aPlaceforMom

2025 State of Caregiving Report

November 2025



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Executive summary

This report sheds light on what it's like to provide care for an aging loved one in the United States, drawing on self-reported feelings, behaviors, and experiences from more than 1,000 family caregivers. Readers will find unique data-driven insights into what caregiving entails, how caregivers seek out information and support, and the financial, emotional, and relational effects of taking on this role.

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1 Family caregiving is a time-consuming, long-term responsibility

Family caregiving in 2025 continues to expand in intensity and complexity. On average, family caregivers provide nearly 23 hours of care per week. For most, this is not a short-term commitment: 75% provide care for a year or longer.

While caregivers are seeking out more information and resources than in 2024, confidence remains low: only one in four feels fully prepared for the role. About half are also beginning to experiment with AI tools for guidance, though adoption remains uneven, with younger and male caregivers leading the way.

2 Financial burdens persist as support systems fall short

The financial toll of caregiving remains a major strain on household budgets and caregivers' careers. Caregivers who must reduce their work hours or leave their jobs due to caregiving lose an estimated $21,000 in income each year, on average. Many cope by reducing spending or tapping their savings, while only a small fraction receive compensation through care agreements or formal programs.

Workplace support, such as paid leave and flexible working arrangements, has increased slightly since 2024, yet a quarter of working caregivers report that their employers still provide no support. Government assistance also falls short, with fewer than one-third of caregivers feeling adequately supported.

3 Emotional strain runs high, yet caregiving can deepen family bonds

The mental health toll on caregivers is substantial — 75% report feeling stressed. Women are especially likely to experience worsening mental health, yet few pursue therapy due to cost and time constraints. Still, amid the financial, emotional, and logistical challenges, caregiving often deepens family bonds. More than half of caregivers say their relationships with their aging loved ones have strengthened, reflecting the profound love and commitment that define the caregiving experience.

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Methodology

This report is based on an online quantitative survey commissioned by A Place for Mom and conducted by Morning Light Strategy in September 2025. The study included feedback from 1,029 nonprofessional caregivers who care for adults ages 55+ across the United States.

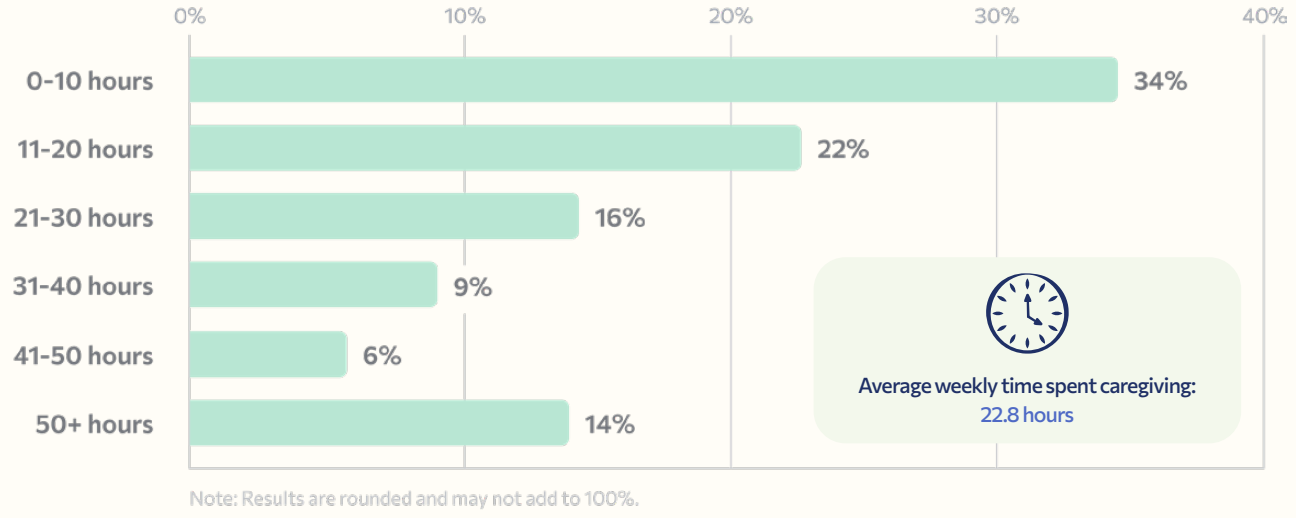
This study builds on the *2024 State of Caregiving Report*, allowing for year-over-year trending on select measures. Many questions in the 2025 survey are new and therefore not trended. A key methodological difference is the inclusion of paid family caregivers in 2025 to reflect the growing number of family members who receive compensation for providing care. The 2024 survey included only unpaid caregivers. Accordingly, all year-over-year comparisons in this report are based exclusively on unpaid caregivers.

