

Caregiving in the US 2025

Partner Briefing - July 2025



Agenda



The Big Picture

About CGUS

Key Findings

The Caregiver Experience

Resources & What's Next

Discussion & Questions





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The Big Picture

Unlocking Data to Transform Family Caregiving

The nation's **deepest dive into the day-to-day challenges confronting family caregivers** of older adults and people with serious illness or disabilities.



About Caregiving in the US



28 years of tracking
America's family caregiving
landscape



Real insights for real impact
across diverse populations



Essential intel for leaders
shaping family caregiving
policy & practice

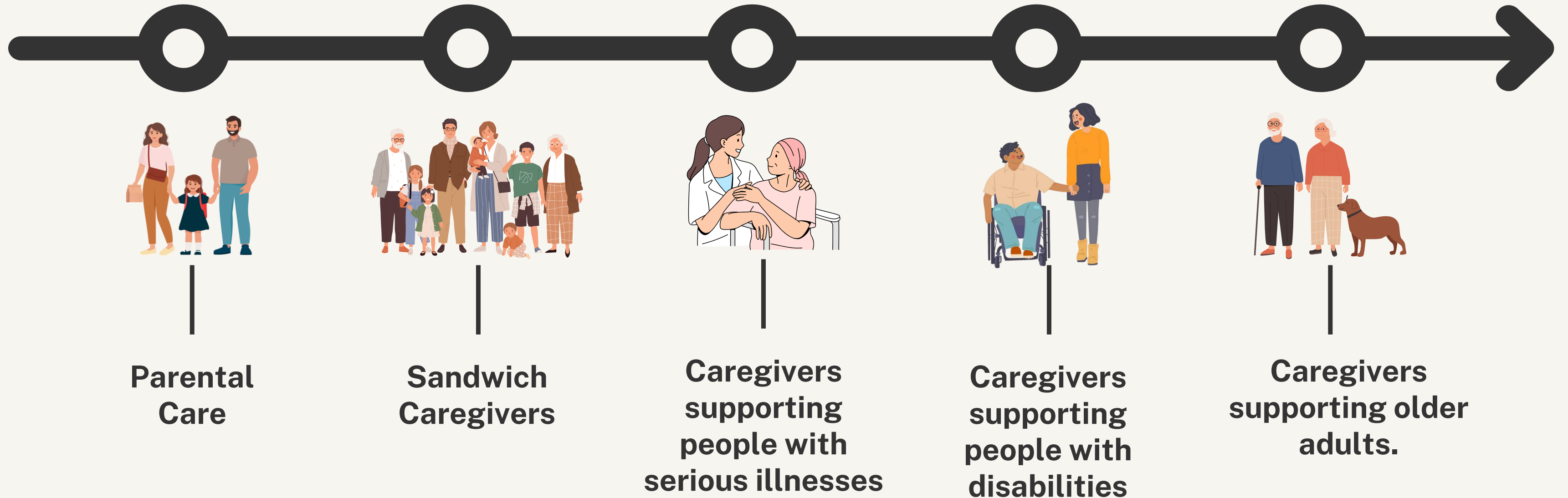


NATIONAL ALLIANCE
FOR CAREGIVING



About the Tool

The Care Continuum



CGUS Screener Question

At any time in the last 12 months, has anyone in your household provided unpaid care to a relative or friend 18 years or older to help them take care of themselves?

- Screener questions include examples of care tasks: personal needs help, chore help, managing finances, coordinating outside services, regular visiting
- Establishes the regularity of care provided
- Year-long reference period allows inclusion of shorter-term caregiving (e.g. cancer caregiving, transplant caregiving)
- Specify care recipient need not live with caregiver

Methodology

Participants	6,858 respondents; Age 18+ consenting family caregivers caring for adult ages 18+, or child with a disability
Languages	English, Spanish
Data Collection	Online with telephone opt-in, via Ipsos KnowledgePanel®, representative of U.S. population, weighted with U.S. Census benchmarks
Questionnaire length	~ 20 minutes
Repeated cross-sectional design	Using a similar methodology and panel allows us to compare to previous CGUS surveys

