

Caregiving in the US 2025:
**Unlocking Data to Transform
Family Caregiving**

January 23, 2026

About the National Alliance for Caregiving

Mission

We catalyze system change to build health, wellness, and financial security for all family caregivers through research, policy, and narrative change.

Strategic Impact Pillars

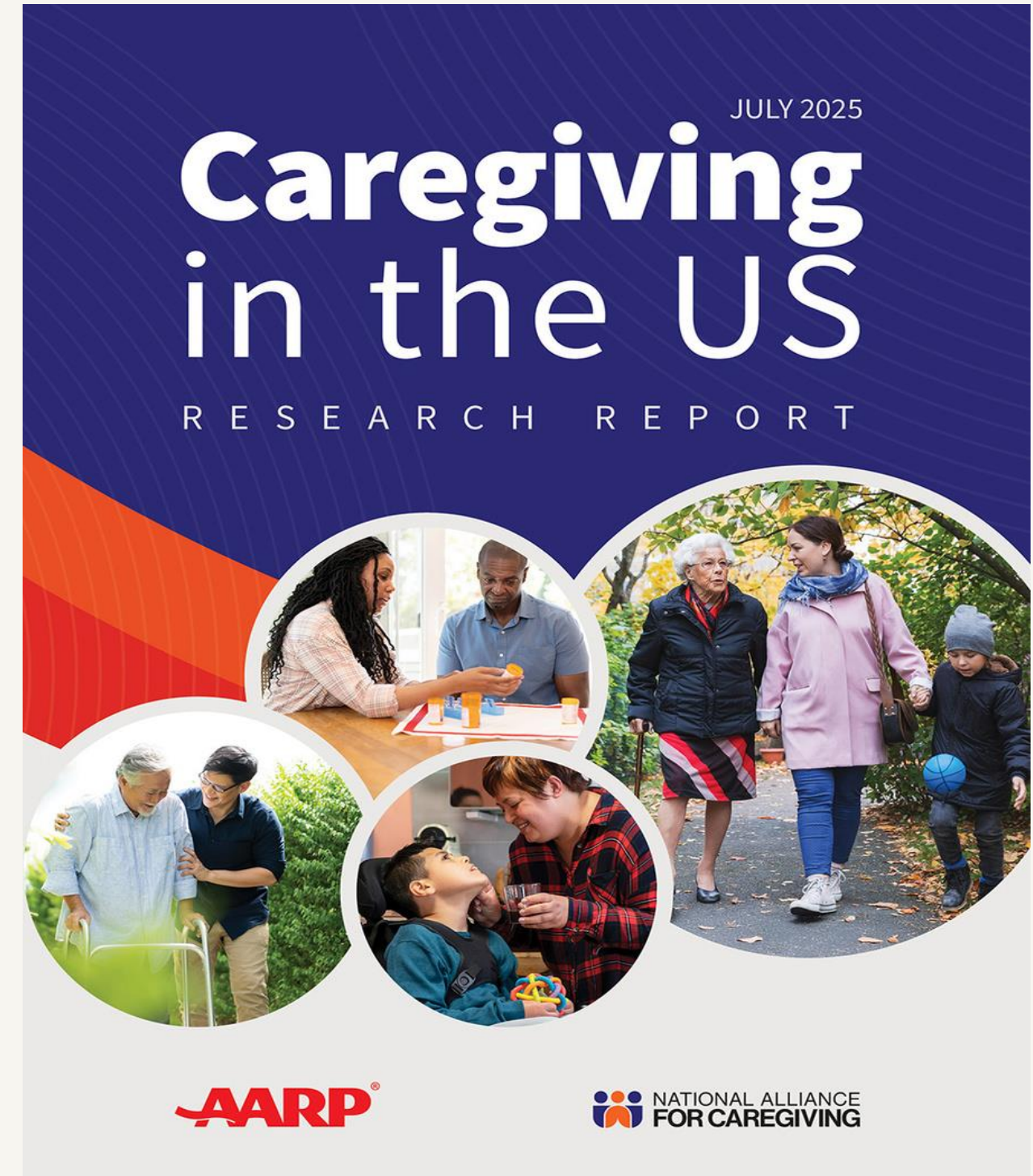
- Champion caregiver health & wellness
- Drive economic inclusion
- Foster caregiver friendly communities

Caregiving in the US was made possible by generous support from:



What is Caregiving in the US

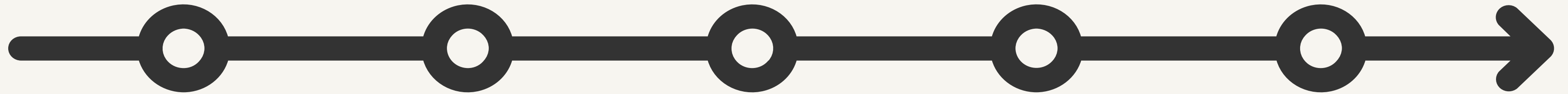
- The nation's **deepest dive into the day-to-day challenges confronting family caregivers** of older adults and people with serious illness or disabilities.
- Widely regarded an **authoritative data resources** on family caregivers.
- The report explores the challenges and opportunities associated with caregiving across different populations **across the lifespan.**



What is new in 2025?

