = 5,639)
Caregiver Gender			
Male	40%	39%	38%
Female	60%	61%	61%
Age of Caregiver			
18–34	21%	22%	16%↓
35–49	24%	22%	25%↑
50–64	35%	36%	35%
65–74	12%	13%	15%
75+	8%	7%	8%
Mean age	***50.3***	***50.1***	***52.0↑***
Race/Ethnicity of Caregiver			
White *(non-Hispanic)*	62%	61%	62%
Black/African American *(non-Hispanic)*	13%	14%	12%
Hispanic/Latino	16%	17%	16%
Asian American/Native Hawaiian/Pacific Islander *(non-Hispanic)*	7%	5%	5%
American Indian, Alaska Native, or multiracial* *(non-Hispanic)*	2%	3%	5%
Caregiver Education			
Less than high school	7%	6%	8%↑
High school graduate	28%	25%	25%
Some college or associate's degree	28%	34%↑	33%
Bachelor's degree	20%	21%	18%↓
Master's degree or above	16%	15%	16%
Caregiver Marital Status			
Married	57%	54%	55%
Living with a partner	7%	6%	10%↑
Widowed	5%	3%↓	4%
Separated	2%	2%	1%
Divorced	8%	9%	8%
Single, never married	20%	23%	21%
Paid vs. Unpaid Family Caregivers			
Unpaid family caregivers only	n/a	n/a	82%
Family caregivers who are both paid and unpaid	n/a	n/a	15%
Paid family caregivers only	n/a	n/a	3%

↑↓ *Result is significantly higher or lower than prior wave.*

**Methodological difference from 2020 to 2025; no statistical testing applied.*

About seven in 10 family caregivers of adults 50-plus report having household income of $50,000 or more.[19] About one in 4 have a child or grandchild living in their home at the time of care, and 20 percent live in a rural area.[20] Fifty-nine percent of family caregivers of adults 50-plus are employed while providing care, while 8 percent are students while caregiving.

Table A1. Demographic Summary of Caregivers of Older Adults, Trend 2015–2025 *(continued)*

Demographic	2015 Caregivers of Adults 50+ (*n* = 1,087)	2020 Caregivers of Adults 50+ (*n* = 1,204)	2025 Caregivers of Adults 50+ (*n* = 5,639)
Caregiver Household Income *(unadjusted)**			
Less than $50,000 (net)	46%	35%	28%
Less than $10,000	n/a	n/a	4%
Less than $15,000	12%	8%	n/a
$10,000-$24,999	n/a	n/a	7%
$15,000–$29,999	16%	12%	n/a
$25,000-$49,999	n/a	n/a	17%
$30,000–$49,999	19%	15%	n/a
$50,000 or more *(net)*	54%	65%	72%
$50,000–$74,999	18%	17%	17%
$75,000–$99,999	13%	14%	13%
$100,000+	23%	34%	42%
Children/Grandchildren in Caregiver's Household			
Yes	28%	30%	27%↓
No	71%	68%	71%↑
Caregiver Location			
Not rural *(net)**	85%	89%↑	80%
Urban	n/a	n/a	35%
Suburban	n/a	n/a	45%
Rural*	15%	11%↓	20%
Caregiver Employment Status			
Employed in past year while caregiving	59%	62%	59%↓
Not employed	41%	38%	41%↑
Caregiver Student Status			
Yes	n/a	10%	8%↓
No	n/a	89%	91%↑
Caregiver Disability Status			
Yes	n/a	n/a	17%
No	n/a	n/a	83%
Paid vs. Unpaid Family Caregivers			
Unpaid family caregivers only	n/a	n/a	82%
Family caregivers who are both paid and unpaid	n/a	n/a	15%
Paid family caregivers only	n/a	n/a	3%

↑↓ *Result is significantly higher or lower than prior wave.*

** Methodological difference from 2020 to 2025; no statistical testing applied.*

19 See *Caregiving in the US 2020*, Appendix B: Detailed Methodology for documentation on inflation and the comparison of scales for household income used in 2020 and 2015.

20 Due to a change in how data were collected, results are not stat tested. In 2015 and 2020, caregivers were asked to self-report their location as rural vs. not rural. Beginning in 2025, profile information from the Ipsos panel was used to classify caregivers as living in urban, rural, or suburban locations.

Most family caregivers of adults 50-plus have health insurance, usually through an employer. Just 7 percent have served in the US Armed Forces (down from 2020) and 9 percent self-identify as LGBTQ. One in three report their recipient lives in a rural area and 13 percent say their recipient is a veteran (also down from 2020).

Table A1. Demographic Summary of Caregivers of Older Adults, Trend 2015–2025 *(continued)*

Demographic	2015 Caregivers of Adults 50+ (*n* = 1,087)	2020 Caregivers of Adults 50+ (*n* = 1,204)	2025 Caregivers of Adults 50+ (*n* = 5,639)
Caregiver Has Health Insurance			
Yes	n/a	88%	90%↑
No	n/a	11%	10%
Caregiver Source of Health Insurance			
Employer-sponsored	n/a	57%	50%↓
Medicare	n/a	21%	26%↑
Medicaid	n/a	9%	12%↑
Direct purchase	n/a	7%	6%
Military/veterans	n/a	4%	3%
Caregiver Service in Armed Forces			
Served on active duty	10%	10%	7%↓
Did not ever serve	89%	90%	92%↑
Caregiver LGBTQ Status			
Yes	9%	7%	9%
No	91%	92%	91%
Care Recipient Location			
Urban/suburban	71%	69%	68%
Rural	28%	30%	32%
Care Recipient Service in Armed Forces			
Served on active duty	15%	16%	13%↓
Did not ever serve	83%	82%	85%↑

↑↓ *Result is significantly higher or lower than in prior wave.*

Demographic comparison of caregivers of older adults versus caregivers of younger adults

Family caregivers of older adults are 52 years old, on average; significantly older than caregivers of adults 18-49 (44; see Table A2).