Populations Covered

Gender	Age: •18+ •50+ •75+ •Life stage
LGBTQ+	Geography Rurality Individual states
Race and Ethnicity: African American/Black Hispanic/Latino Asian American and Pacific Islander	

What We're Measuring

Basics of the
Caregiving Situation

Prevalence of
Caregiving

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



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Key Findings



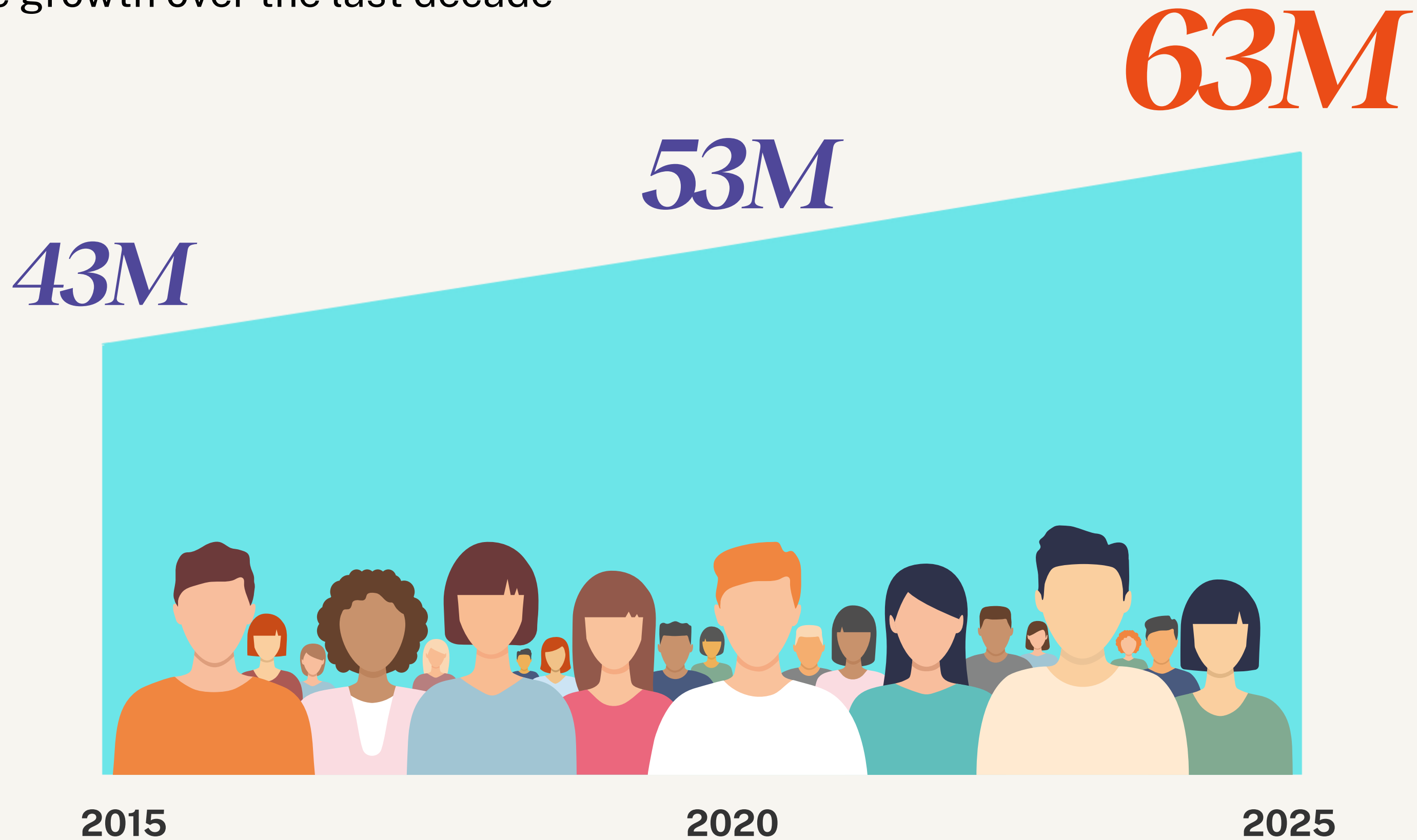
Key Insight

*Support systems are expanding but **the demand for family care** is growing faster*



Prevalence of Caregiving

Dramatic growth over the last decade



1 in 4 Americans are Family Caregivers



Who is Caregiving?

