

National Study of Caregiving Trends Chart Book, 2011-2023

Key Trends, Measures and Detailed Tables



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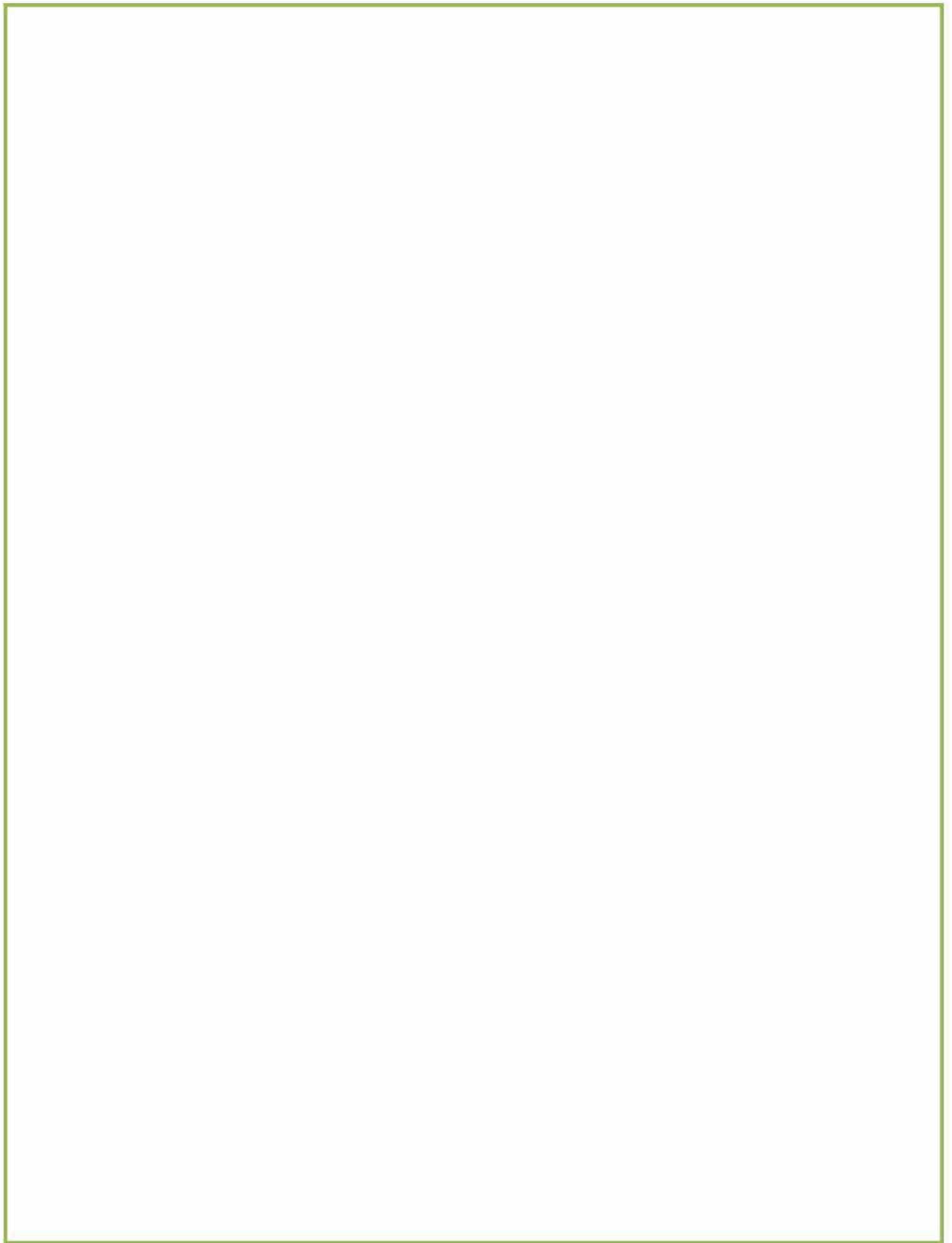


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About the NSOC Trends Dashboards

The NSOC Trends Dashboards describe trends in care provided by family and unpaid caregivers (hereafter “family caregivers”) to older adults who are U.S. Medicare beneficiaries. The dashboards are designed to facilitate understanding by researchers, policymakers and care providers of how daily life is changing for family caregivers as the US population ages.

This companion chart book summarizes key findings about recent trends. It also includes descriptions of measures and detailed tables. For 2011 and 2023 we report assistance related to five topic areas: self-care and mobility (any, self-care, dental care, foot care, getting around home, driving places, using other transportation), household activities (any, chores, shopping, ordering medications, banking), medical care (any, keeping track of medication, giving shots or injections, managing medical tasks, helping with exercises, helping with a special diet, wound related skin care, making medical appointments, speaking with medical professional, insurance matters), other assistance (securing mobility devices, making older adults’ home safer, finding paid help), and caregiving intensity (duration, hours per week, strain). Each topic area has its own dashboard.

To highlight how various subgroups of family caregivers are faring, each trend is presented for all family caregivers and then for various caregiver and recipient demographic characteristics. A separate dashboard online provides an overview of trends for demographic factors.