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What does family caregiving look like?

Family caregiving remains a demanding, long-term commitment. On average, caregivers devote nearly 23 hours per week to providing care — the equivalent of a part-time job — and 44% have been in this role for more than three years. Nearly half (47%) of caregivers are also members of the *sandwich generation*, caring for both an aging loved one and a child under eighteen. Despite their dedication, most family caregivers (80%) do not feel fully confident in their ability to balance caregiving with other responsibilities.

Weekly time spent caregiving



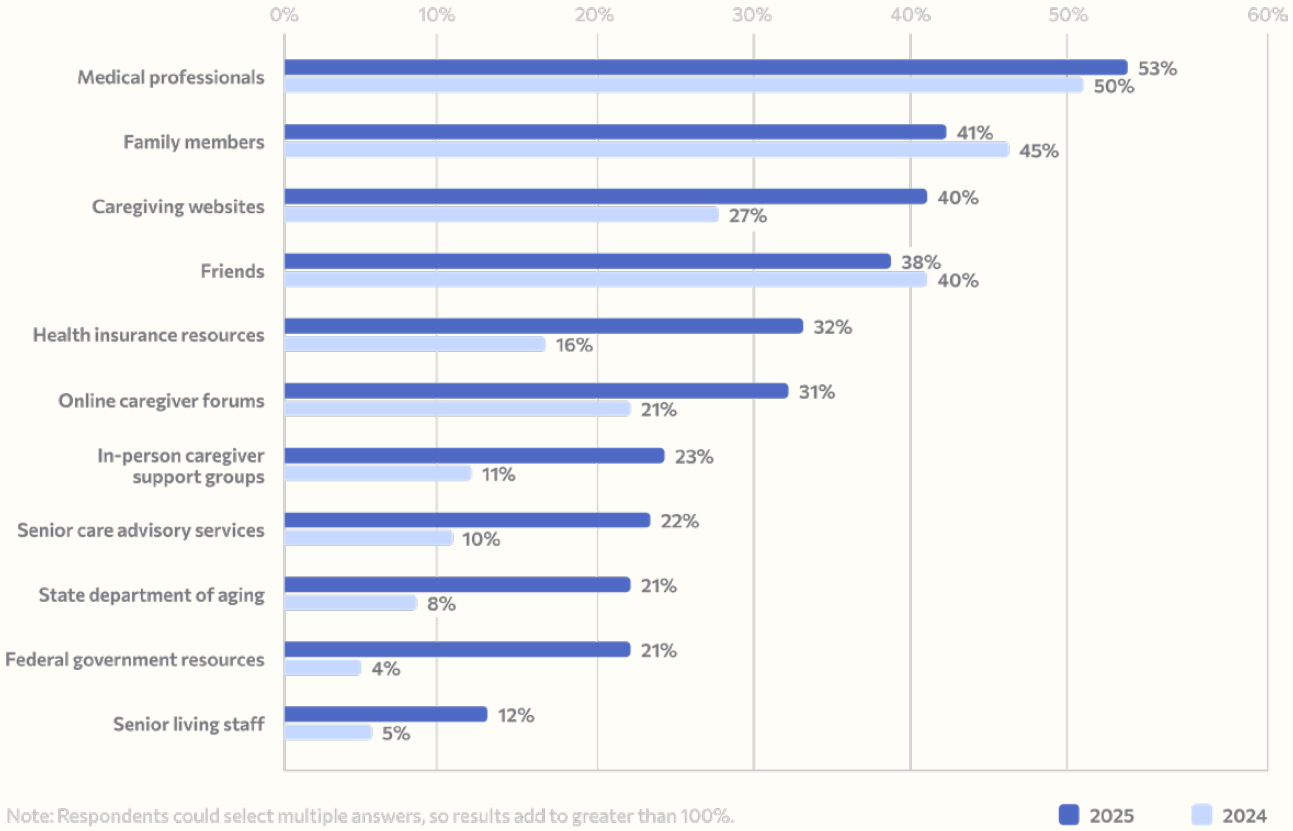
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Caregivers seek out more information, but confidence lags