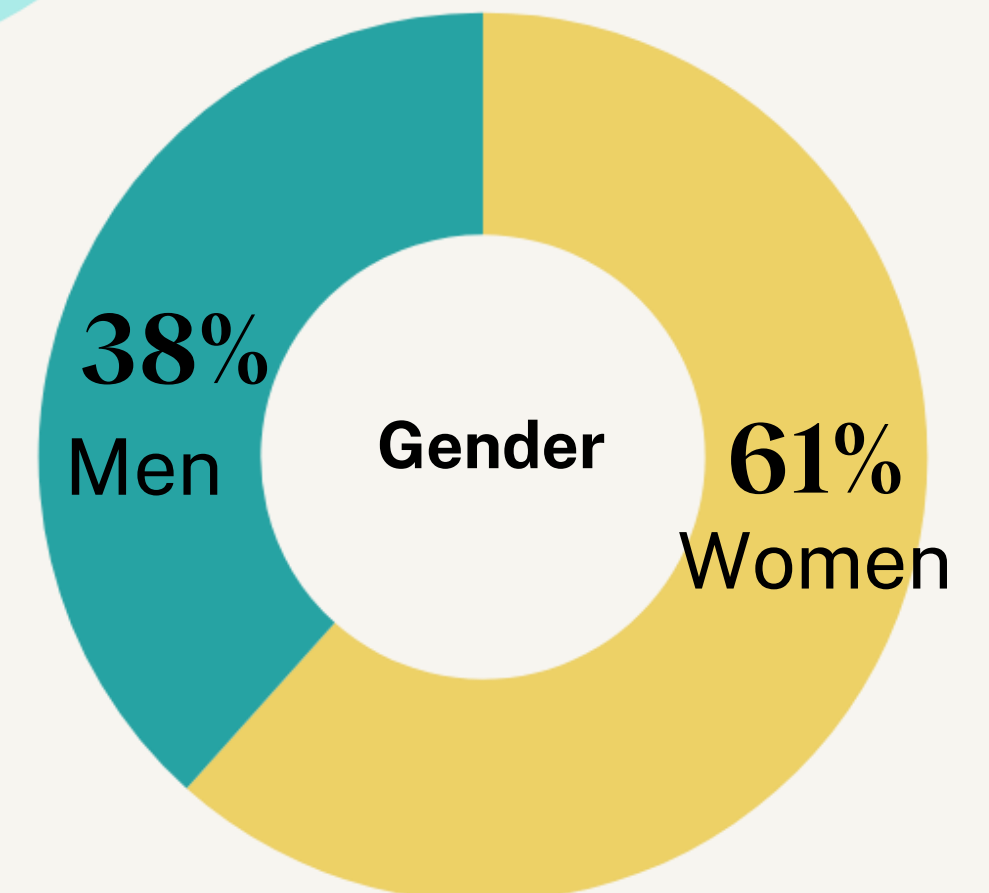
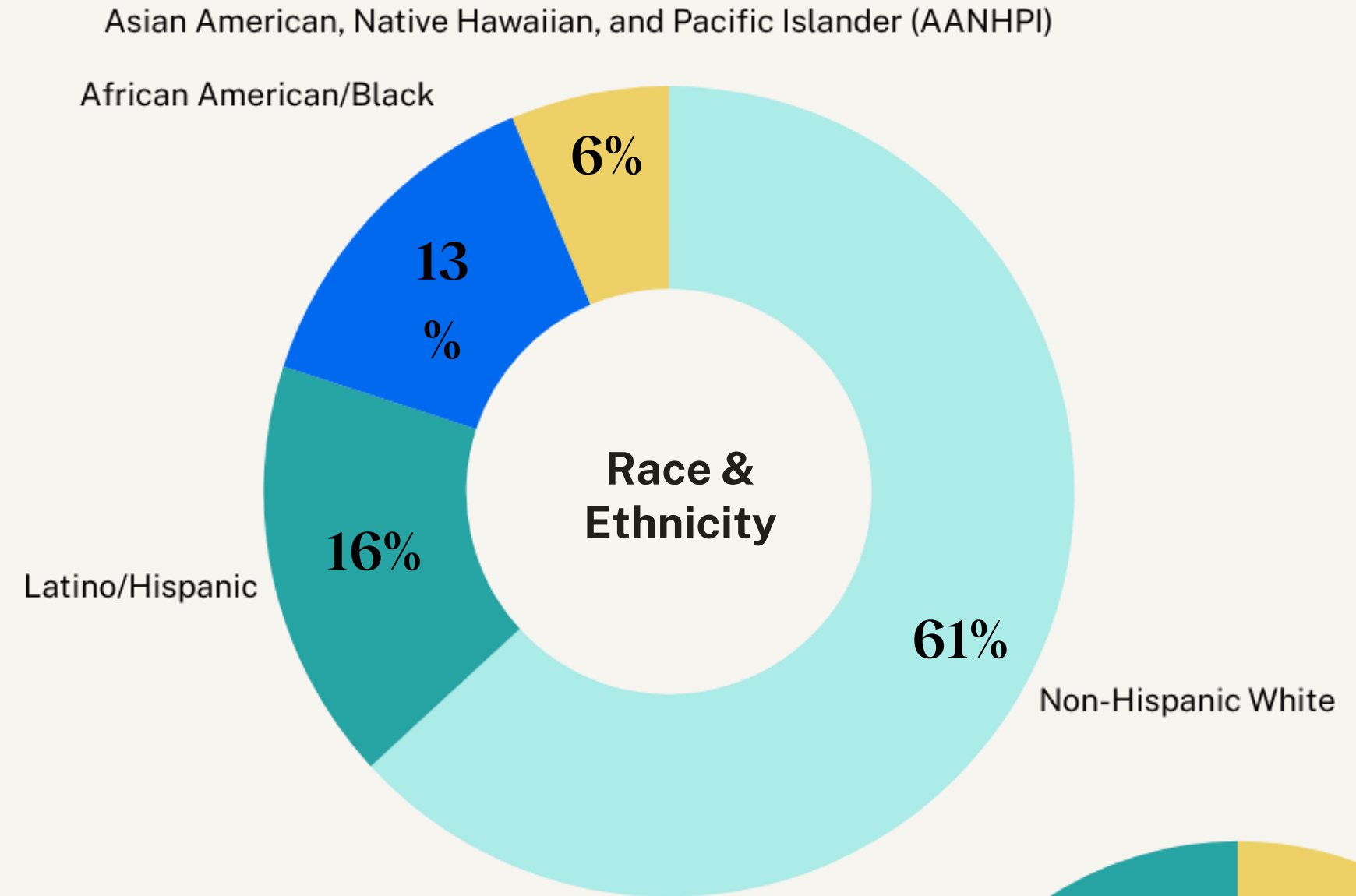
- Average caregiver age is **51** - two in five are under the age of 50.
- Most caregivers (**89%**) care for **relatives** — 40% for parents, 15% for spouses.
- 29% are "**sandwich generation**," caring for both children and adults.