Caregiver characteristics include age, sex, marital status, whether the caregiver has any children less than age 18, whether the caregiver works for pay, relationship, and travel time to the older adult. Recipient characteristics include race/ethnicity, residential care setting, metro/non-metro residence, and the presence of dementia. In this chartbook we focus on trends by the caregiver’s work status, relationship to the older adult, and whether the older adult has dementia.

All trends exclude caregivers providing assistance to recipients in nursing home settings. Findings highlight statistically significant trends ($p < .05$; see Methods) as shown in the detailed appendix tables.

Acknowledgments

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The NSOC online dashboards and this companion chartbook were prepared with funding from the National Institute on Aging (U01AG032947, R01AG062477).

About NSOC

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Begun in 2011, the National Study of Caregiving (NSOC) interviews family caregivers of participants in the National Health and Aging Trends Study (NHATS). NHATS gathers annual, in-person information on a nationally representative sample of Medicare beneficiaries ages 65 and older. The study is designed to foster research that guides efforts to reduce disability, maximize health and independent functioning, and enhance quality of life at older ages.

NSOC I (2011) and II (2015) provide cross-sectional snapshots about caregiving to older adults. In 2017, NSOC III includes both a cross-sectional sample and longitudinal follow-up with helpers identified in 2015. Starting in 2021, NSOC is conducted annually and supports both cross-sectional and longitudinal analyses.

NHATS and NSOC are led by investigators at the Johns Hopkins University Bloomberg School of Public Health and the University of Michigan’s Institute for Social Research, with data collection by Westat and support from the National Institute on Aging.

Executive Summary

Most aspects of family caregivers' experiences were stable between 2011 and 2023:

- Trends for family caregivers assisting with self-care activities, mobility activities, driving places, and caring for feet were all flat.
- Trends for family caregivers assisting an older adult with any household activity remained stable as well, including assisting with chores and shopping for groceries or personal items.
- Trends for tracking medications, giving shots or injections, assisting with other medical tasks, or assistance with skin care were all flat.
- Trends for obtaining mobility devices and adding home modifications to make it safer were flat.
- Duration of care and the percentage of family caregivers providing 40 or more hours of care per week were flat.
- Family caregivers experiencing none/very low, low, and moderate/high strain were flat.

Family caregivers were more likely in 2023 than in 2011 to have:

- Communicated with the older adult's medical providers,
- Helped the older adult with exercises, and
- Provided up to 10 hours of care per week to the older adult.

Family caregivers were less likely in 2023 than in 2011 to have assisted an older adult with:

- Transportation, other than driving the older adult places,
- Dental care,
- Ordering prescription medications,
- Handling bills or banking,
- Medical care,
- Making medical appointments,
- Handling medical insurance issues, and
- A special diet.

Trends were not uniform for working and non-working caregivers between 2011 and 2023. Assistance with self-care activities, chores, and exercises increased among working family caregivers, but help with dental care, ordering prescriptions, and a special diet declined. Working caregivers were also less likely to help find a paid helper. Among non-working family caregivers, communication with medical providers increased, but help with skin care declined; these caregivers were also more likely to be giving 10 hours or less per week.

Trends also differed by relationship to the older adult between 2011 and 2023. Spouses were less likely to provide assistance with dental care, order medications, help with bills and banking, help with skin care, or help with other medical tasks but more likely to assist with chores, communicate with providers, and help secure a mobility device. Adult children assisting with medical care declined, assistance with making medical appointment by both adult children and other family members declined, but adult children helping with exercises increased.

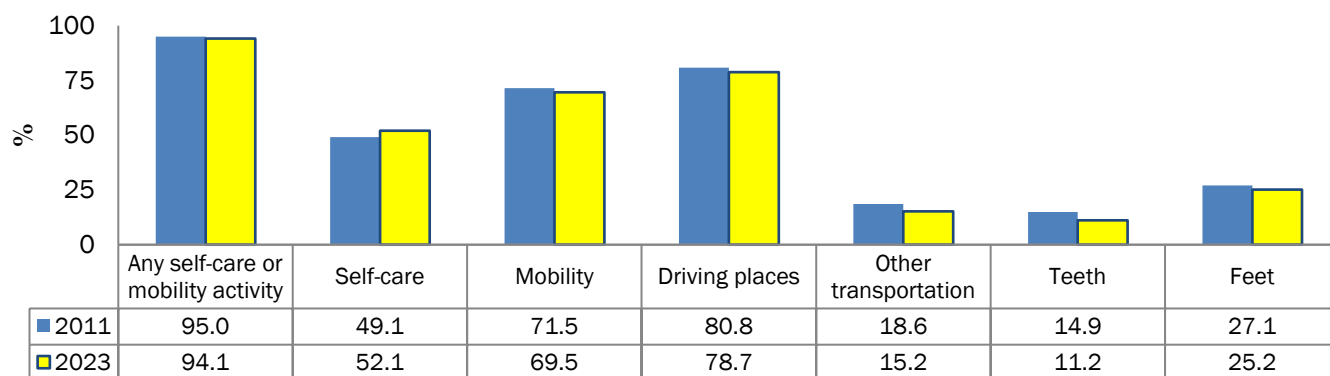
Most trends were concentrated among family caregivers assisting older adults without dementia. Caregivers assisting those without dementia were less likely in 2023 to assist with other types of transportation, dental care, ordering prescriptions, bills and banking, with a special diet, with skin care, with making medical appointments, with medical insurance, and with finding a paid helper. However, these caregivers were more likely in 2023 to help with chores, communicating with providers, and with exercises. Caregivers for older adults with dementia who assisted for 40 or more hours per week increased.