Most caregivers step into their role with little or no formal training, prompting many to seek information and support. Family caregivers are seeking information from a wider range of sources in 2025 — 3.4 sources on average compared to 2.4 sources in 2024.

While medical professionals, family, and friends remain caregivers' primary sources of information, the use of alternative resources has risen significantly since 2024. Use of federal resources, such as the National Institute on Aging (NIA) and the Administration for Community Living (ACL), jumped from 4% in 2024 to 21% in 2025. More caregivers are also turning to insurer-provided resources, caregiving websites, and in-person or online support groups.

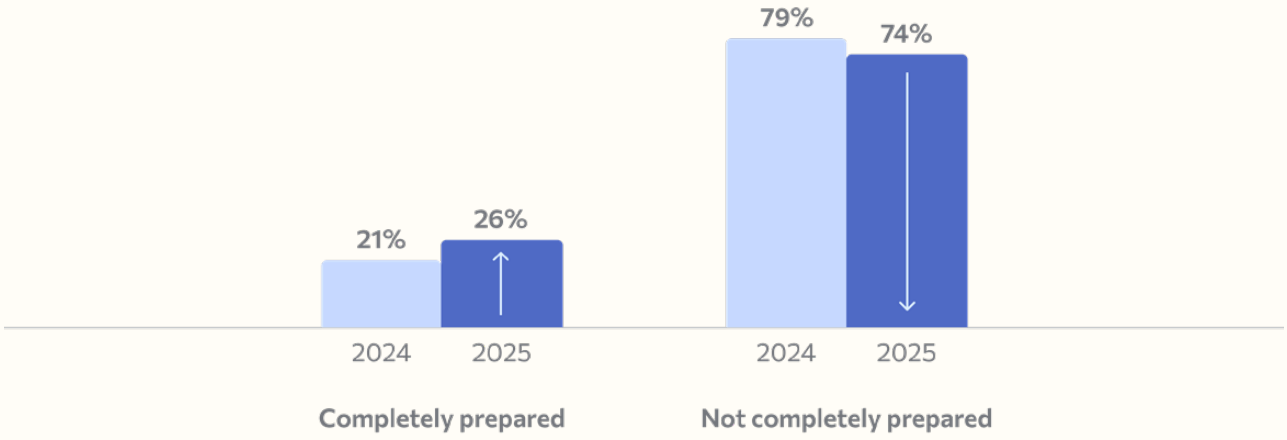
Sources of caregiving information



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Despite growing access to resources, most caregivers (74%) still don't feel fully equipped for the demands of caregiving, with only 26% feeling prepared — a modest increase from 21% in 2024.

Caregiver preparedness





"The weight of everything my mother needs is on me. I carry the weight, but it is heavy.