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.**
- **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

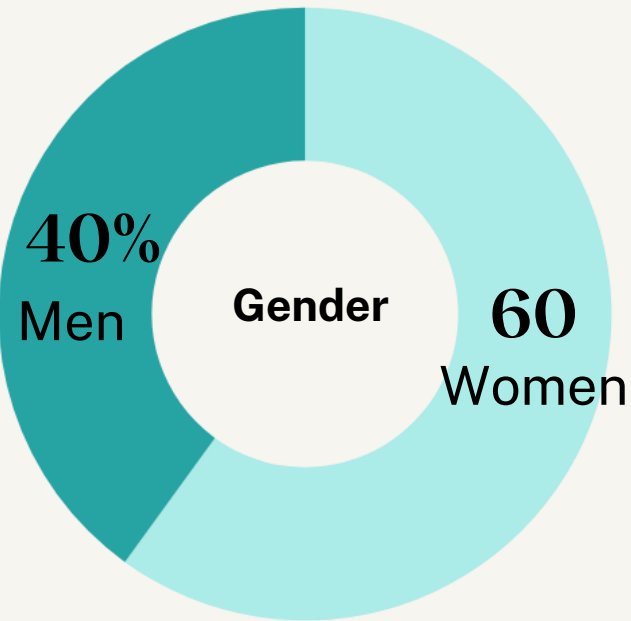
45%

Percentage of family caregivers in high-intensity caregiving situations



2015-2024: Trends Shaping Family Caregiving

Demographics

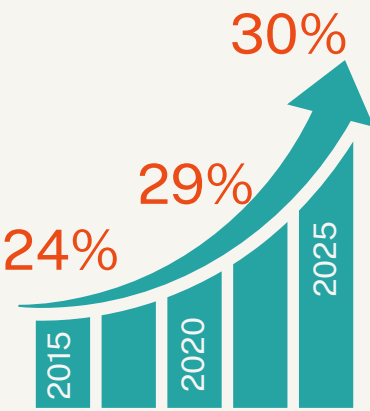


Gender gap consistent for 10 years

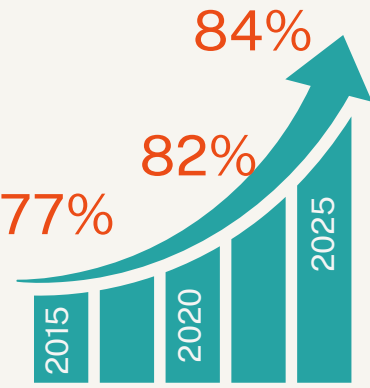


Average caregiver age consistent: **49-51 years** (2015-2025)

Intensity and Duration

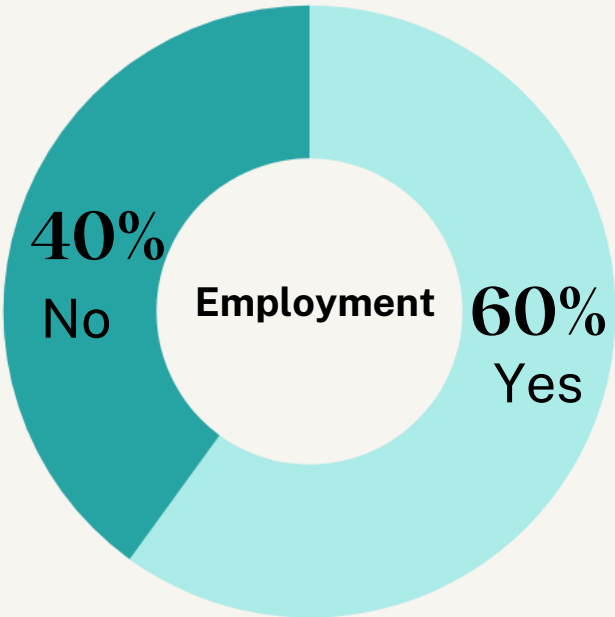


Family caregivers providing care for 5+ years (2015-2025)

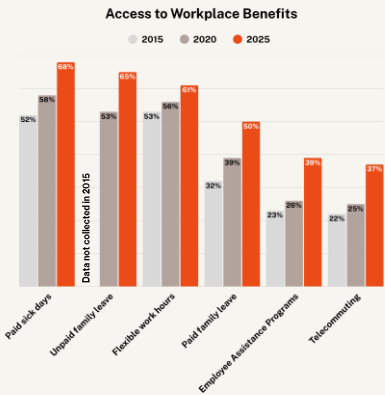


Family caregivers who help with 3+ Instrumental Activities of Daily Living (2015-2025)

Working While Caregiving

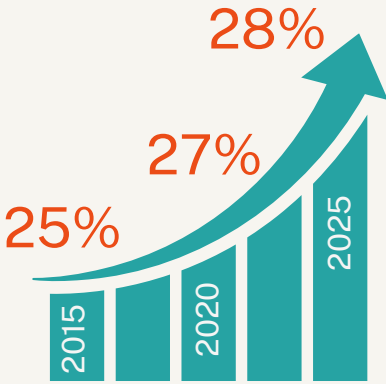


Employment status stable (2015-2025)



