



National Caregiver Support Collaborative

Building our capacity to support family, kinship, and tribal caregivers

Caregiver Insights Across the States: Translating Data into Local Action

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LIVE WEBINAR

Caregiver Insights Across the States: Translating Data into Local Action

JANUARY 27, 2026

1:00PM – 2:00PM ET



About Us

Established in 1996, the National Alliance for Caregiving (NAC) is a system change organization transforming how we value the **63 million family caregivers** through **research, advocacy,** and **narrative change.**

Our Network



Research



Caregiving in the US

A joint project of NAC and AARP
National data source on unpaid family caregiving
Informs policy and practice to make caregiving more sustainable, dignified, and equitable



CARE Network

Partnership with the Administration for Community Living (ACL)
Brings together researchers, aging services, providers, caregivers, and experts
Expands data, research, and evidence-based practices to support family caregivers

Policy & Advocacy

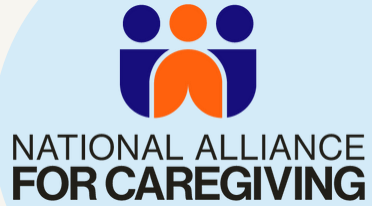
Caregiver Nation Coalition

- Unites more than 130 partners to champion the nation's first National Strategy to Support Family Caregivers.
- Advances federal policy through collaboration and caregiver voice

Caregiver Nation Network

- Network of state-based caregiving leaders across 14 states working to improve caregiver policy and systems
- Elevates caregiver issues at state and national levels





Priorities



Champion Caregiver Health & Wellness



Drive Economic Inclusion



Foster Caregiver Friendly Communities

"The 24 hours of annual respite care we received last year. It may not sound like much, but for me, it was everything. I could run errands, take calls without interruption, or simply breathe."

-Anita, Family Caregiver

Partnership with USAging

NAC serves as a partner in USAging
Innovations in Family Caregiver Services
and Support Initiative

Strengthen the Aging Network's capacity
to deliver innovative, person, and family
centered caregiver supports



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USAgings' Innovations in Caregiver Services & Supports Initiative

Clairedine Matouba, MPH, CPH
Senior Program Manager, USAging
January 27, 2026

About USAging

Our Mission

- USAging represents and supports the national network of Area Agencies on Aging (AAAs) and advocates for the Title VI Native American Aging Programs that help older adults and people with disabilities live with optimal health, well-being, independence and dignity in their homes and communities.

Our Vision

- USAging believes that every person should be able to age with optimal health, well-being, independence and dignity in their homes and communities. To achieve this, we are committed to building a society that values and supports people as they age.

National Caregiver Support Collaborative (NCSC)

Goal: Greater recognition, support, and inclusion of the family caregivers served by the OAA Title III-E and VI-C programs and greater alignment with other efforts to improve supports to family caregivers

Scope: Six projects implementing and advancing the goals of the National Strategy to Support Family Caregivers

USAgings Role:

Leading Goal 3: Strengthen caregiver services and supports

Also working to evaluate caregiver navigation services and working with NAC to advance caregiver research and evidence

Working with an Array of Partners

ADvancing States

Family Caregiver Alliance

National Association of Nutrition and Aging Services Programs

ARCH National Respite Network and Resource Center

National Alliance for Caregiving

Jewish Federations of North America

Generations United

The Carter Center

Available Resources for Family Caregiver Support Staff

Explore tools and resources designed to strengthen caregiver services and supports

Action Guides Series

- Practical resources for implementing and enhancing caregiver programs

Caregiver Services and Supports Innovations Hub

- An online platform that features replicable caregiver programs and services

Caregiver Champion Collaborative

- A forum for peer networking and engagement



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Thank you!