- Addition of **state representative caregiver samples** for many states
- **Inclusion of family caregivers participating in caregiver payment programs**, such as through Medicaid home and community-based services self-direction waivers, the Department of Veterans Affairs, and state programs
- Use of a four-question summary measure of caregivers' physical and emotional health, the **CDC Healthy Days measure**
- Inclusion of an **expanded Level of Care Index** that includes objective and subjective measures of the caregiving experience

The Care Continuum



**Parental
Care**



**Sandwich
Caregivers**



**Caregivers
supporting
people with
serious illnesses**



**Caregivers
supporting
people with
disabilities**



**Caregivers
supporting older
adults**



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What We're Measuring

Prevalence of Caregiving

Basics of the Caregiving Situation

Financial Situation

Living Situation

Impact of Caregiving on Work

Care Recipient's Condition

Services, Support, and Information

Caregiving Activities and Level of Care

Use of Technology

Presence of Other Help

Well-Being of Caregivers

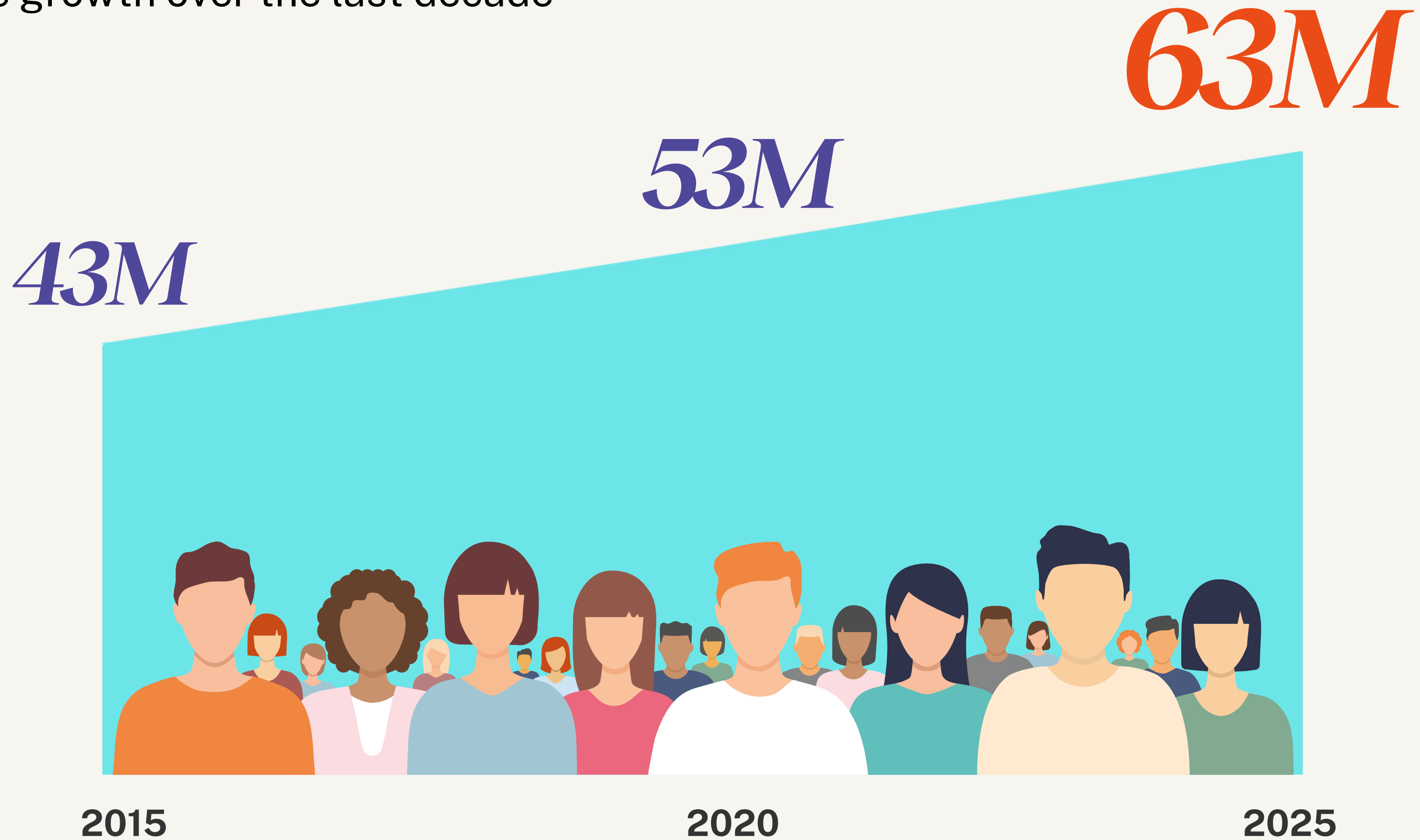
Long-Range Planning



National Data: Trends & Insights

National Prevalence of Caregiving

Dramatic growth over the last decade





Key Insight

Support systems are expanding but **demands on family caregivers** are growing faster.



Who is caregiving?