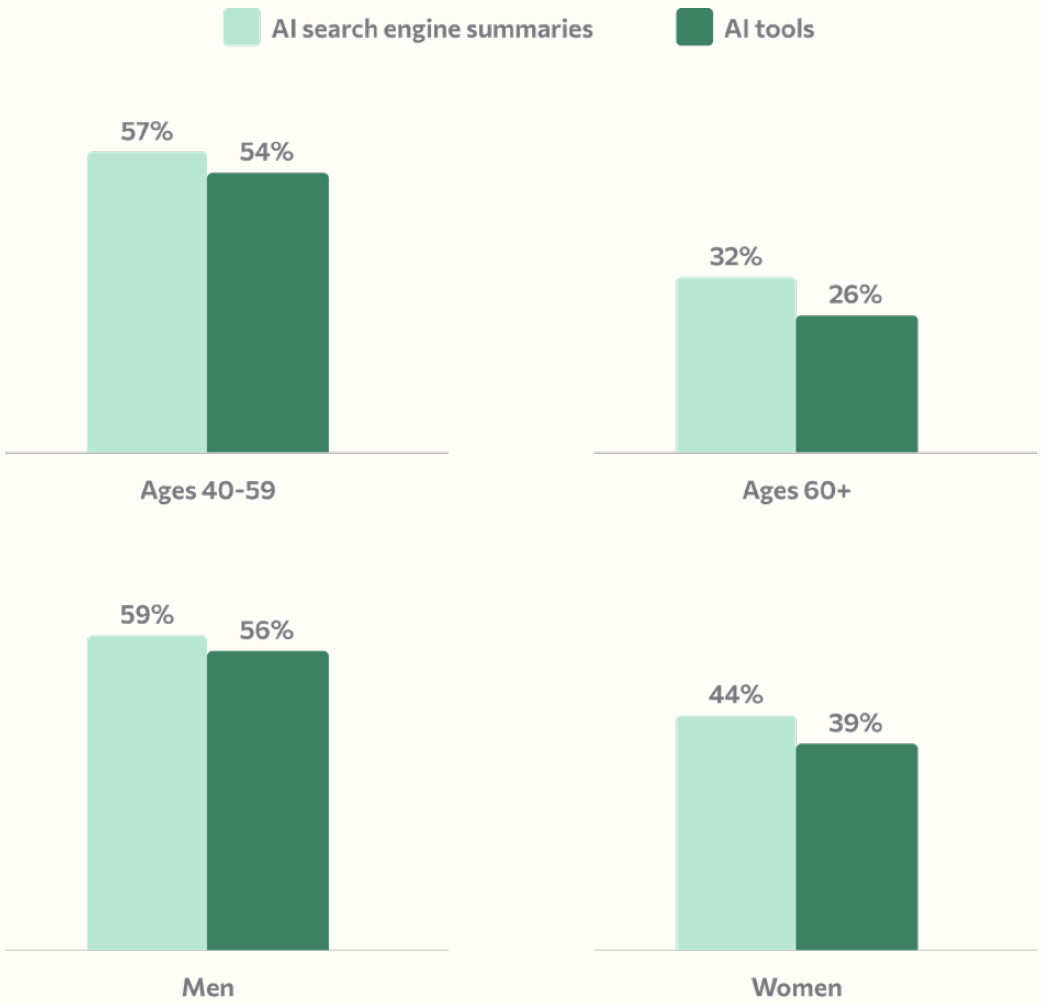
— Jolie D.

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Caregivers show early interest in AI, but adoption is uneven

Limited formal support may be driving caregivers to seek new tech-based ways to educate themselves. In 2025, about half of family caregivers report using artificial intelligence-enabled resources, such as Google's AI summaries (51%) or ChatGPT (47%), and most say they would use them again. However, comfort with and usage of this technology vary by age and gender. Male caregivers and caregivers under age 60 are more likely to use AI resources. For now, AI serves primarily as a supplementary resource, likely due to differences in age, gender, and familiarity with the technology.

Caregiver AI usage by age and gender

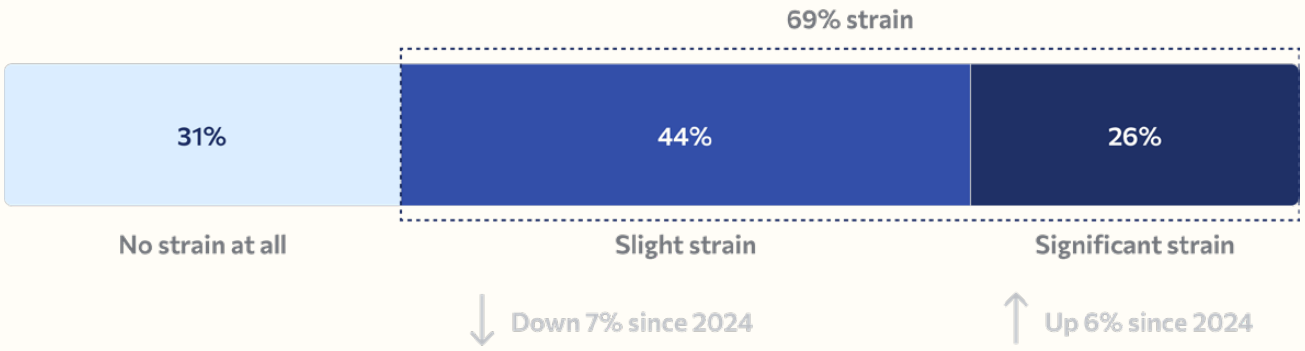


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The financial impact of caregiving and how families are coping