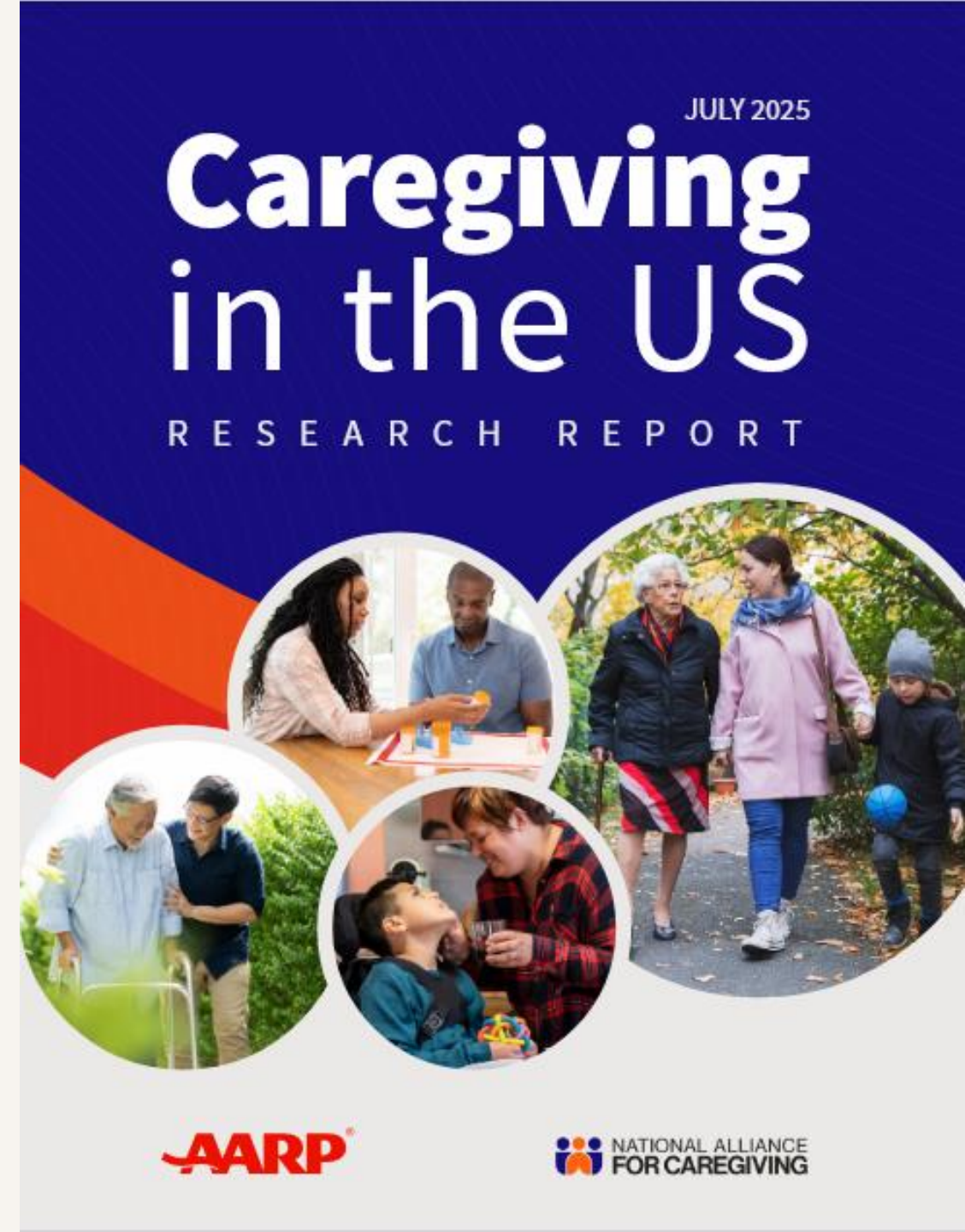


Innovations in Caregiver Services & Supports

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Caregiving in the US 2025: State Profiles



Caregiving in the US 2025 Survey Data Products

Introduction & Scope

- First state-representative caregiving data in the Caregiving in the U.S. series
- 63 million adults (1 in 4) provided care in 2025
- Includes caregivers of adults AND children with disabilities or complex conditions
- Builds on the July 2025 national report