Key Trends

Self-care and Mobility Activity Trends

The percentage of family caregivers assisting an older adult with any self-care or mobility activities remained stable at about 94%-95% in 2011 and 2023. Trends for self-care activities, mobility activities, driving places, and caring for feet were all flat. Assistance with using other forms of transportation declined from 18.6% in 2011 to 15.2% in 2023 and assistance with dental care declined from 14.9% in 2011 to 11.2% in 2023.

Trends in Family Caregivers Providing Assistance with Self-Care and Mobility Activities, 2011-2023



Several trends varied by the caregiver's work status. For instance, assistance with self-care activities increased among working family caregivers from 46.0% in 2011 to 51.8% in 2023. Family caregivers who were not working were less likely to provide assistance with other types of transportation in 2023 (21.7%) than in 2011 (15.6%). In addition, working caregivers were less likely to provide assistance with dental care in 2023 (10.9%) than in 2011 (16.1%).

Most trends did not vary by relationship to the older care recipient. However, spouses were less likely to provide assistance with dental care in 2023 (7.7%) than in 2011 (14.7%).

A few trends also varied by whether the older adult had dementia. Caregivers assisting those without dementia were less likely to assist with other types of transportation in 2023 (14.2%) than in 2011 (18.5%) and less likely to provide assistance with dental care in 2023 (6.5%) than in 2011 (9.9%).

Household Activity Trends

The percentage of family caregivers assisting an older adult with any household activity remained stable at about 95%-96% in 2011 and 2023. Trends for chores and shopping for groceries or personal items were flat. Assistance with ordering prescription medications declined from 48.2% in 2011 to 39.5% in 2023 and assistance with bills or banking declined from 58.3% in 2011 to 51.6% in 2023.

Trends in Family Caregivers Providing Assistance with Household Activities, 2011-2023



Several household activity caregiving trends varied by work status. For instance, for non-working family caregivers, assistance with any household activity declined from 97.2% in 2011 to 94.7% in 2023 and assistance with shopping, ordering medications and bills and banking declined. For working caregivers, assistance with chores increased while ordering prescriptions declined.

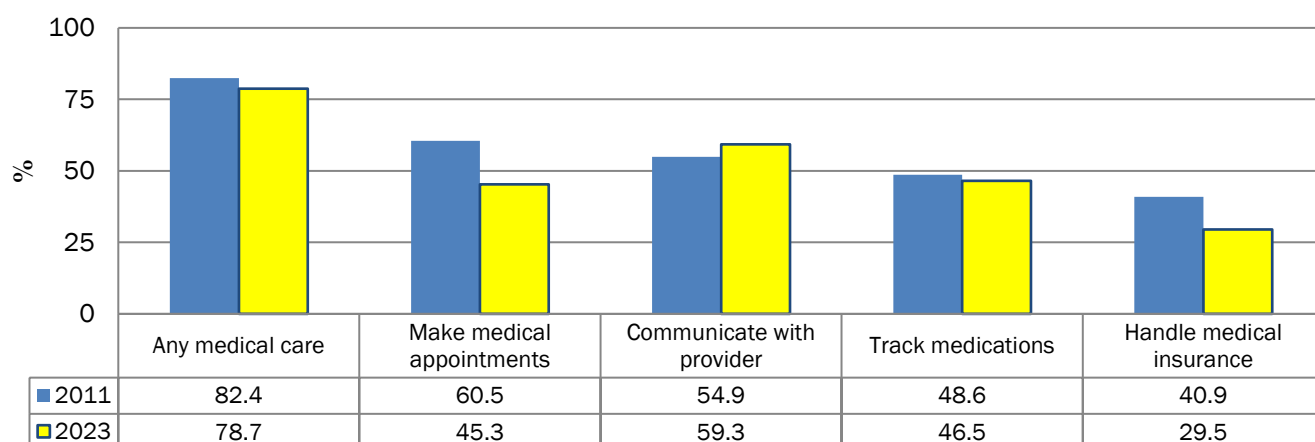
Most trends did not vary by relationship to the older care recipient. However, nonfamily caregivers were less likely to provide assistance with any household activity in 2023 (78.9%) than in 2011 (89.9%). Spouses were more likely to assist with chores in 2023 (97.2%) than in 2011 (93.7%) but were less likely to order medications (51.0% in 2023 vs. 62.8% in 2011) or help with bills and banking (64.7% vs. 75.8%)

A few trends also varied by whether the older adult had dementia. Caregivers assisting those without dementia were more likely to help with chores in 2023 (84.1%) than in 2011 (78.4%) and less likely to help with ordering prescriptions (34.8% vs. 43.9%) and with bills and banking (47.9% vs. 55.6%) in 2023 than in 2011. Household activity trends were flat among those helping an older adult with dementia.

Medical Care Trends

Common medical care tasks. The percentage of family caregivers assisting an older adult with any medical care declined from 82.4% in 2011 to 78.7% in 2023. Declines were observed for two common administrative tasks: making medical appointments (60.5% in 2011 to 45.3% in 2023) and handling medical insurance issues (40.9% in 2011 to 29.5% in 2023). In contrast, the percentage of family caregivers communicating with providers increased from 54.9% in 2011 to 59.3% in 2023. Trends for tracking medications were flat at 47%-49%.