As family caregiving becomes increasingly common across the United States, its financial repercussions are coming into sharper focus. Most family caregivers (69%) say caregiving is straining their finances. This is consistent with last year, but the number of people indicating a "significant" strain has increased from 20% in 2024 to 26% in 2025. To manage the costs of caregiving, many turn to coping strategies that can jeopardize their family's immediate and long-term financial security.

How caregivers rate their financial strain



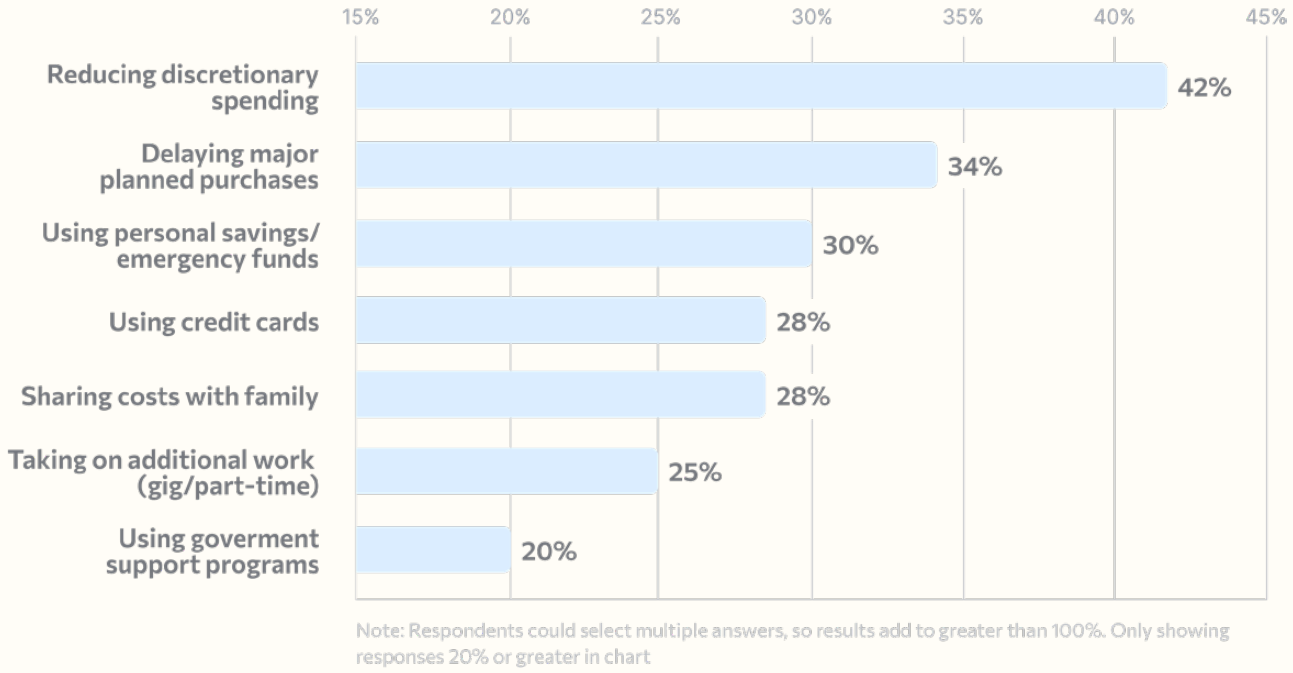
Note: Results are rounded and may not add to 100%.

Nearly half of caregivers say that their career has been affected, often resulting in lost income. While 11% have left their jobs entirely, another 35% report having "a lot less" or "slightly less" time to focus on work. Combined, these groups estimate an average loss of more than $21,000 in annual income. Losing valuable employer benefits such as health insurance and retirement accounts can compound the problem.