Table A2. Demographic Summary of Caregivers of Adults by Care Recipient Age (Caregivers of adults 50-plus and Caregivers of adults 18–49)

Demographic	Caregivers of Adults 18+ (*n* = 6,549)	Caregivers of Adults 18–49 (*n* = 879)	Caregivers of Adults 50+ (*n* = 5,639)
Caregiver Gender			
Male	38%	38%	38%
Female	61%	60%	61%
Age of Caregiver			
18–34	18%	31%	16%↓
35–49	26%	33%	25%↓
50–64	33%	26%	35%↑
65–74	14%	8%	15%↑
75+	8%	2%	8%↑
Mean age	***50.6***	***44.1***	***52.0↑***
Race/Ethnicity of Caregiver			
White *(non-Hispanic)*	61%	57%	62%
Black/African American *(non-Hispanic)*	13%	14%	12%
Hispanic/Latino	16%	21%	16%↓
Asian American/Native Hawaiian/Pacific Islander *(non-Hispanic)*	6%	2%	5%↑
American Indian, Alaska Native, or multiracial* *(non-Hispanic)*	7%	6%	5%
Caregiver Education			
Less than high school	9%	13%	8%↓
High school graduate	26%	29%	25%
Some college or associate's degree	33%	32%	33%
Bachelor's degree	18%	16%	18%
Master's degree or above	15%	10%	16%↑
Caregiver Marital Status			
Married	54%	46%	55%↑
Living with a partner	10%	14%	10%↓
Widowed	4%	4%	4%
Separated	2%	3%	1%
Divorced	8%	9%	8%
Single, never married	21%	21%	21%

↑↓ *Result is significantly higher or lower than for caregivers of adults age 18–49.*

Caregivers of adults 50-plus more often report an annual household income of $50,000 or more and are less likely to have children living in their home, compared to caregivers of younger adults 18–49.

Table A2. 50-plus and Caregivers of adults 18–49 *(continued)*

Demographic	Caregivers of Adults 18+ (*n* = 6,549)	Caregivers of Adults 18–49 (*n* = 879)	Caregivers of Adults 50+ (*n* = 5,639)
Caregiver Household Income *(unadjusted)*			
Less than $50,000 *(net)*	30%	37%	28%↓
Less than $10,000	5%	9%	4%↓
$10,000–$24,999	8%	13%	7%↓
$25,000–$49,999	16%	15%	17%
$50,000 or more *(net)*	70%	63%	72%↑
$50,000–$74,999	17%	18%	17%
$75,000–$99,999	12%	10%	13%
$100,000+	41%	35%	42%↑
Children/Grandchildren in Caregiver's Household			
Yes	29%	36%	27%↓
No	70%	62%	71%↑
Caregiver Location			
Urban/Suburban	79%	79%	80%
Rural	20%	21%	20%
Caregiver Employment Status			
Employed in past year while caregiving	60%	67%	59%↓
Not employed	40%	32%	41%↑
Caregiver Student Status			
Yes	9%	15%	8%↓
No	90%	85%	91%↑
Caregiver Disability Status			
Yes	18%	23%	17%↓
No	82%	77%	83%↑

↑↓ *Result is significantly higher or lower than for caregivers of adults age 18–49.*

Family caregivers of adults 50-plus more often report having health insurance and caring for a veteran, as compared to caregivers of younger adults 18-49.

Table A2. Demographic Summary of Caregivers of Adults by Care Recipient Age (Caregivers of adults 50-plus and Caregivers of adults 18–49) *(continued)*

	Caregivers of Adults 18+ (*n* = 6,549)	Caregivers of Adults 18–49 (*n* = 879)	Caregivers of Adults 50+ (*n* = 5,639)
Caregiver Has Health Insurance			
Yes	89%	83%	90%↑
No	11%	17%	10%↓
Caregiver Source of Health Insurance			
Employer-sponsored	50%	52%	50%
Medicare	24%	14%	26%↑
Medicaid	13%	21%	12%↓
Direct purchase	6%	6%	6%
Military/veterans	3%	3%	3%
Caregiver Service in Armed Forces			
Served on active duty	8%	8%	7%
Did not serve	92%	91%	92%
Caregiver LGBTQ+ Status			
Yes	9%	14%	9%↓
No	87%	86%	91%↑
Care Recipient Location			
Urban/suburban	67%	63%	68%
Rural	33%	37%	32%
Care Recipient Service in Armed Forces			
Served on active duty	12%	4%	13%↑
Did not serve	86%	93%	85%↓

↑↓ *Result is significantly higher or lower than for caregivers of adults age 18–49.*

AARP and National Alliance for Caregiving.
*Family Caregivers of Adults Age 50-plus:
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