Trends in Family Caregivers Providing Assistance with Common Medical Care Tasks, 2011-2023



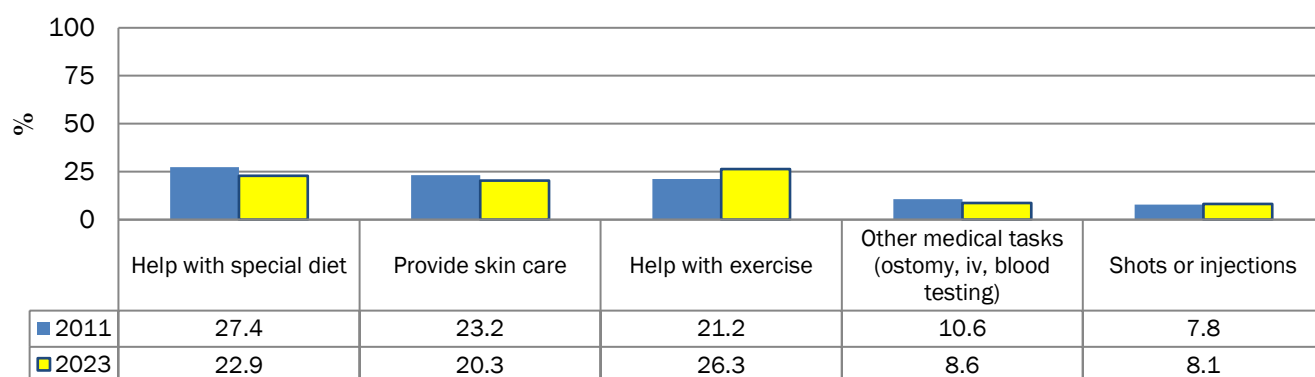
Only one of the trends in common medical care tasks varied by the work status of the caregiver: for non-working family caregivers, communication with medical providers increased from 52.3% in 2011 to 59.5% in 2023 whereas the trend for working caregivers was flat. Both working and non-working caregivers made fewer medical appointments and were less likely to assist with medical insurance in 2023 than in 2011.

Trends varied more by the relationship of the family caregiver to the older adult. For instance, any medical care declined only among adult children; making medical appointments declined only among adult children and other family members; and communication with providers increased sharply for spouses. In addition, handling medical insurance declined for all relationships except for spouses.

Almost all of these trends were similar for those caring for older adults with and without dementia: that is, any medical care was flat, making medical appointments declined, and handling medical insurance declined for both groups. However, communicating with providers of care recipients increased only for those caring for older adults without dementia.

Less common medical care tasks. Trends for giving shots or injections, assisting with other medical tasks (e.g., ostomy care, IVs, or testing blood), or with skin care (e.g., wounds, sores) were flat. Help with exercise increased from 21.2% in 2011 to 26.3% in 2023, whereas help with a special diet declined from 27.4% in 2011 to 22.8% in 2023.

Trends in Family Caregivers Providing Assistance with Less Common Medical Care Tasks, 2011-2023



For these less common medical tasks, trends varied by work status of the caregiver. For instance, among working caregivers, help with a special diet declined and help with exercises increased; whereas help with skin care declined among non-working caregivers.

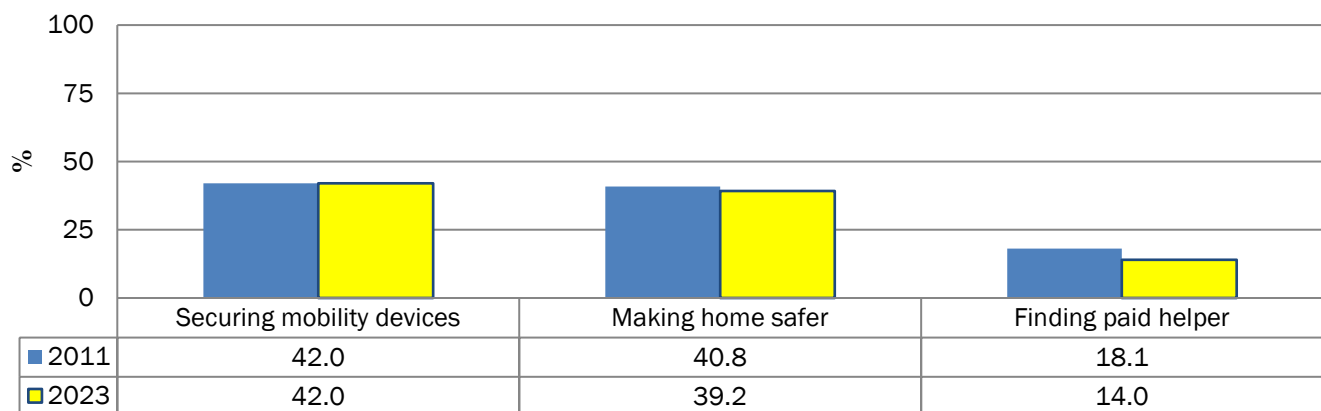
Trends were also not uniform across all relationships. For instance, help with skin care and other medical tasks (e.g., ostomy, iv, blood testing) declined for spouse caregivers whereas help with exercises increased for adult child caregivers.