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To make ends meet, family caregivers report reducing discretionary spending (42%), delaying major purchases (34%), and relying on credit cards or personal savings. Only 8% of caregivers report getting paid to provide care through personal agreements, self-directed Medicaid programs, or VA programs, highlighting the gap between caregivers' financial needs and the limited systems in place to support them.

How caregivers manage financial strain



Note: Respondents could select multiple answers, so results add to greater than 100%. Only showing responses 20% or greater in chart

> I was working a full-time job when my husband first had his heart surgery. I ended up only being able to work part-time, so we were constantly asking for financial help from our families.
>
> — Lisa A.

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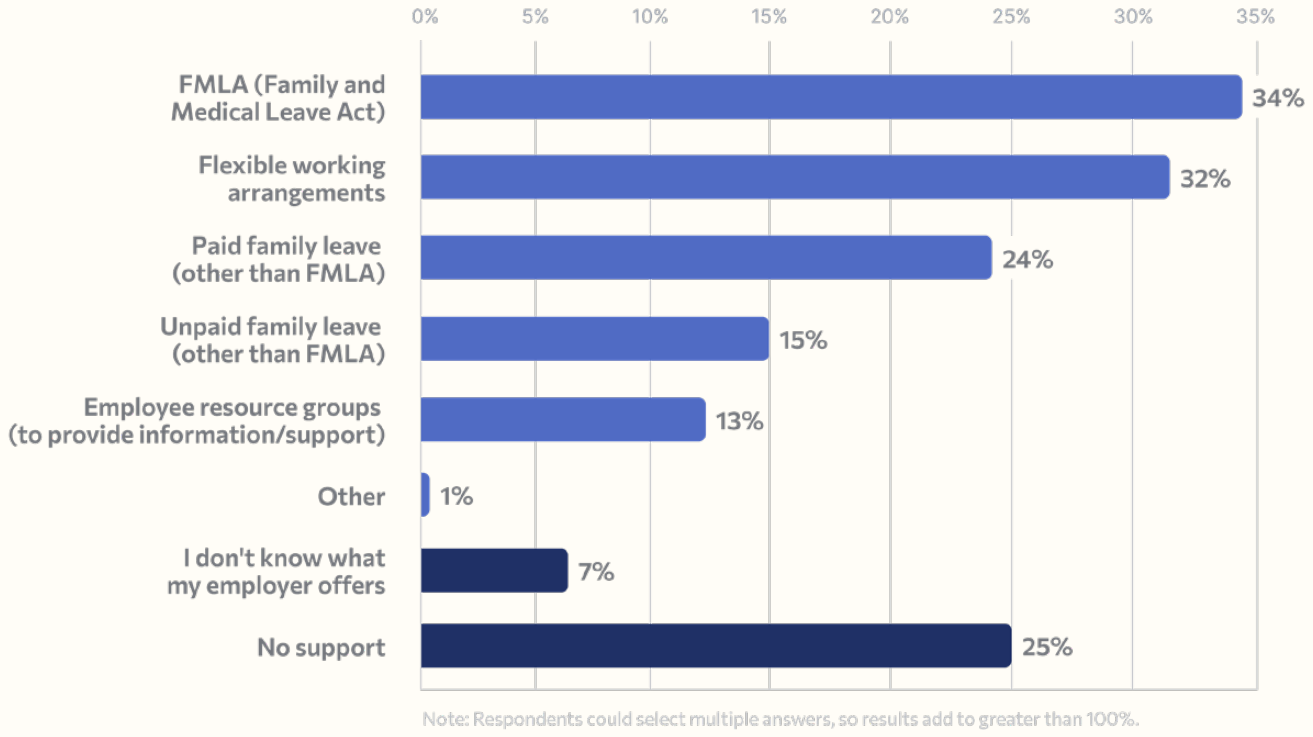
Workplace support for family caregivers shows modest improvement

Most caregivers (64%) are also employed — an arrangement that is difficult but often necessary to ease financial strain. Because the average weekly care commitment is close to 23 hours, workplace flexibility and understanding are crucial for helping working caregivers find balance. In 2025, half of employed caregivers say they have discussed their caregiving needs with their manager or employer, up from 45% in 2024.