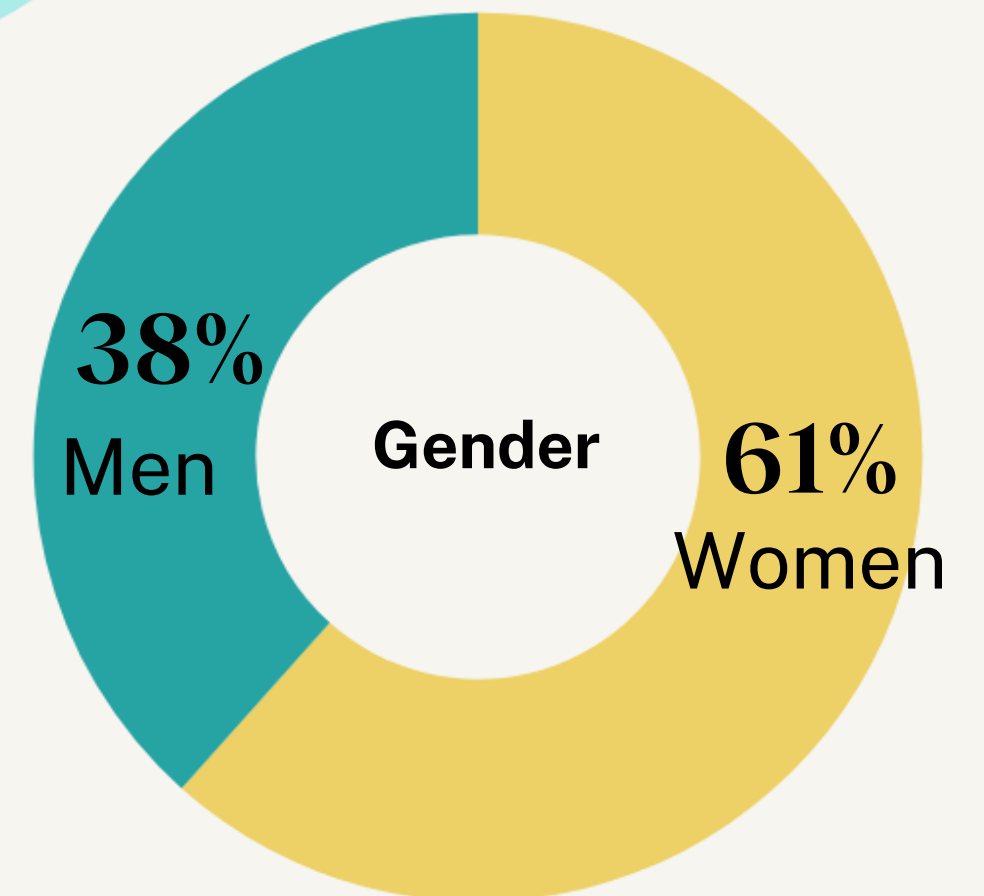
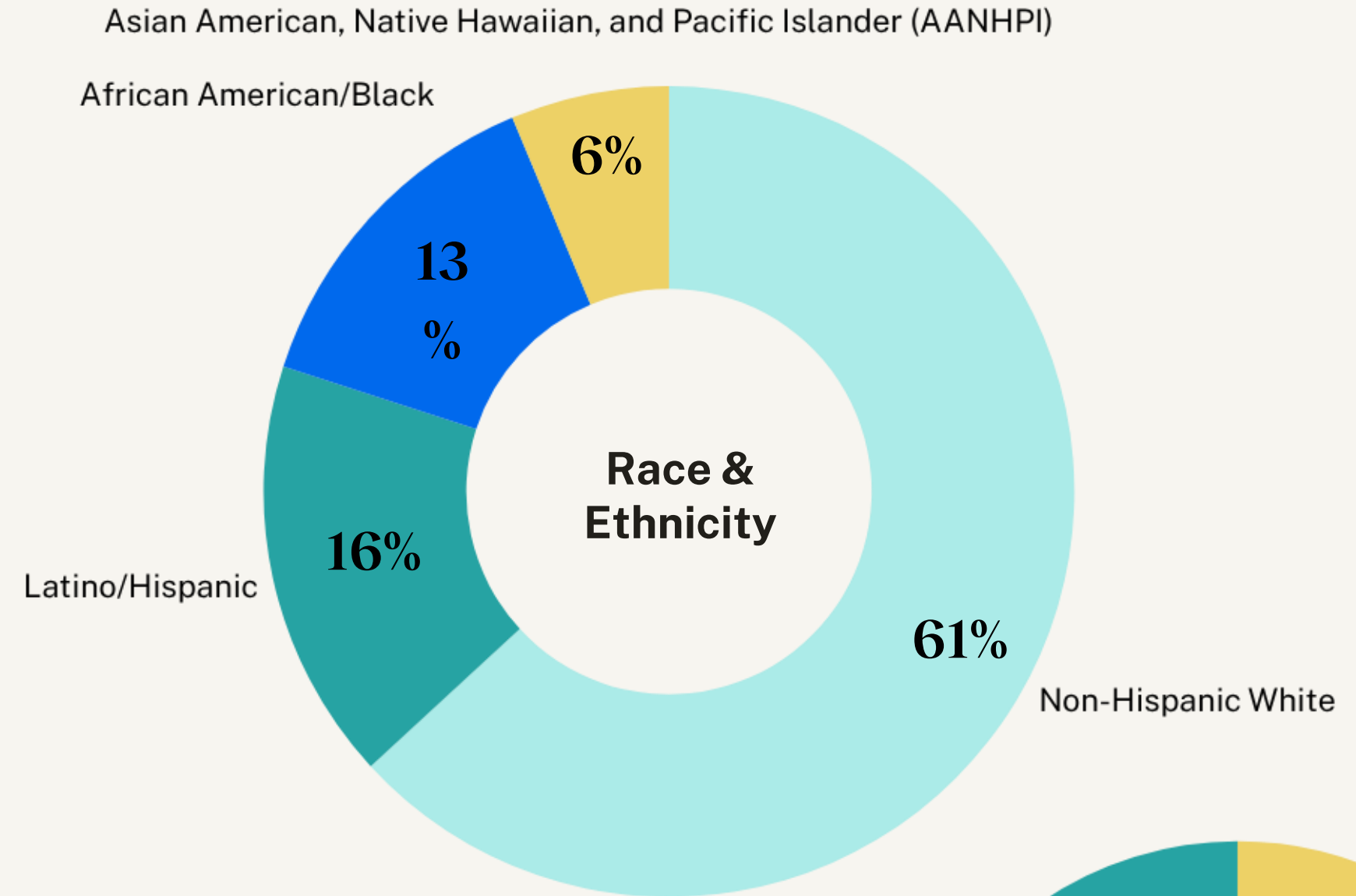
- Average caregiver age is **51** with 2 in 5 under the age of 50.
- Most caregivers (**89%**) care for **relatives** — 40% for parents, 15% for spouses.
- **29%** are "sandwich generation," caring for both children and adults.



