Caregiving in the US 2025: Report Highlights & Key Messages

Caregiving in the US (CGUS), a joint project of the National Alliance for Caregiving and AARP, is a comprehensive study of the American family caregiver. First conducted in 1997, 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 across and different populations 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 support 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.

Report Highlights:

- **Dramatic Growth:** A 45% increase in the family caregiving population since 2015. Nearly one-third are "sandwich" caregivers balancing care for children and adults.
- **Shifting Demographics:** Younger caregivers and women carry the greatest caregiving burdens, often for longer and more intensively. One in three family caregivers are under age 50, and one in 10 identify as LGBTQ+. Six in 10 family caregivers are non-Hispanic/white and the number of Hispanic/Latino, African American/Black, Asian Americans, Native Hawaiians and Pacific Islanders (AANHPI) caregivers increased significantly in the last five years.
- **Workforce Strain:** 61% of family caregivers report their work life is impacted by caregiving responsibilities. While workplace support policies have expanded, access remains uneven, especially by race and income.
- **Emotional & Physical Stress:** 1 in 4 family caregivers report feeling isolated. Two-thirds face moderate to high emotional stress.
- **Financial Pressure:** 47% of caregivers experience negative financial impacts—particularly pronounced for Black, Latino, and rural caregivers.

Key Messages:

Family caregiving in on this rise.

- The number of family caregivers providing ongoing complex care across the lifespan has grown by 20 million – rising from 43 million in 2015 to 63 million today.
- This nearly 50% increase over the past decade reflects a rapidly expanding care infrastructure that remains largely unpaid, often unsupported, and essential to the sustainability of our economy, healthcare, and long-term services and supports systems.

Anyone can be a family caregiver.

- Family caregivers are spouses, siblings, parents, partners, friends, neighbors, and even children. They are diverse in age, race, gender, income, and background, each with a unique caregiving story.
  - 63 million, or one in every four adults, are family caregivers.
  - The average age of a family caregiver is 51; one in three family caregivers are under age 50.
  - 61% are women; 39% are men.
  - Almost a third (29%) are "sandwich generation" caregivers—caring for both children and adults.

Family caregiving is challenging.

- Family caregiving requires physical, emotional, medical, and logistical support.
- Caregiving strains every part of a family caregiver's life—health, work, and finances.
  - More than four in 10 caregivers are in high intensity situations.
  - Nearly one in four (24%) provide 40 or more hours of care per week.
  - One in five family caregivers reported fair or poor health.
  - Most care recipients face multiple health challenges simultaneously, creating complex caregiving situations that extend well beyond basic physical assistance.

Family caregiving is deeply meaningful.

- 51% family caregivers report a strong sense of purpose in proving care even in the face of emotional, financial, and physical stress. This remains stable despite deepening challenges.

Workplace support is essential.

- Seven in 10 working-age family caregivers are employed in addition to their family caregiving responsibilities.
- Balancing work and family caregiving responsibilities continues to be challenging. Paid leave, telework options, and caregiver assistance programs are critical.
- Employers are increasingly offering more benefits to support working family caregivers, but there are deep disparities in access to these benefits for hourly wage employees.
  - Fifty percent of working family caregivers now have access to paid leave, representing a 56% increase from 2015 to 2025.

Financial strain is widespread.

- Nearly 25% of family caregivers are taking on more debt because of caregiving, putting their long-term financial stability at risk.
- Family caregivers often shoulder out-of-pocket expenses and make career sacrifices to provide care, especially in rule and underserved communities.

Caregivers need better access to more support.

- From respite care to tax credits and caregiver assessment, family caregivers are asking for more tools to sustain and improve their own well-being and the well-bring of those they care for.