The Family and Medical Leave Act (FMLA) and flexible work arrangements remain the most common forms of workplace support. Among full- and part-time employees, access to paid family leave beyond FMLA rose slightly (24% in 2025 vs. 22% in 2024), as did the availability of employee resource groups (13% in 2025 vs. 9% in 2024).

Satisfaction with employer-provided support remains high among those who have requested it (80%). However, the data shows room for improvement — one in four working caregivers report that their employer offers no caregiving-related support, and another 7% are unsure of what support their employer offers.

Employer support for caregivers



Note: Respondents could select multiple answers, so results add to greater than 100%.

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Government support for family caregivers falls short

Despite the critical role family caregivers play in supporting older adults, most feel overlooked by the very systems meant to help them. Less than a third of caregivers feel that the federal (29%), state (28%), or local (28%) government supports caregivers adequately. Women are significantly less likely (23%) to feel they are receiving enough federal government support than men (35%).

In responses to an open-ended question, caregivers emphasize the need for increased financial assistance — particularly tax credits, equipment grants, and caregiver stipends — as the most important area for government improvement. Many caregivers also express a desire for accessible training and educational resources, mental health support, and prioritization of senior care and family caregiving in policy decisions.

> I think that the government should be responsible for providing better support and resources to caregivers. They could offer therapy and counseling.
>
> — Caregiver

> Local, state, and the federal government can always do more to support caregivers. I would like them all to recognize caregivers as frontline workers.
>
> — Caregiver

> The government should provide direct financial assistance [and] tax credits and fund accessible respite care programs to support the essential work of caregivers at all levels.
>
> — Caregiver

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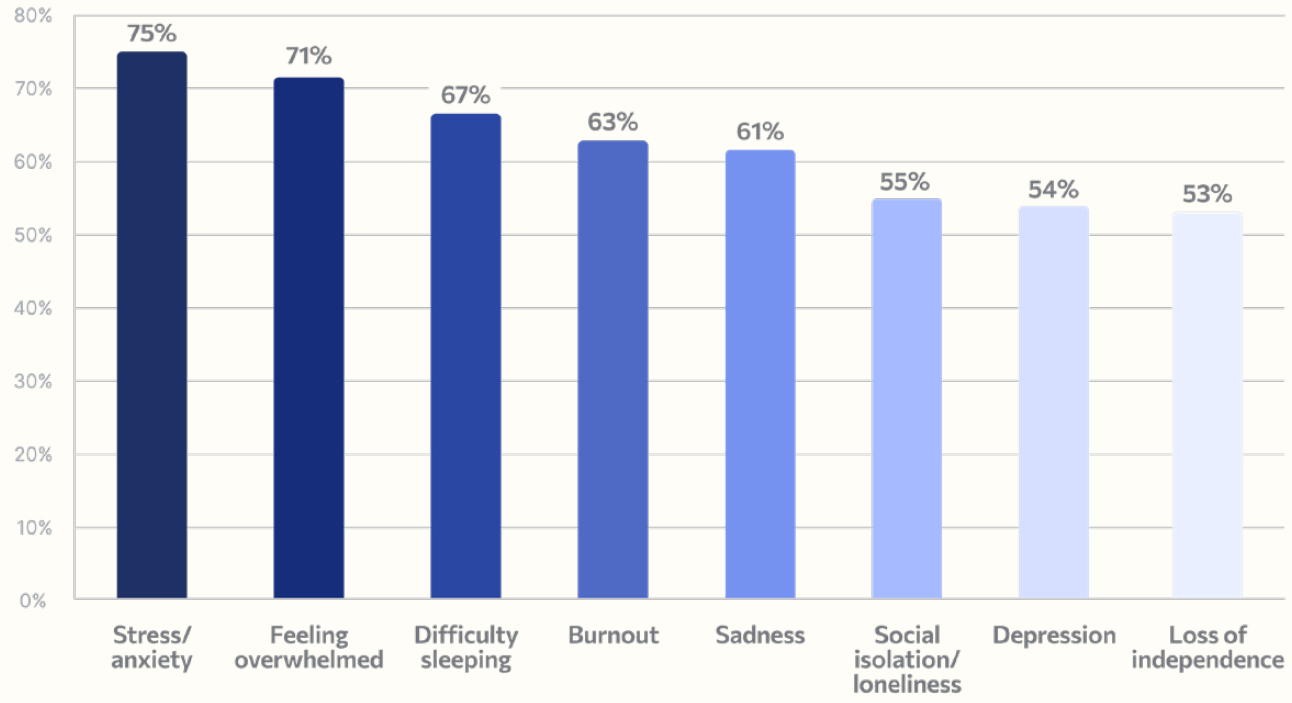
The mental health impact of caregiving and how caregivers are coping