Nearly one in five family caregivers have a disability



One in 10 identify as LGBTQ.



What are caregivers doing?

- Family caregivers are managing care for recipients with multiple health challenges, with nearly three-quarters (73%) having 2+ conditions.
- **30% of caregivers provide care for 5+ years**, a significant increase from 2020
- Nearly one-quarter (24%) manage multiple care recipients at once, with 20% caring for two people.
- More than half (55%) perform medical and nursing tasks yet only 22% receive training for these complex tasks.

Caregiving **intensity** is increasing

45%

Percentage of family caregivers in high-intensity caregiving situations



Health & Well-Being

- 1 in 5 caregivers report their own health as fair or poor - with those living with their care recipient experiencing even worse health outcomes (26%).
- 45% experience moderate to high physical strain from caregiving duties, with women more likely to report physical strain (21% vs. 16% of men).
- Nearly 1 in 4 caregivers (24%) report feeling alone - an increase from 2020, with female caregivers hit hardest (26% vs. 20% of male caregivers)

Emotional stress is widespread among family caregivers

64%

Percentage of family caregivers who report face moderate to high emotional stress



Financial Impact

- **More than 1 in 3 caregivers (31%) have stopped saving** due to caregiving costs.
- **Nearly 1 in 4 caregivers (23%) have taken on more debt** including credit cards and loans, while 20% have left bills unpaid or paid them late.
- **Black and Latino American family caregivers experience most financial impacts** at higher rates, with lower-income and younger caregivers also disproportionately affected.

The **financial impacts** are **extensive**

47%

Percentage of family caregivers who experience a negative financial impact due to caregiving



Working While Caregiving

- Nearly 6 in 10 working caregivers (**58%**) go in late, leave early, or take time off to provide care.
- **More than half of working caregivers (53%) are paid hourly** rather than salaried (40%) - creating additional challenges for flexibility and job security.
- **Working caregivers face greater financial strain than non-working caregivers** - they're more likely to take on debt (27% vs. 20%), use up savings (27% vs. 22%), and leave bills unpaid (23% vs. 17%).

**3 in 5 family caregivers
balance work with care**

61%

Percentage of family caregivers who work while providing care

70%

Percentage of family caregivers age 18-64 who work while providing care

Resilience and Support

- Nearly half (47%) of family caregivers report long-term planning for their future care.
- Technology adoption among caregivers is **surging** - remote monitoring usage nearly doubled from 13% in 2020 to 25% in 2025
- **More than half of caregivers (53%) have unpaid help** in their support network.
- New payment opportunities: **11.2 million family caregivers now receive some form of payment** for their care through programs like Medicaid.

There is **Purpose** in Care

51%

Percentage of family caregivers who report finding a sense of purpose and meaning from caregiving



What Caregivers Want



More than two-thirds of caregivers support payment programs, especially those with lower incomes



More than 1 in 3 want respite services - the most requested support



More than two-thirds find income tax credits valuable, particularly higher earners over \$50,000



1 in 3 want caregiver needs assessments by healthcare professionals

Caregiving in the US 2025 Data Hub

- ✓ National Report
- ✓ Executive Summary
- ✓ Fact Sheets
 - Race / Ethnicity
 - Disability
 - Low income
 - Gender
 - Working while Caregiving
- ✓ Frequently Asked Questions



State Data: Trends & Insights

Caring Across States: State Data Report

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Prevalence of Family Caregiving: 20% to 34%

63+ million Americans

1 in 4 Americans are Family Caregivers

The percentage of family caregivers is highest in the South

Caregiving in the US 2025: Caring Across States

National Alliance for Caregiving and AARP, Caregiving in the US 2025: Caring Across States



Place fundamentally shapes the caregiving experience

Family caregiving prevalence and intensity vary by state

- Prevalence rates range from 20% of adults in DC to 34% in MS, with the highest prevalence in MS, WV, AR, KY, and LA.
- Care intensity & hours of care vary.

Recognition of family caregivers by healthcare systems and providers differs across states

- In NJ, 38% of family caregivers report being asked about their care recipient's needs compared to 15% in IN.
- When it comes to caregivers' own health, healthcare providers inquire at rates ranging from 7% in KS to 26% in MD.

State policies shape support for family caregivers

- Paid family caregiving rates range from just 10% in IA to 28% in NJ reflective of variations in state LTSS and HCBS policies.

Nearly **2.3 million**
(2,283,000) or **27%**
adults in North
Carolina are family
caregivers.



NORTH CAROLINA

2.3 million
family caregivers

Each one making care possible.