Prevalence of Caregiving Across the Country



Caregiving in the US 2025 Survey Data Products

Methodology Overview

- Data collected August–October 2024 from 6,858 family caregivers ages 18+
- Primary data source: probability-based Ipsos KnowledgePanel®
- Supplemented with nonprobability opt-in panels in smaller states
- Defines caregivers as adults providing ongoing care in past year to adults or children with disabilities or complex medical conditions
- State prevalence estimated using state-representative samples or modeled estimates (HLM)
- Caregiver counts calculated by applying prevalence rates to state adult populations
- 32 states have sufficient sample sizes for detailed analysis; remaining states report prevalence only

Caregiving in the US 2025 Survey Data Products

Key National Findings

- Prevalence
 - Caregiver prevalence ranges from 20% (DC) to 34% (Mississippi)
 - Number of caregivers ranges from 107,000 (Wyoming) to 7 million (California)
- Intensity of Care
 - Nationally, 28 percent provide 40 or more hours of care per week
 - % of family caregivers providing 40 or more hours of care ranges from 14 percent in Iowa to 37 percent in Tennessee

Caregiving in the US 2025 Survey Data Products

Key National Findings

- **Intensity of Care**
 - % of family caregivers providing 40 or more hours of care ranges from 14 percent in Iowa to 37 percent in Tennessee
 - % of caregivers who help with any ADLs ranges from 54 percent in Indiana to 76 percent in Georgia.
 - % of family caregivers engaged in high-intensity care ranges from 32 percent (Wisconsin) to 55 percent (Tennessee)

Caregiving in the US 2025 Survey Data Products

Key National Findings

Proportion Ranges - Interactions with Healthcare Providers

- Asked by healthcare providers
 - 15% (Indiana) – 38% (New Jersey)
- Advocate for care recipients with health care providers
 - 46% (Utah) – 71% (South Carolina)
- Monitors the severity of their care recipient's condition so providers can adjust care accordingly
 - 60% (Wisconsin) – 81% (Indiana & Maryland)

Caregiving in the US 2025 Survey Data Products

Key National Findings

Proportion Ranges - Financial hardships of family caregiving

- Experiencing at least one negative financial impact
 - 34% (Minnesota) – 59% (Georgia)
- Report difficulty finding affordable local services for their care recipient
 - 17% (Arizona) – 39% (Maryland)

Caregiving in the US 2025 Survey Data Products

Key National Findings

Proportion Ranges – Working while caregiving

- Prevalence of working family caregivers
 - 42% (Arizona) – 38% (Connecticut)

Proportion Ranges - Health and well-being of family caregivers

- Report difficulty taking care of their own health
 - 12% (New York) – 31% (Florida)
- Report being asked by health care providers about care needed for themselves
 - 7% (Kansas) – 26% (Maryland)
- Report having health insurance coverage
 - 77% (Texas) – 95% (Illinois)

Caregiving in the US 2025 Survey Data Products

Table 1. Family Caregiving to Adults and Children with Disabilities or Complex Medical Conditions, by State, 2025

State	State Population (Adults 18+)	Prevalence of Family Caregiving	Number of Family Caregivers
Alabama	3,977,628	28%	1,100,000
Alaska*	557,899	22%	125,000
Arizona	5,848,310	22%	1,283,000
Arkansas	2,362,124	28%	654,000
California	30,519,524	23%	7,045,000
Colorado	4,662,926	22%	1,032,000
Connecticut	2,894,190	27%	773,000
Delaware*	819,952	24%	197,000
Florida	18,229,883	24%	4,451,000
Georgia	8,490,546	30%	2,564,000

Caregiving in the US 2025 Survey Data Products

Table 2. Availability of CGUS Survey Items on Family Caregivers of Adults and Children with Disabilities or Complex Medical Conditions, by State, 2025