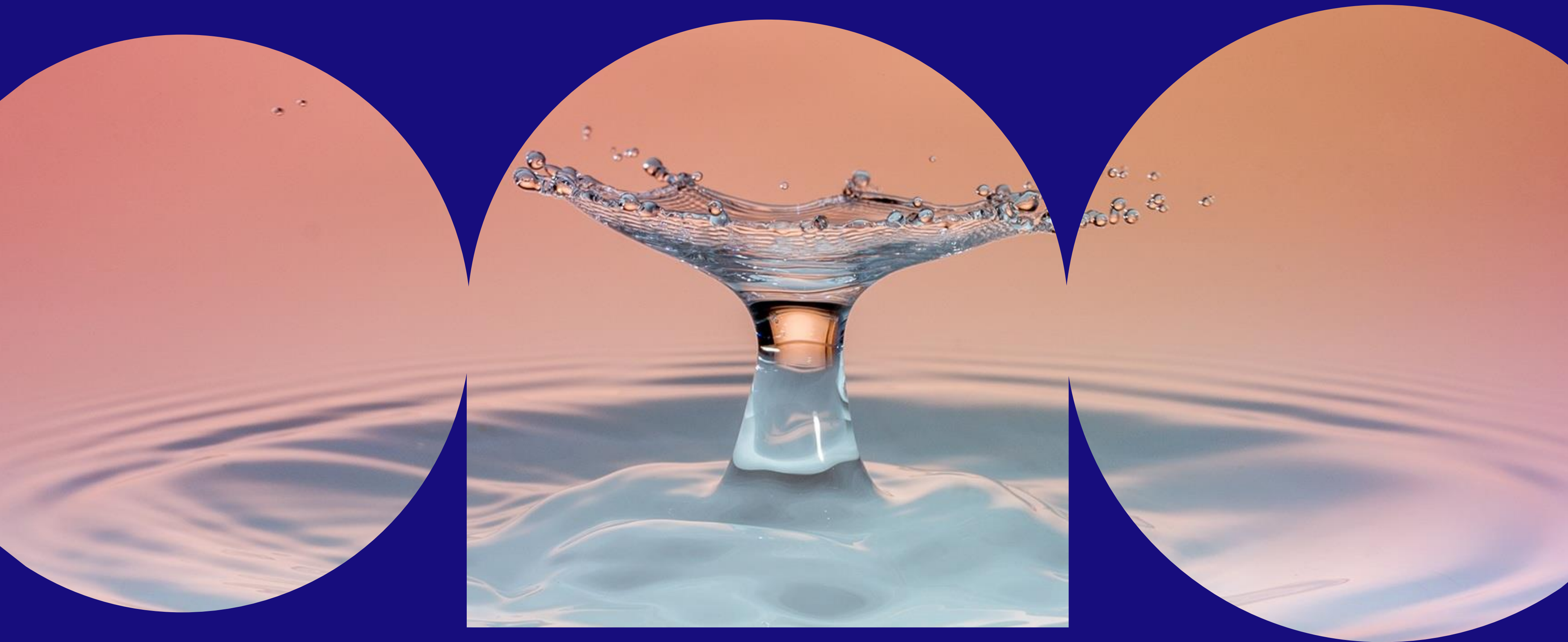
Significant increases in access to workplace benefits (2015-2025)

Affordability Challenges



Steady increase in family caregivers who report difficulty finding affordable services (2015-2025)

