

Caregiving in the US 2025: Caring Across States Sample Social Posts

Option: Release Announcement

JUST RELEASED: New data from the National Alliance for Caregiving and AARP reveals how place shapes family caregiving across America. Family caregivers are in every community—and they deserve support.

Explore the findings: <https://www.caregivingintheus.org>

#CaregivingData #FamilyCaregivers #CaringAcrossStates #CGUS2025 #CaregiverPolicy

Option: Template for Sharing Your State Data

 **New Data on Family Caregiving in [State Name]!**

Family caregivers in [State] provide essential care for family, friends, and community members—often at great personal and financial cost. The latest Caregiving in the US 2025: Caring Across States report reveals how where you live shapes the caregiving experience. In [State], [# or % stat—e.g., 1 in 5 adults are family caregivers], and many face challenges related to [insert key finding—e.g., balancing work and care, financial strain, or access to respite supports].

These findings underscore the urgent need for policies and programs that strengthen supports for [State]'s family caregivers.

 Explore the [State Name] data profile: <https://www.caregivingintheus.org>

#CGUS2025 #FamilyCaregivers #CaregivingData #CaringAcrossStates

Option: General Prevalence/Policy Focus

With 63 million family caregivers providing ongoing, complex care in the U.S., new state level data from Caregiving in the US 2025: Caring Across States paints a striking difference in family caregiving prevalence and care intensity across our country.

- Caregiving prevalence rates range from 20% of adults in DC to 34% in Mississippi — the highest in the nation.
- Those providing high-intensity caregiving ranges from 31% in Wisconsin to 53% in Louisiana, a 22-point gap.
- Hours of care provided varies widely — 33% of Georgia caregivers provide 30+ hours weekly compared to 61% in Connecticut.

These differences reflect state demographics, cultural norms, and policies that shape family caregiving realities.

Check out your state's data profile and share it with your local policymakers. Data like this can help drive policy change where it's needed most.

<https://www.caregivingintheus.org>

#CGUS2025 #CaringAcrossStates #FamilyCaregivers #CaregiverPolicy #Medicaid

Option: Building Momentum for the Family Caregiver Movement

Family caregiving isn't one-size-fits-all. And now, we can prove it.

The newly released Caregiving in the US 2025: Caring Across States sheds light on the diverse realities facing family caregivers across the nation. With this new state data, we are helping policymakers, researchers, and advocates better understand who family caregivers are, the care they provide, and the challenges and opportunities unique to their state.

Let's keep the momentum going. Explore, share, and help amplify the stories behind the data. <https://www.caregivingintheus.org>

#CGUS2025 #FamilyCaregivers #CaregivingData #CaringAcrossStates
#CaregivingResearch