State	Prevalence of Caregiving	Number of Caregivers	Who are Caregivers and Care Recipients?	What Family Caregivers do?	Financial Situation of Family Caregivers	Well-Being of Family Caregivers	Working while Caregiving	Demographic Characteristics of Family Caregivers
Alabama	X	X	X	X	X	X	NA	X
Alaska*	X	X	NA	NA	NA	NA	NA	NA
Arizona	X	X	X	X	X	X	NA	X
Arkansas	X	X	NA	NA	NA	NA	NA	NA
California	X	X	X	X	X	X	X	X
Colorado	X	X	X	X	X	X	X	X
Connecticut	X	X	X	X	X	X	NA	X
Delaware*	X	X	NA	NA	NA	NA	NA	NA
Florida	X	X	X	X	X	X	NA	X
Georgia	X	X	X	X	X	X	NA	X
Hawai'i*	X	X	NA	NA	NA	NA	NA	NA
Idaho	X	X	NA	NA	NA	NA	NA	NA
Illinois	X	X	X	X	X	X	NA	X

Caregiving in the US 2025 Survey Data Products

Conclusion

- Family caregiving has grown by 20 million people since 2015
- Economic value of unpaid care estimated at \$600 billion
- Caregivers need stronger policy, financial, and health supports
- State data highlight opportunities for targeted solutions

Caregiving in the US 2025 Survey Data Products

Learn More:

CaregivingInTheUS.org/Reports/State-Data-Profiles

From Data to Action: How State Caregiver Profiles Shape Local Impact

Bryn Ceman, M.S. | Bryn.Ceman@GWAAR.org

Caregiver Programs Specialist | GWAAR

Wisconsin Family & Caregiver Support Alliance | Co-Lead



Wisconsin's Caregiving Landscape

- 1.1+ million family caregivers in Wisconsin
- Only 8% receive training
- 55% of caregivers work while caregiving
- 85% have never used respite
- 95% internet access in the home
- The data confirmed the lived experience & gave it weight.

Why State-Level Caregiver Data Matters to Area Agencies on Aging (AAAs)