Source: Caregiving in the US 2025: Caring Across States

North Carolina State Data Profile



Caregiving in the US 2025:

October 2025

North Carolina

A survey of family caregivers 18 years and older who care for children and adults with complex medical conditions or disabilities

More than 2 million (2,283,000) adults in North Carolina provide care to a family member or friend with complex medical conditions or disabilities — more than one quarter (27%) of adults across the state.

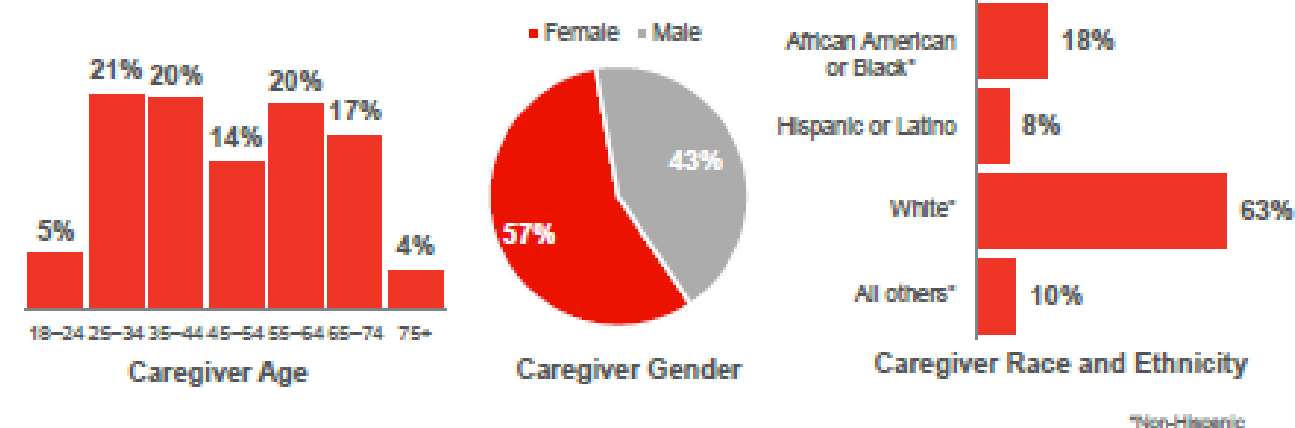
Most family caregivers in North Carolina care for an adult (92%) — often a parent (38%). Sixteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (62%). Three in ten caregivers live in a household with income under \$50,000 (30%). A quarter of caregivers (27%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. Sixteen percent of caregivers live with a disability. Half of family caregivers live with their care recipient (49%).

On average, family caregivers are 49 years old and care for someone 65 years old in North Carolina.

Six in ten family caregivers work while also caregiving (58%).

