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Caregiving in the US 2025: Caring Across States

by AARP & National Alliance for Caregiving

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New research from AARP and the National Alliance for Caregiving reveals how place can affect the caregiving experience, uncovering stark differences in financial strain, care intensity, and available support in states across the U.S. With nearly one in four adults serving as family caregivers, this state-by-state analysis offers the clearest picture yet of the challenges they face. Read [Caring Across States](#).

Key Findings

- Caregiving is a widespread reality** across the U.S., with millions of adults providing care for loved ones with disabilities or complex medical conditions.
- Caregiver experiences vary significantly by state**, especially in terms of intensity, financial impact, and access to support.
- High-intensity caregiving is common**, with nearly half of caregivers providing extensive assistance with daily tasks and spending many hours each week on care.
- Financial strain is a major issue**, with many caregivers reporting economic hardship and difficulty accessing affordable support



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among hourly workers.

Caregiver well-being is at risk, with widespread emotional stress and health challenges, and limited support systems to address these needs.

Healthcare systems often overlook caregivers, with few being asked about their own needs or those of the person they care for, despite their critical role in care delivery.

Explore the full [Caring Across America](#) report to see how caregiving varies nationwide and what the data tells us about the lives behind the numbers and find your state-specific summaries below.

STATE-SPECIFIC FINDINGS

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