Validates what
caregivers have
been telling us for
years

Helps prioritize
limited resources

Strengthens
credibility with
partners,
legislators, and
funders

Stories lead, data
supports

Why State-Level Data Matters Caregivers

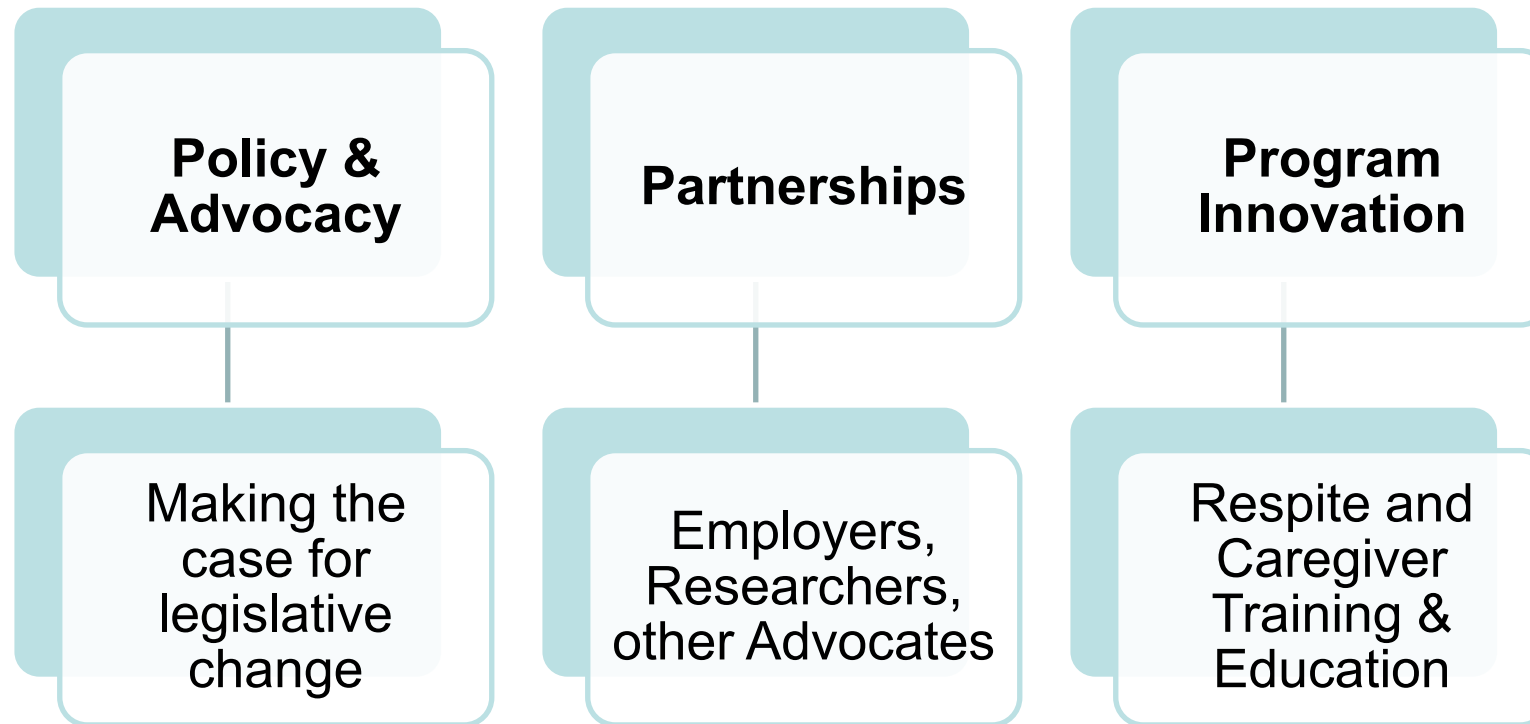
I'm not alone

This is bigger than
me

It's okay to ask for
help

My story + the data
can change policy

How We Actually Used the Data



Example #1 – Policy & Advocacy Impact

- [Wisconsin Governor signs bill](#) removing income eligibility limits for our state caregiver program
- Having state-specific data helps lawmakers see caregiving as a system issue, not individual hardship.
- New policy ask: annual funding for 24/7 online caregiver education, training, and support.

Example #1 – Policy & Advocacy Impact

Caregivers need more support than ever

As of 2025...



**1 IN 4 ADULTS IS
A CAREGIVER**



Those **63 million** Americans
represent a **50% increase** since 2015

In Wisconsin,



Only **8%** have received training to help with ADLs, IADLs, or behavioral management



55% of Caregivers still work, while caregiving



38% are sandwich generation caregivers, supporting both children and adults.



60% of caregivers monitor their recipient's health, **64%** communicate with healthcare professionals and **56%** advocate on behalf of their care recipient



By 2034, the population 65+ will outnumber children < 18 **for the first time in US history**

<https://www.aarp.org/pri/topics/lts/family-caregiving/caregiving-in-the-us-2025/>
<https://www.census.gov/library/stories/2019/12/by-2030-all-baby-boomers-will-be-age-65-or-older.html>

Example #2 – Partnerships

- University & Advocacy group partnerships
- [Public Awareness Campaigns](#) = Caregiver Identification
- New Partners = successful [Exemplary Employer Award](#)
- Caregiver Training + Education + Peer Support with 24/7 access to [Trualta](#)

Example #3 – Program Innovation

Respite

- Used data to support the flexibility of respite through the [Healthy Meals, Health Minds Respite Program](#)

Training & Education

- In 2024 short-term funding for caregiver training & education
- Going forward, state data = advance sustainable funding for 24/7 access

What This Means for Other AAAs

- You don't need to do everything
- Start with one question the data helps answer
- Use it to open doors = partnerships + shared purpose and workload
- State caregiver data is most powerful when it's used as a conversation starter, it amplifies the caregiver stories.

Final Takeaways

Data strengthens
caregiver voice

AAAs are uniquely
positioned to act

Small, intentional
steps matter

Data +
partnerships =
change happens

Full Presentation & Links:



- [Caregiving in the US 2025: Family Caregiving Across States](#)
- [Example 1 - Wisconsin Governor signs bill](#) removing income eligibility limits for our state caregiver program
- Public Awareness Campaigns
- [Exemplary Employer Award](#)
- [For Caregivers - Trualta](#)



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Thank you for attending today's webinar!



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