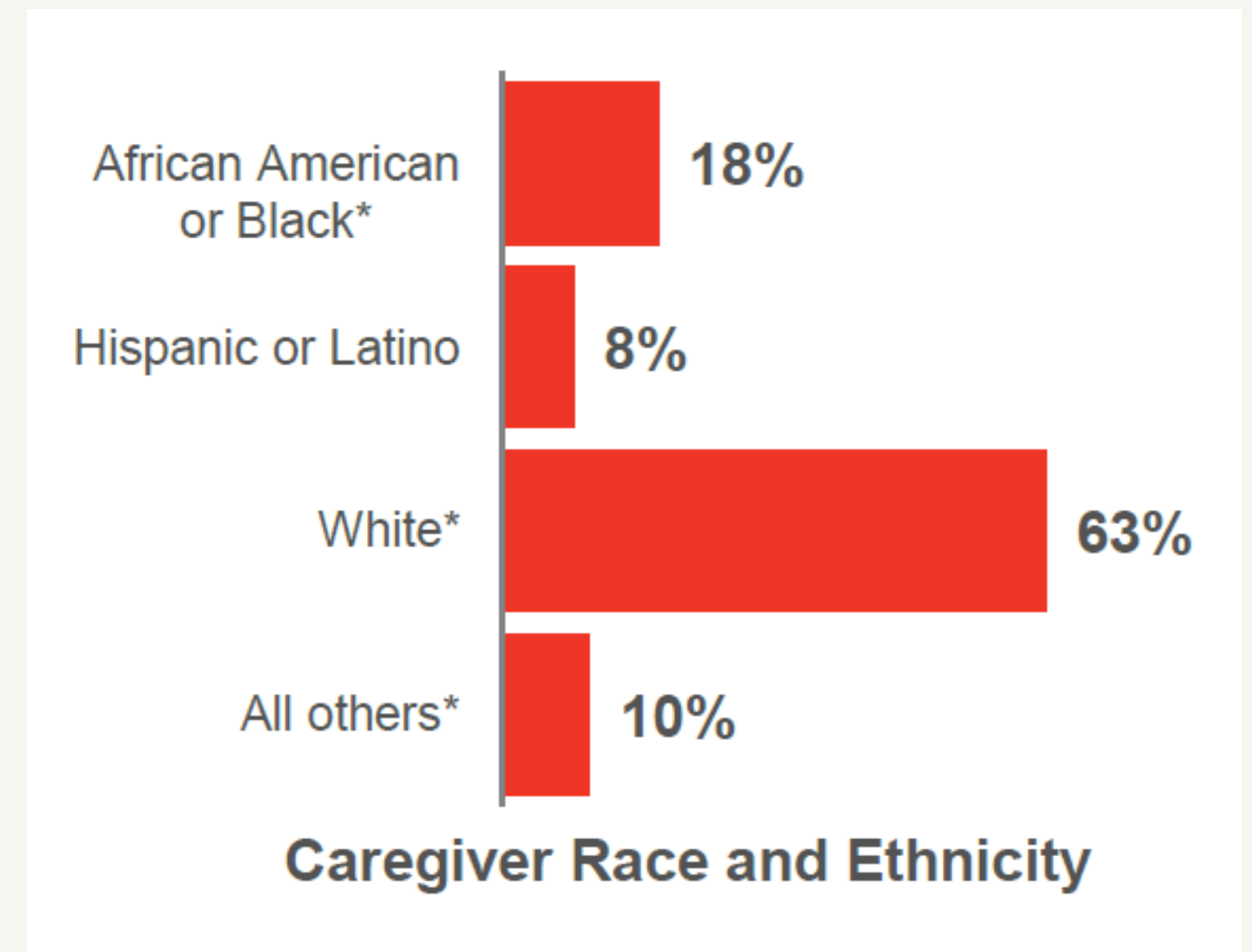
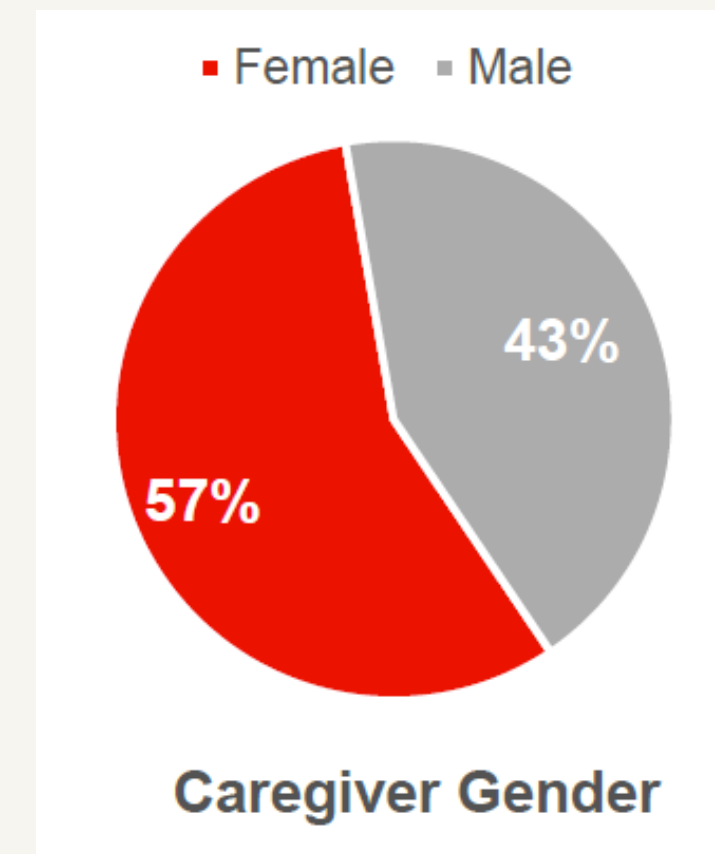
Most family caregivers in North Carolina provide care to someone due to a long-term physical condition (59%).

Demographics of Family Caregivers in North Carolina



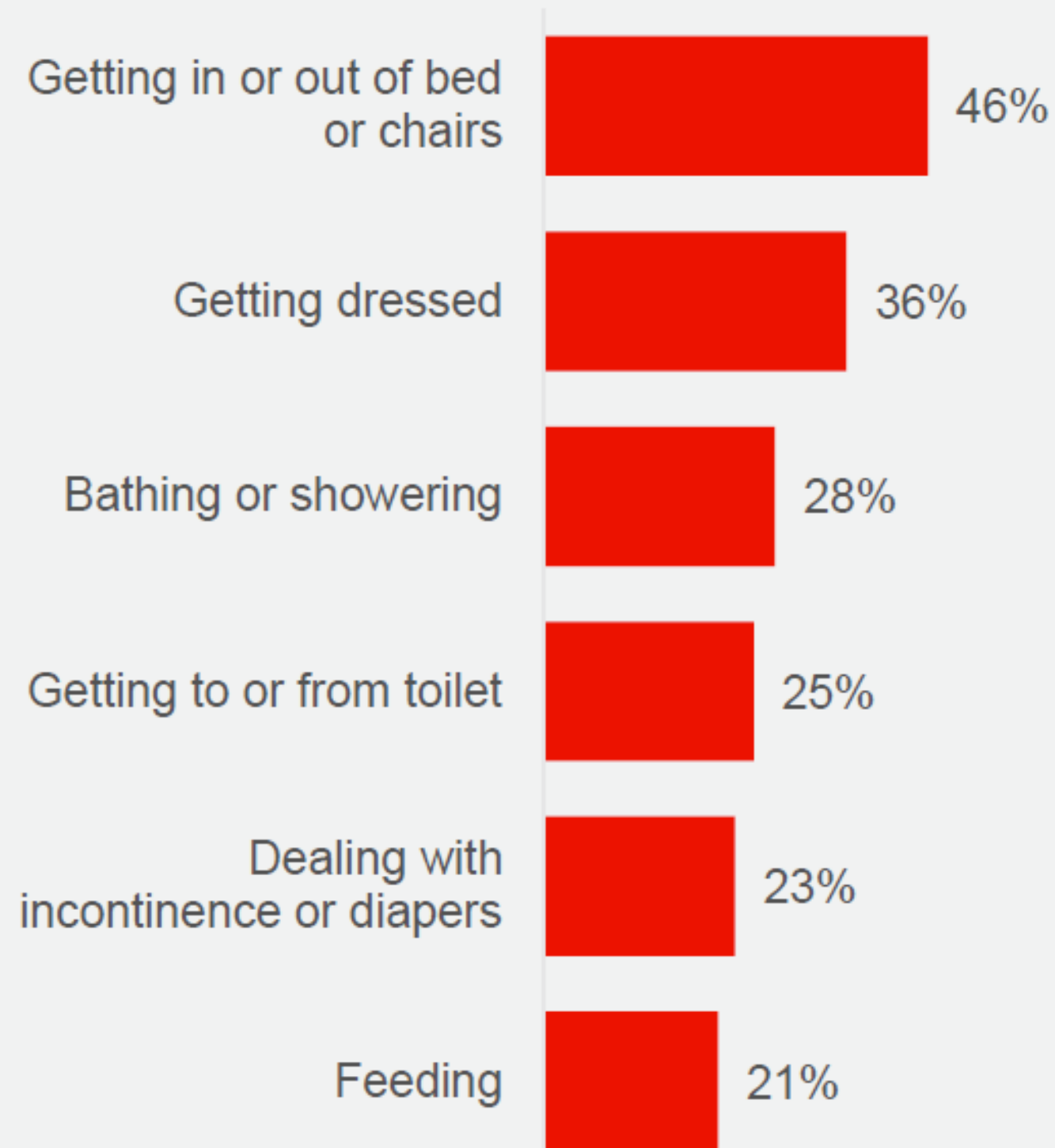
Who are NC's family caregivers?

