

## Caregiving in the US 2025: Caring Across the States Key Messages

### Place fundamentally shapes the family caregiving experience in America

- Caregiving in the US: Caregiving Across States is an unprecedented state-by-state analysis revealing important variations across the family caregiving journey—from who provides care to the intensity of that care, the financial hardships families face, and the support systems available to help them.
- This represents the first state-by-state look at caregiver prevalence and characteristics by the Caregiving in the US project—one of the most comprehensive studies of family caregivers across the United States.

### Family caregiving prevalence and intensity vary by state

- Caregiving rates range from 20% of adults in DC to 34% in Mississippi, with the highest prevalence in Mississippi, West Virginia, Arkansas, Kentucky, and Louisiana.
  - These variations reflect differences in state demographics, cultural preferences, availability of professional care workers, and state long-term services and supports (LTSS) policies.
- Care intensity also differs substantially by geography, suggesting that place-based factors—from community resources to cultural expectations—significantly shape the caregiving journey.
  - High-intensity caregiving ranges from 31% in Wisconsin to 53% in Louisiana—a 22-percentage point gap.
  - Hours of care vary considerably: 33% of Georgia caregivers provide 30+ hours weekly compared to 61% in Connecticut.

### State policies shape support for family caregivers

- State policy choices create vastly different financial realities for family caregivers, reflected in both paid family caregiver rates and overall financial strain.
- Paid family caregiving rates range from just 10% in Iowa to 28% in New Jersey—nearly triple the rate. These differences largely reflect variations in state LTSS and home and community-based services (HCBS) policies.
- Financial hardship also varies widely: 59% of Georgia caregivers experience at least one negative financial impact compared to 34% in Minnesota.
- Difficulty finding affordable services ranges from 17% in Arizona to 39% in Maryland.

## **Recognition of family caregivers by healthcare systems and providers differs across states—With Clear Consequences**

- Healthcare systems and providers across the U.S. largely fail to engage with family caregivers.
  - In New Jersey, 38% of family caregivers report being asked about their care recipient's needs—the highest rate nationally. In Indiana, 15% of caregivers receive this basic recognition.
  - When it comes to caregivers' own health, healthcare providers inquire at rates ranging from only 7% in Kansas to 26% in Maryland.
- When caregivers lack healthcare system support, their well-being suffers—with outcomes varying substantially by state:
  - Emotional stress affects over half of Colorado caregivers (51%) compared to roughly one-quarter in Pennsylvania (26%).
  - Nearly one-third of Florida caregivers (31%) struggle to manage their own health while providing care, versus 12% in New York.

## **Data helps create state-specific opportunities**

- State level data enables state policymakers to compare their caregiving landscape against national benchmarks and peer states.
- States can identify specific areas—financial support, healthcare integration, and respite services—where targeted interventions could make the biggest difference.
- Wide variations prove that policy and system design matter—states can learn from each other to develop sustainable care systems and policies.