

# Frequently Asked Questions

## ABOUT THE STATE DATA PROFILES

### What is Caring Across States?

Caregiving in the US 2025: Caring Across the States is a comprehensive report that compiles the state data profiles and infographics and includes an executive summary with high-level themes and insights across the states.

### What do the new state data profiles from Caregiving in the US 2025 reveal about family caregivers across the country?

The state data profiles represent the first state-by-state look at caregiver prevalence and characteristics by the Caregiving in the US project. Our state-by-state analysis reveals important variations across the family caregiving journey – from those who provide care to the intensity of that care, the financial hardships families face, and the support systems available to help them.

### Which states are included?

All states plus the District of Columbia are included. Due to limitations in data collection, we do not yet have data on U.S. territories and Tribal Lands.

### Do all states report the same data?

No, not every state has a comprehensive profile available. Full state data profiles are available for the 19 states for which sample size permitted. Select data are presented for the remaining states in the form of an infographic that highlights a state family caregiver prevalence number alongside regional based data.

### What information will I find about each state with a full profile?

For each state with a full profile, similar data points aligned to key topic areas such as demographics, care intensity, and working while caregiving that are presented in the national Caregiving in the US 2025 report are reflected in the state profile.

### How can policymakers use these state data profiles?

An accurate view of who family caregivers are, who they care for, and what they are doing can help with tailoring policy and intervention solutions to be most effective by state and geographic region. Because the nature of caregiving and some impacts of policies differ by location, the state data profiles provide specific data to expand on the full dataset across the entire U.S.

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## Will state-level datasets be made available to the research community?

At this time the state data will be limited to reports conducted by and disseminated through the National Alliance for Caregiving and AARP. Please contact us if you have specific questions about the use of the data.

## How do I cite Caregiving in the US 2025: Caring Across States?

AARP and National Alliance for Caregiving. *Caregiving in the US 2025: Caring Across States*, Washington, DC: AARP, October 2025. <https://doi.org/10.26419/ppi.00383.001>

### ABOUT THE NATIONAL REPORT AND STUDY

## What is Caregiving in the US?

Caregiving in the US (CGUS) is a comprehensive study of the American family caregiver. CGUS is widely regarded as one of the most authoritative data resources on family caregivers. The report explores the challenges and opportunities associated with caregiving among different populations and across the lifespan. It helps us understand such areas as the impact of caregiving on caregivers' health, the financial implications of caregiving, and the gaps in supports and services for family caregivers and their care partner. The report is a pulse check on the economic and healthcare realities of America's growing community of family caregivers.

Caregiving in the US was first conducted in 1997 by the National Alliance for Caregiving (NAC) and AARP, and it has been repeated in 2004, 2009, 2015, and 2020, with each edition providing updated information on caregiver demographics and other factors affecting caregiving.

## Why is CGUS important? What does this report and study data contribute to the field?

CGUS is one of the most rigorous studies of family caregiving in the U.S. In addition to providing a sound estimate of the number of family caregivers in the U.S., this survey provides information on the experience of caregiving along with information about family caregivers themselves. Information can inform healthcare providers, policymakers, researchers, and families providing care for loved ones.

Because CGUS data were collected in 2015 and 2020, CGUS 2025 data are particularly valuable for understanding trends over time in who is caregiving and what the caregiving experience looks like.