Some trends in these less common medical tasks were concentrated among family caregivers to older adults without dementia. That is, declines in help with a special diet and skin care and increases in help with exercises were found among those assisting older adults without dementia.

Trends in Assistance with Other Activities

Trends in family caregivers providing assistance with getting mobility devices (e.g., a cane, walker, wheelchair or scooter) or with adding modifications to the older adult's home to make it safer (e.g., adding features such as a railing or a ramp, grab bars in the bathroom, a seat for the shower or tub, or an emergency call system) were flat at about one in four caregivers. The percentage of family caregivers who helped find a paid helper declined from 18.1% in 2011 to 14.0% in 2023.

Trends in Family Caregivers Providing Assistance with Other Types of Activities, 2011-2023

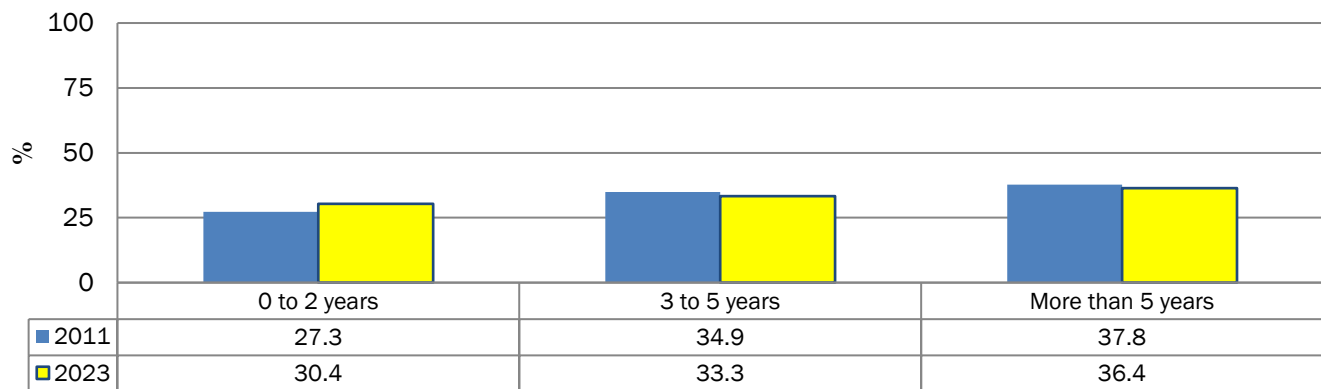


These patterns were similar for working and non-working caregivers, with one exception: only working caregivers were less likely to have helped to find a paid caregiver in 2023 (15.8%) than in 2011 (21.9%). Patterns were also flat by relationship to the care recipient, with one exception: spouse caregivers were more likely to have helped secure a mobility device for their partner in 2023 (48.9%) than in 2011 (38.8%). Patterns were also flat by whether the recipient had dementia, with one exception: only caregivers to older adults without dementia were less likely to have helped to find a paid caregiver in 2023 (12.4%) than in 2011 (15.3%).

Trends in Intensity of Care

Duration of care. The distribution of duration of care provided was flat from 2011-2023. In 2023, 30% of family caregivers had assisted for 0 to 2 years; one-third for 3 to 5 years; and 36% for more than 5 years. These distributions were flat for working and non-working caregivers, by relationship type, and for those assisting older adults with and without dementia.

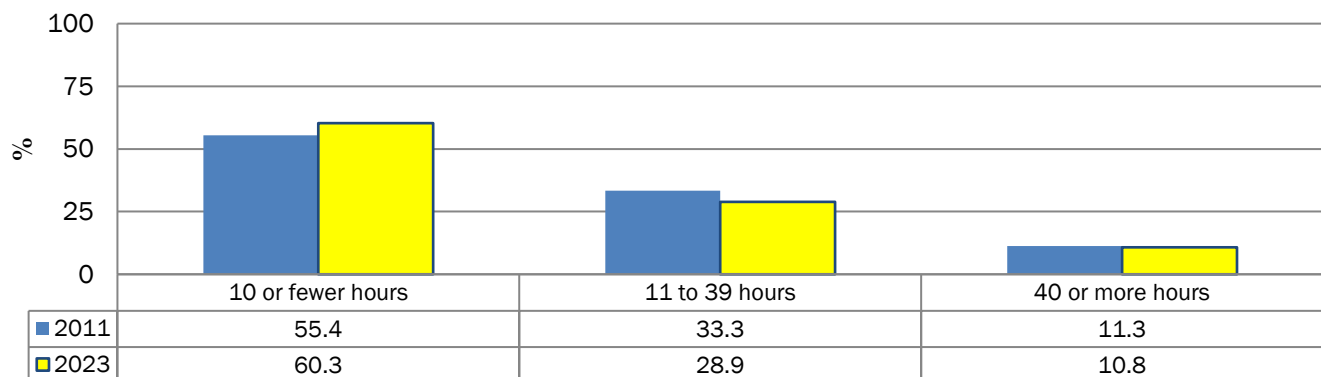
Trends in Family Caregivers Duration of Care Provided, 2011-2023



Weekly hours of care. The percentage of family caregivers providing up to 10 hours of care per week increased from 55.4% in 2011 to 60.3% in 2023 and the percentage providing 11 to 39 hours per week declined from 33.3% to 28.9%. The percentage providing 40 or more hours of care per week remained flat at about 11%.

