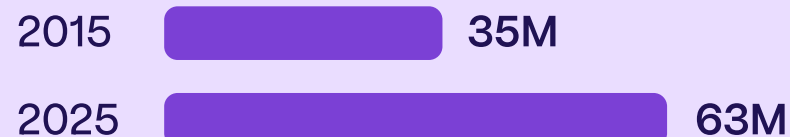


The American caregiver



In 2025, **63 million American adults** provided ongoing care to adults or children with a medical condition or disability.



A 45% increase in 10 years.

Many caregivers dedicate a significant amount of time to caregiving each week.

- ✓ **27 hours:** The average amount of time caregivers spend providing care each week
- ✓ **24% of caregivers** spend **40+ hours** providing care each week
- ✓ **30% of caregivers** provide care for 5 or more years

Caregiving can take an emotional and physical toll on caregivers.

- ✓ **24% of working caregivers** report feeling alone
- ✓ **2/3 of caregivers** experience moderate or high emotional stress
- ✓ **45% of caregivers** experience moderate or high physical strain



Download "[A day in the life of a caregiver](#)" to dive deeper into the reality and challenges of caregivers in America.



Scan to download

All statistics sourced from [Caregiving in the US](#) (July 2025)
An AARP and National Alliance for Caregiving
report sponsored by CareScout.