

Family Annual Caregiver Report

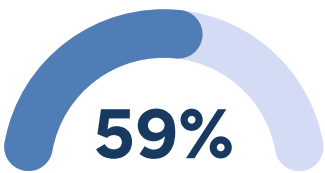
2025

53 million

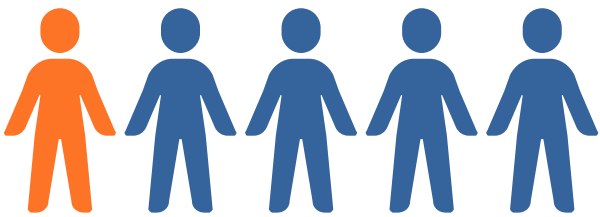
U.S. adults are assisting their older relatives, spouses, friends, or neighbors.

Often helping with:

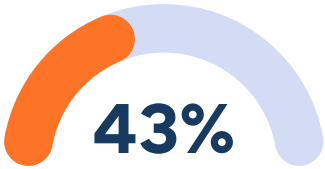
- Cooking
- Dressing
- Doctor appointments
- Medicine management



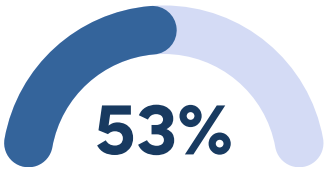
59% of family caregivers are women, and they report higher levels of emotional stress, depression, and challenges with balancing caregiving duties compared to men.



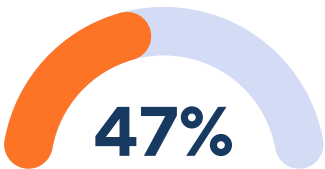
1 in 5 Americans is a caregiver



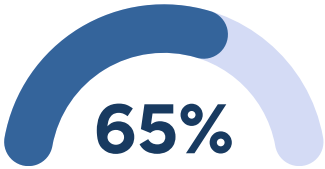
43% of caregivers are the sole providers of care, typically spending 20 hours per week on caregiving duties.



53% of family caregivers hold full-time jobs, meaning they must balance their caregiving responsibilities with their workplace duties.

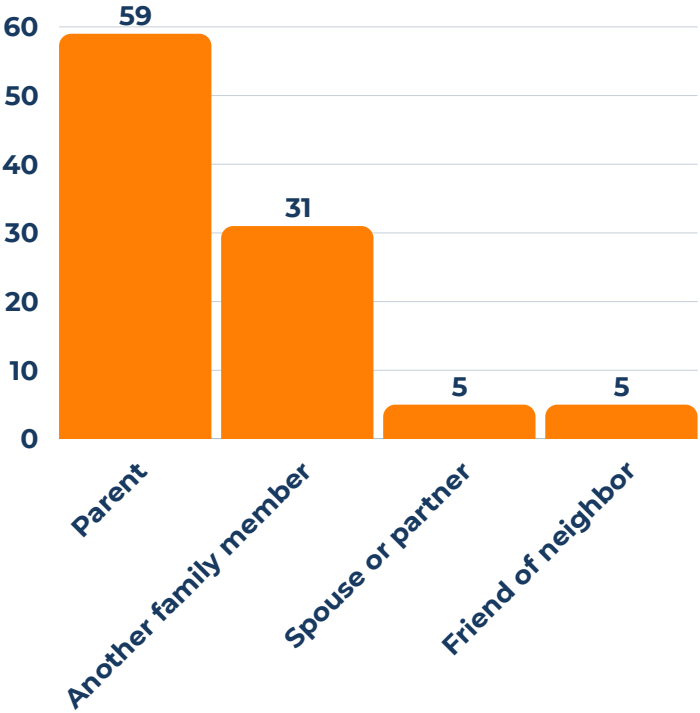


Nearly half of caregivers receive no formal support, such as financial aid, counseling, or respite care, despite 88% saying they need more help.

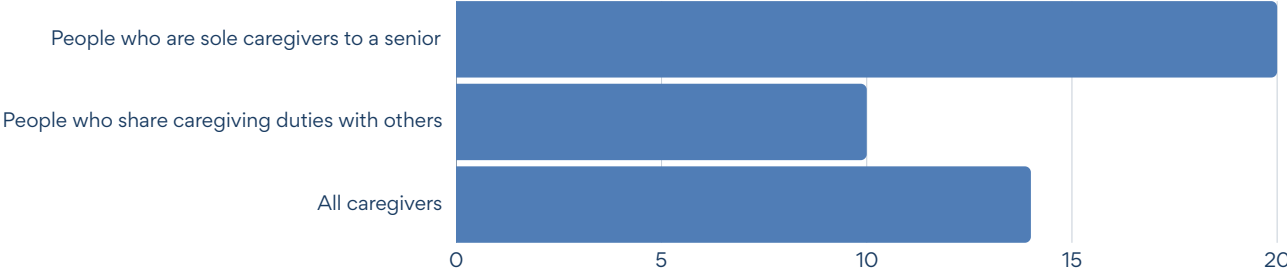


While 65% of caregivers haven't participated in support groups, those who have **prefer online forums and Facebook groups over in-person meetings**.

Who are caregivers caring for?



Caregiving time investment (median weekly hours)



Years spend providing care to older loved ones