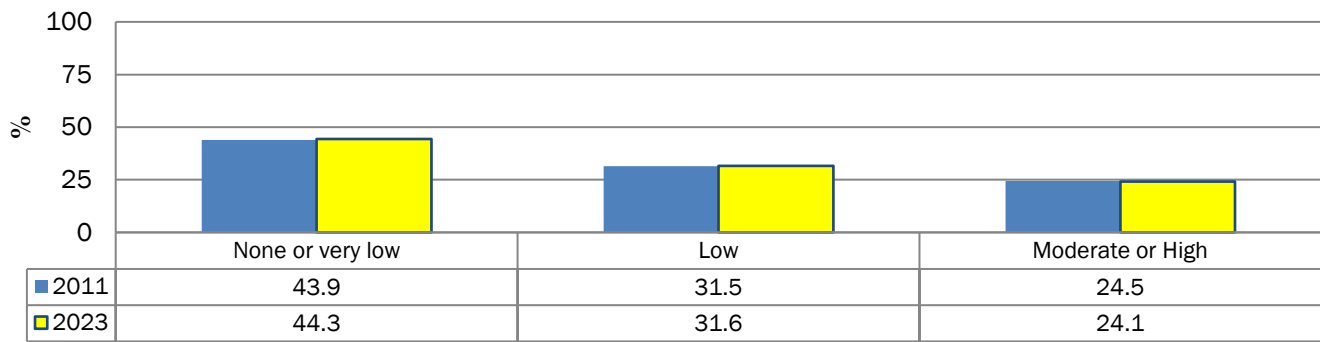
This general pattern—increases in those providing 10 or fewer hours and declines in 11 to 30 hours—was experienced by caregivers not working for pay, by family caregivers who were relatives other than spouses and adult children, and among those assisting older adults without dementia. In addition, among those assisting older adults with dementia, the percentage assisting 40 or more hours per week increased from 16.5% in 2011 to 22.6% in 2023.

Trends in Family Caregivers Weekly Hours of Care Provided, 2011-2023



Strain. The percentage of family caregivers experience none/very low, low, and moderate/high strain was unchanged between 2011 and 2023. In each year about 44% had none/very low strain, nearly one-third had low strain and about one in four (24%) had moderate or high strain. These distributions were flat for working and non-working caregivers, by relationship type, and for those assisting older adults with and without dementia 2023.

Trends in Family Caregivers Strain, 2011-2023



Demographic Trends

Dashboards and detailed tables are presented by a number of demographic groups. This section provides an overview of changes in the composition of family caregivers to older adults with respect to those demographic groups.

Family caregiver characteristics

Age group. The percentage of family caregivers that were ages <55 declined from 41.6% in 2011 to 31.5% in 2023 while the percentage ages 65-74 and 75 and older increased (from 18.7% to 25.6% and from 13.2% to 18.3%, respectively).

Sex. The sex composition was flat between 2021 and 2023. In both years, men comprised more than one-third of family caregivers and women comprised less than two-thirds.

Marital status. The marital status of family caregivers was stable between 2011 and 2023. Nearly two-thirds of family caregivers were married or living with a partner in both years; about 12%-13% were divorced or separated; about 6% were widowed and 15% never married.

Children less than age 18. The percentage of family caregivers with a child less than age 18 (also referred to as “sandwich caregivers”) was stable between 2011 and 2023 at about 14%-15%.

Works for pay. The percentage of family caregivers who worked for pay was stable over this period. Approximately 4 out of 10 family caregivers worked for pay in 2011 and 2023.

Relationship to older adult. The percentage of family caregivers who were friends or neighbors (“non-kin”) increased from 8.8% in 2011 to 12.4% in 2023.

Travel time to older adult. Travel times were stable between 2011 and 2023; in both years about 45% of family caregivers lived with the older adult another one in four lived within 10 minutes; about 14%-16% lived within half an hour, and the remaining 14% lived 30 or more minutes away.

Older adult (care recipient) characteristics

Race. The racial/ethnic composition older adults assisted by family caregivers was stable between 2011 and 2023. About 71% were non-Hispanic White; about 13%-14% were non-Hispanic Black; about 10%-11% were Hispanic and the remaining 4%-5% were another race/ethnicity.

Residential care setting. In both 2011 and 2023, about 85% of older adults receiving assistance from family caregivers lived in traditional community settings and the remaining 15% lived in residential care

settings other than nursing homes. Note that recipients of family care living in nursing home settings were omitted from the trend analysis (see Methods).

Metropolitan/non-metropolitan residence. The percentage of care recipients living in non-metropolitan areas did not change significantly between 2011 (17.3%) and 2023 (20.1%).

Dementia. The percentage of care recipients with dementia declined from 32.5% in 2011 to 25.3% in 2023.

Appendix: Methods and Measures

Methods

The sample in each round includes family and unpaid caregivers providing care to older adults who were living in traditional community settings and residential care other than nursing homes and who received help for health and functioning reasons in the prior month with daily activities from one or more family caregivers. Older adults were all ages 65 or older in 2011 and ages 66 or older in 2023.