Talkspace

The measures in this section were developed in collaboration with Talkspace, a leading national online mental health provider, to highlight the emotional health status and self-care strategies of caregivers.

Behind every act of care lies an emotional cost, and caregivers across the country are feeling its weight while learning how to care for themselves, too. Most family caregivers experience stress or anxiety (75%), feelings of being overwhelmed (71%), difficulty sleeping (67%), and burnout (63%) at least monthly. Female caregivers are more likely to experience these negative effects: 38% report worsening mental health since starting caregiving compared with 28% of male caregivers.

Caregivers' top emotional challenges



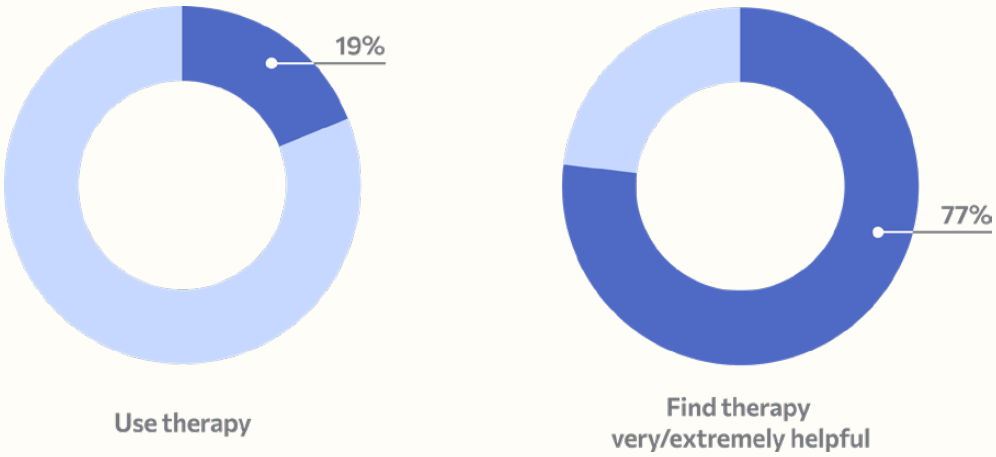
Note: Respondents could select multiple answers, so results add to greater than 100%.

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Seven in 10 family caregivers make time for self-care at least once per week to help manage stress levels. Exercise, socializing with friends, and engaging in hobbies or creative activities are the most common forms of self-care.

Few family caregivers (19%) take advantage of therapy due to lack of time and cost barriers. More than three quarters of caregivers (77%) who do use therapy describe it as very helpful.

Therapy use and perceived helpfulness among caregivers



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Caregiving can deepen bonds and affirm love

Despite the emotional and financial toll of caregiving, many caregivers find deep personal meaning in the experience. More than half (62%) say their relationship with their care recipient has improved since they began caregiving. And while moments of frustration and stress are common for both caregivers and care recipients, respondents are likely to report their aging loved one as feeling loved and appreciative. This shared sense of care and gratitude reinforces emotional connection and strengthens family bonds, even amid the challenges.



> Caregiving requires [us to] hold on to love above all else — and sometimes we have to dig deep to find the strength to hold on.
>
> — Amber W.

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About A Place for Mom

A Place for Mom is the leading platform that guides families through every stage of the aging journey. We simplify the search for senior care by offering free, personalized support—and when families are ready, we refer them to partners from our network of over 15,000 senior living communities and home care agencies. Our mission is to guide caregivers and their loved ones to a confident place, so families can focus on what matters most: their love for each other.
A Place for Mom: where love finds its place.

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