- The average age is **49**.
- **92%** care for an adult with **16%** caring for a child (under 18 or adult over 18) with complex medical needs.
- **3 in 10** caregivers live in a household with income under \$50,000.
- **27%** are sandwich generation caregivers.
- **49%** live with their care recipient.
- **6 in 10** NC family caregivers work while caregiving.
- **38%** live in rural communities.



What are NC caregivers doing?

North Carolina Family Caregivers Help with Many Activities of Daily Living

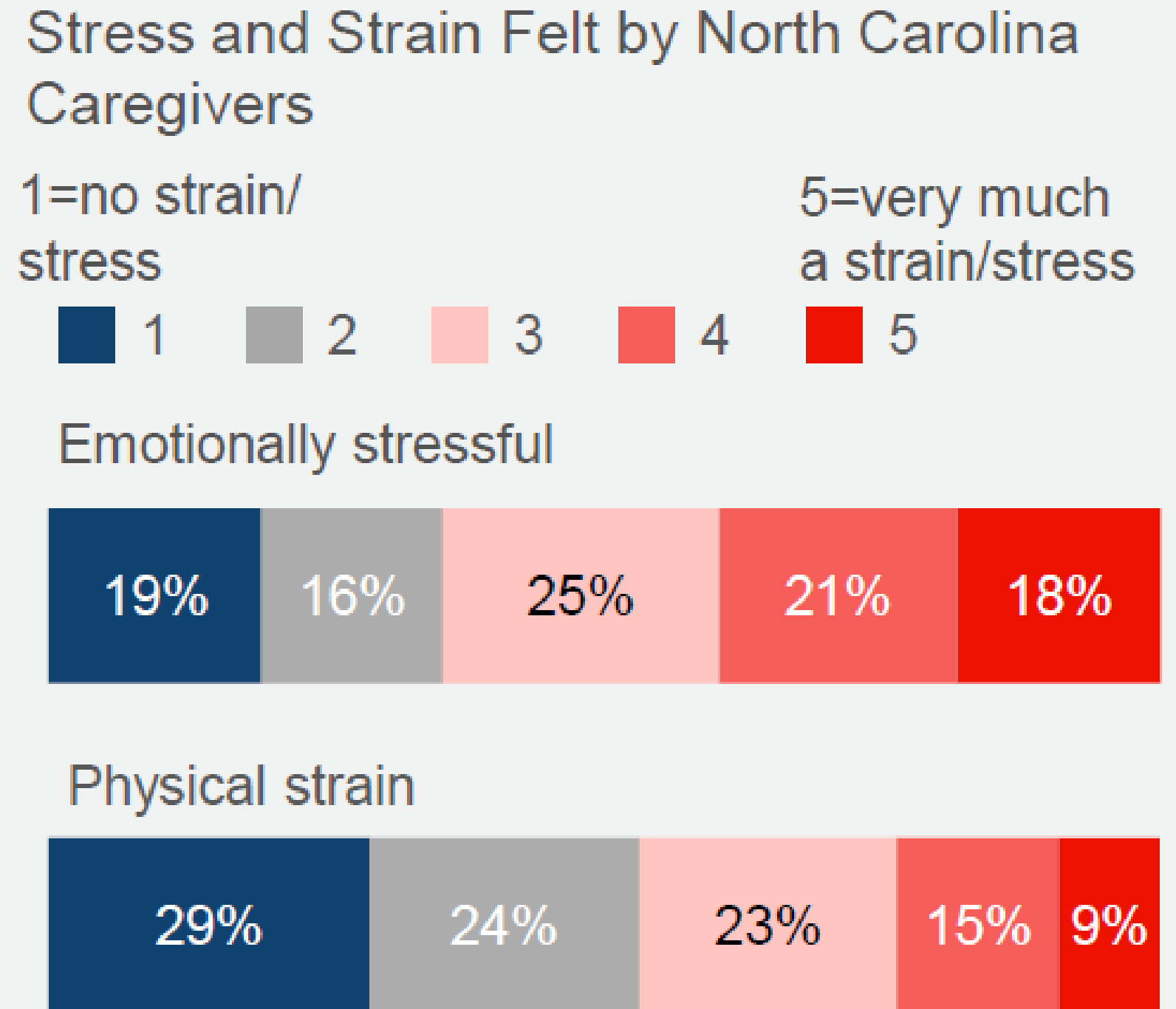


- **65%** are assisting with at least 1 ADL.
- **4 in 10** are high intensity caregivers.
- **56%** help with medical and nursing tasks.
- **27% spend at least 40 hours a week** providing care.