We defined daily activities as self-care (eating, dressing, bathing, toileting), mobility (transferring, getting around inside, getting around outside), household activities (laundry, meals, shopping for personal items, bills and banking), and other activities (money matters other than bills or banking, medical related care such as physician visits or insurance decisions, and transportation).

Dashboard results were generated from weighted cross-tabulations adjusted for survey design. Key findings highlight trends that are statistically significant ($p < 0.05$) based on linear regression models, where the measure of interest was regressed on an indicator of survey year (2011 or 2023, with 2011 as the reference category). For categorical measures with more than two levels, dichotomous measures were created for each level that compared people in a particular level with all other people. Measures used in each of the dashboards are described below.

Household Activity Assistance Dashboard Measures

Caregivers were asked how often in the last month they helped with or did household activities for an older adult because of older adults' health and functioning. Assistance with household activities identifies caregivers who have ever helped in the last month with each and any of four activities: *chores* (including laundry, cleaning, or making hot meals); *shopping* (for groceries or personal items); *ordering prescribed medicines*; and *handling bills or banking*. Caregivers missing

data on an activity are assumed not to assist with that activity.

Self-care and Mobility Assistance Dashboard Measures

Caregivers were asked how often in the last month they helped with self-care and mobility activities. Assistance with self-care and mobility identifies caregivers who ever helped in the last month with each and any of six activities: *personal care* (including eating, showering or bathing, dressing or grooming, or using the toilet); *dental care* (teeth or dentures); *foot care* (like clipping nails); *getting around home* (including getting in and out of bed, getting around inside home, or leaving home to go outside); *driving older adults places*; *other transportation* (go with older adult in a van, shuttle or cab, or on public transportation). Caregivers missing data on an activity are assumed not to assist with that activity.

Medical Care Assistance Dashboard Measures

Assistance with medical care identifies caregivers who ever provided help in the last month with each and any of nine activities: *keeping track of medications*; *taking shots or injections*; *managing medical tasks* (like ostomy care, IVs or testing blood); *skin care* (related to wounds or sores); *help with exercises*; *help with a special diet*; *communicating with medical providers about care*; *making medical appointments*; and *managing health insurance* (change or add health insurance or prescription drug plan; or handle any other health insurance matters related to older adults' medical care). Caregivers missing data on an activity are assumed not to assist with that activity.

Other Assistance Dashboard Measures

Other assistance identifies caregivers who ever provided help in the last year with: *securing mobility devices* (devices to get around more easily such as a cane, walker, wheelchair or scooter); *making home safer* (by adding features such as railing or ramp, grab bars in the bathroom, a seat for the shower or tub, or an

emergency call system); *finding a paid helper* (to do household chores or personal care). Caregivers missing data on an activity are assumed not to assist with that activity.

Caregiving Intensity Dashboard Measures

Duration of caregiving identifies the number of years that caregivers have been providing assistance to an older adult (0-2 years, 3-5 years, more than 5 years). Caregivers missing data on duration of care are assigned the mean number of years by survey round.

Hours of care identifies the number of hours per week that caregivers provide assistance (<1 to 10 hours per week, 11 to 39 hours per week, and 40+ hours per week). Caregivers missing hours of care data are assigned the mean number of hours by number of days per week or month they provide help. If days per week or month are unknown, mean hours by type of care schedule (regular or varied) are assigned.

Caregiver strain is measured using the NSCO caregiver strain scale (NSOC-CSS). The scale includes: three indicators of emotional strain (amount of emotional difficulty (0-5); frequency of feeling upset (0-5); frequency of feeling calm and peaceful (0-4; reverse coded); four indicators of non-emotional strain (amount of physical difficulty (0-5); amount of financial difficulty (0-5); leisure time restrictions (0-3); and no time for self (0-2; reverse coded); and four indicators of balancing responsibilities with caregiving (care is more than caregiver can handle (0-2; reverse coded); frequency that care interrupts sleep (0-4; reverse coded); whether exhausted at night (0-2; reverse coded); and whether care routine keeps changing (0-2; reverse coded). Each item is normalized to account for differences in the number of response categories, and the normalized items are summed to create a scale ranging from 0-11. A categorical strain measure identifies caregivers with no or very low strain (0-1), low strain (2-3), and moderate or high strain (4-11). Missing data on each scale item are recoded to the mode. See NHATS Technical Paper #54

(Freedman & Wolff, 2025), available at nhats.org, for additional details.

Caregiver and Older Adult Demographic Dashboard Measures

Caregiver characteristics

Age reflects age group at the time of the interview

Sex is categorized into men and women.

Marital status classifies individuals as to their status at the time of the interview: married/partnered, separated/divorced, widowed, or never married. For caregivers missing marital status, we assigned the most common group by gender for a given year.

Children less than age 18 identifies caregivers with at least one minor child. Caregivers missing data are assumed to not have any children less than age 18.

Work status indicates whether a caregiver worked for pay last week or usually works for pay but was absent last week because of illness, vacation, or some other reason. Caregivers missing data are assumed to not be working for pay.

Relationship to older adult reflects whether the caregiver is a spouse, adult child (biological or step), other family, or non-family.