The Ripple Effects of Caregiving



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 Situation

- **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%

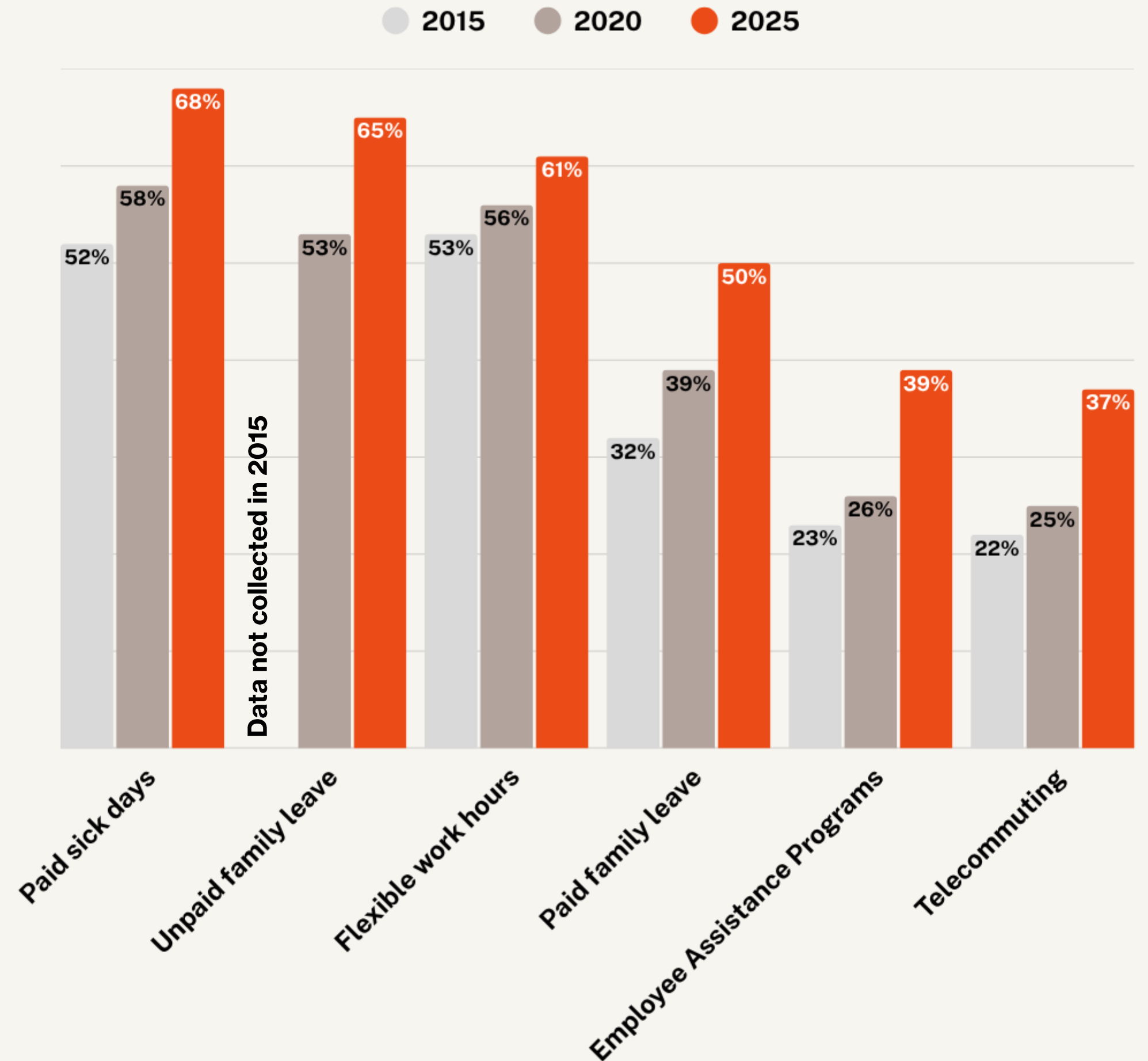
Percentage of family caregivers age 18-64 who work while providing care

Working While Caregiving

- Over the past decade, workplace benefits have expanded.
- Salaried workers have much better access to workplace benefits: telecommuting (56% vs. 22% for hourly), paid family leave (58% vs. 33%), and paid sick leave (75% vs. 52%).