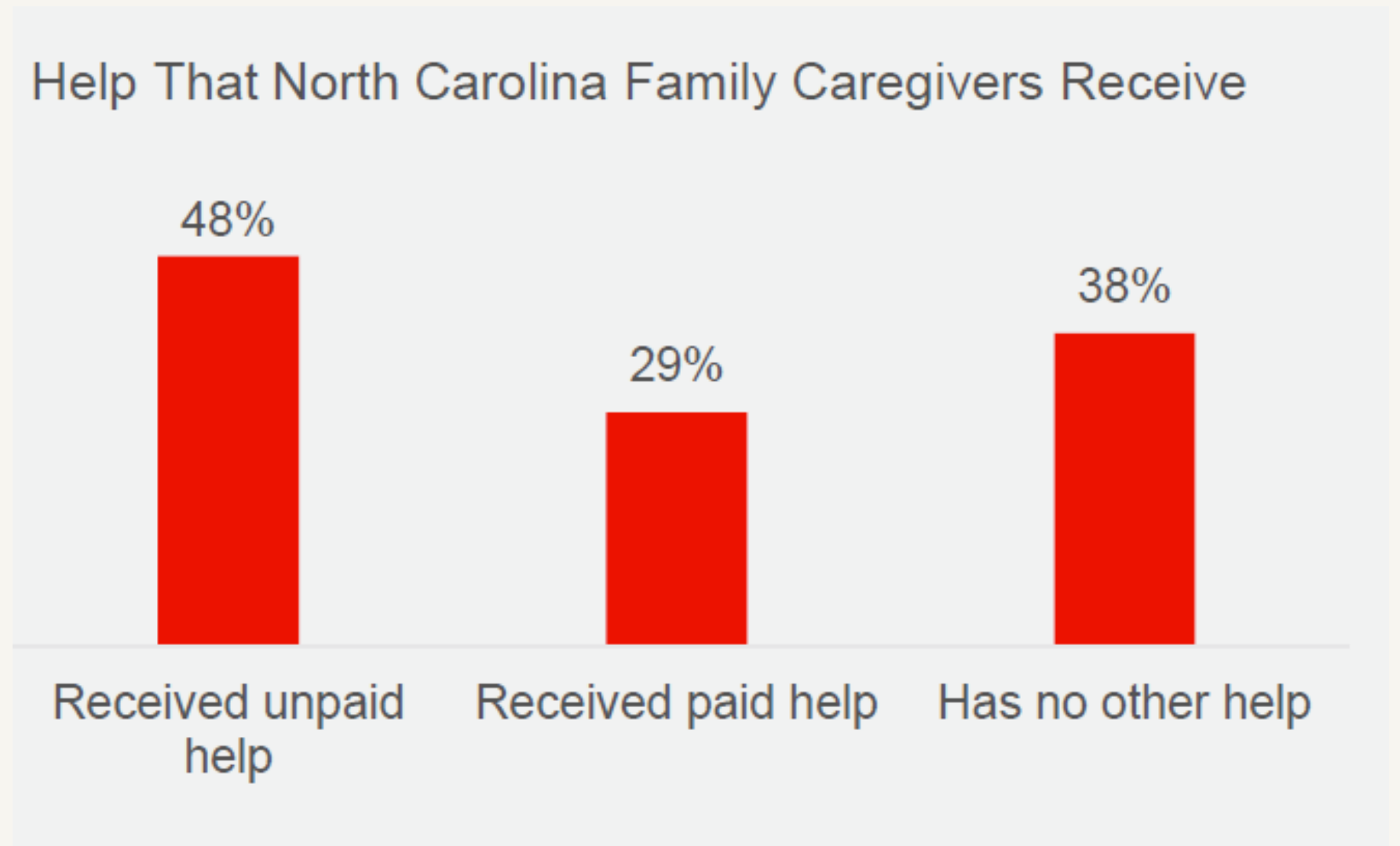
NC Caregiver Health & Well-Being

- **1 in 6 caregivers** experience 7+ days a month in poor physical health.
- **2 in 5 experience high emotional stress**
 - 24% feel alone while caregiving.
- **19%** have difficulty taking care of their own health.



Hardship of Caregiving in NC

- **38%** of caregivers have been providing care for 3+ years.
- While **33% of family caregivers would find respite care** helpful, 91% have never used such services.
- **3 in 10** family caregivers have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.



Medicaid Work Requirements Advocacy Toolkit

On December 8, 2025, CMS [issued guidance](#) to states regarding implementation of work requirements (often referred to as “community engagement”) in Medicaid programs across the U.S.

As states begin to operationalize work requirements and reporting requirements, family caregiving advocates are encouraged to contact their state’s policymakers. The [Caregiver Nation Coalition created a toolkit](#) to support this outreach that includes:

- Template Letter
- Messaging Resources
- Data Resources

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Thank you

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