Access to Workplace Benefits



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



The Family Caregiver Experience

Rick

Family Caregiver, Wisconsin



What Caregivers Want



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



More than one in three want respite services - the most requested support

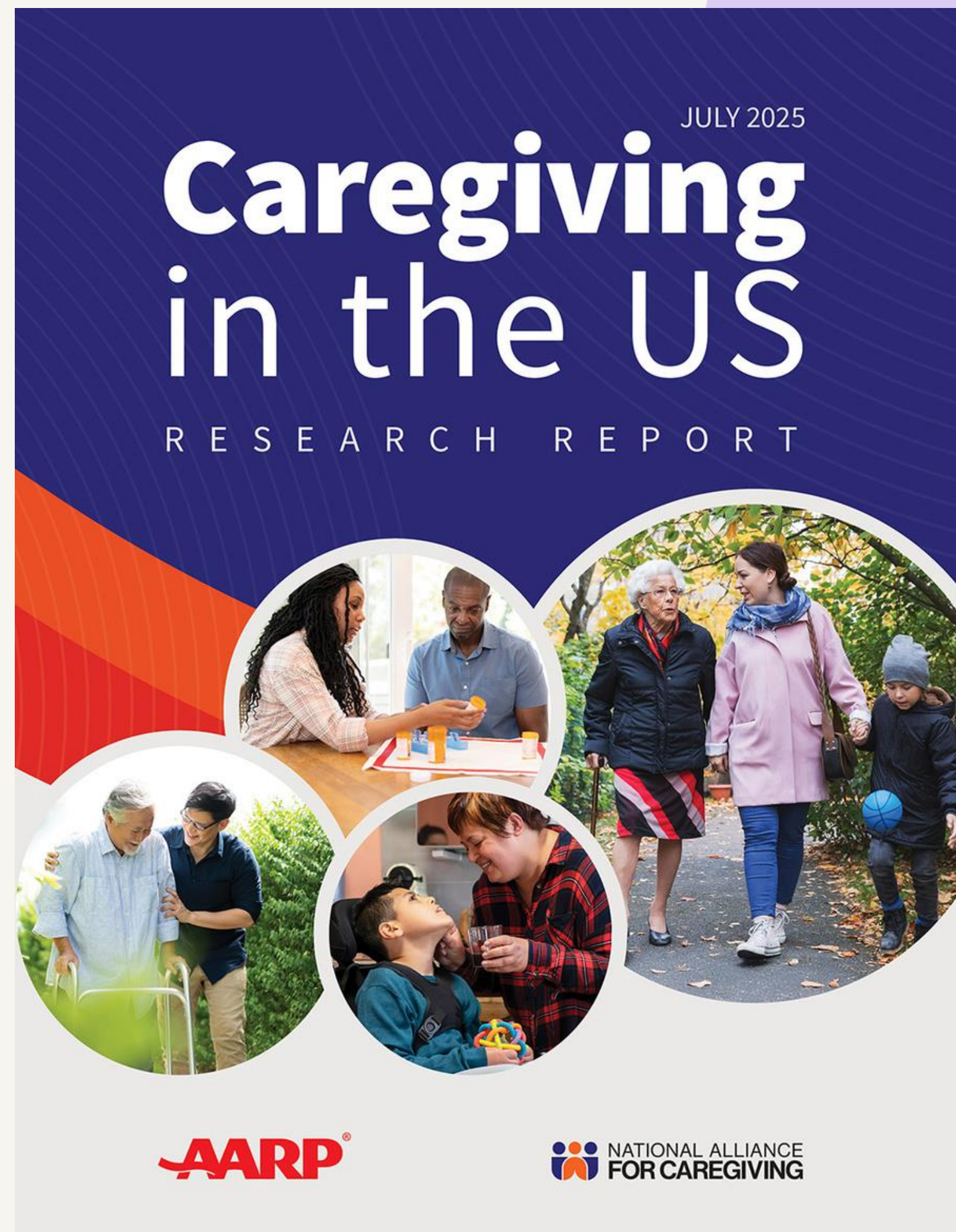


More than two-thirds find income tax credits valuable, particularly higher earners over \$50,000



One in three want caregiver needs assessments by healthcare professionals

Access the Report



Supplemental Insights

✓ **Executive Summary**

✓ **Subgroup fact sheets**

Race / Ethnicity

Disability

Low income

Gender

and more

✓ **Frequently Asked Questions**



Coming Soon...



State Data
November 5, 2025



Secondary Analysis
50+: Caregiving Across
Generations
Caregiver Health & Wellness



Data Dashboard
November 5, 2025



Data Briefs
Financial well-being
Chronic disease caregiving

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



Discussion & Questions

Caregiving in the US 2025

Thank you

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