Travel time to older adult indicates the number of minutes it takes for the caregiver to get to the older adult's home: coresident, 1-10, 11-29, and 30+ minutes. If the caregiver travels by airplane, 30+ minutes was assumed. For other caregivers missing travel time, 1-10 minutes (the modal response) was assigned.

Older adult characteristics

Older adult race/ethnicity categorizes individuals into four groups according to their primary reported race/ethnicity: non-Hispanic White; non-Hispanic Black; Hispanic; and other

race/ethnicity. Individuals reporting missing information about race/ethnicity were imputed to be non-Hispanic White or Black based on a logistic regression model with the base weight, five-year age group and sampling strata or were assigned to a race/ethnic group based on race/ethnic distribution within strata or interview language.

Older adult dementia status identifies individuals who meet at least one of the following criteria: a report of a doctor's diagnosis of dementia or Alzheimer's disease; a score indicating likely dementia on a dementia screening instrument administered to proxy respondents; or impairment based on cognitive tests that evaluate memory, orientation, and executive function (with a score of ≥ 1.5

standard deviations below the mean in at least two domains). For details see Kasper JD, Freedman VA, Spillman B. 2013. *Classification of Persons by Dementia Status in the National Health and Aging Trends Study. NHATS Technical Paper #5*. Baltimore: Johns Hopkins University School of Public Health. Available at www.NHATS.org.

Older adult residential setting classifies individuals into two groups: living in traditional community settings and residential care settings other than nursing homes.

Older adult metropolitan location reflects whether the older adult lives in a non-metropolitan or a metropolitan area.

Appendix: Detailed Tables

Table 1: Trends in family caregivers providing assistance with any self-care or mobility activities*

	2011	2023	p-value
TOTAL	95.0	94.1	0.344
CAREGIVER CHARACTERISTICS			
Age			
<55	96.4	93.2	0.121
55-64	95.3	94.9	0.765
65-74	93.7	94.0	0.884
75+	91.8	94.9	0.191
Sex			
Men	96.7	93.7	0.048
Women	93.9	94.4	0.698
Marital Status			
Married/Partnered	94.3	93.4	0.441
Divorced/Separated	95.3	94.9	0.831
Widowed	94.0	97.0	0.293
Never married	98.0	95.5	0.084
Any children under age 18			
Does not have any	94.9	94.3	0.558
Has children under age 18	95.6	93.3	0.473
Work status last week			
Did not work for pay	95.2	94.1	0.404
Worked for pay	94.7	94.1	0.607
Relationship to older adult			
Spouse	92.9	93.6	0.743
Adult child	95.5	93.6	0.105
Other family	96.0	95.4	0.722
Non-family	94.9	95.0	0.988
Travel time to older adult			
Lives with older adult	95.7	94.5	0.332
1-10 minutes	97.3	95.3	0.281
11-29 minutes	95.8	95.5	0.842
30+ minutes	87.0	89.5	0.511

Table 1 (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	94.2	93.1	0.289
Non-Hispanic Black	96.3	96.2	0.948
Hispanic	96.0	97.2	0.607
Other	100.0	98.0	0.217
Residential care setting			
Lives in a traditional community setting	95.6	94.8	0.395
Lives in residential care other than a nursing home	91.7	90.4	0.655
Metropolitan area			
Non-metropolitan	94.0	94.5	0.824
Metropolitan	95.2	94.0	0.305
Dementia status			
No dementia	94.6	93.4	0.256
Probable dementia	95.8	96.4	0.682
n	1996	2811	

Source: National Study of Caregiving

*Self-care and mobility activities include: personal care (eating, showering or bathing, dressing, grooming, using the toilet), help getting around (getting in and out of bed, getting around inside or leaving home to go outside), driving older adult places, other transportation (going with older adult in a van, shuttle, cab or on public transportation), care for teeth or dentures, and care for feet (such as clipping nails)

Table 1a: Trends in family caregivers providing assistance with self care *

	2011	2023	p-value
TOTAL	49.1	52.1	0.152
CAREGIVER CHARACTERISTICS			
Age			
<55	50.1	54.7	0.203
55-64	48.2	54.9	0.074
65-74	48.0	48.4	0.912
75+	49.2	49.1	0.985
Sex			
Men	45.5	49.1	0.283
Women	51.3	54.0	0.266
Marital Status			
Married/Partnered	49.5	53.2	0.126
Divorced/Separated	53.6	47.0	0.239
Widowed	41.8	47.9	0.436
Never married	46.6	53.6	0.188
Any children under age 18			
Does not have any	48.1	51.2	0.189
Has children under age 18	54.2	57.7	0.440
Work status last week			
Did not work for pay	51.4	52.4	0.728
Worked for pay	46.0	51.7	0.047
Relationship to older adult			
Spouse	59.1	61.1	0.648
Adult child	48.3	52.6	0.128
Other family	52.3	53.3	0.814
Non-family	21.3	31.4	0.116
Travel time to older adult			
Lives with older adult	59.0	61.9	0.344
1-10 minutes	40.8	42.6	0.647
11-29 minutes	40.5	45.1	0.444
30+ minutes	42.0	46.4	0.488

Table 1a (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	46.6	47.4	0.735
Non-Hispanic Black	63.5	62.2	0.725
Hispanic	50.0	68.7	0.000
Other	44.2	58.4	0.135
Residential care setting			
Lives in a traditional community setting	51.3	55.0	0.113
Lives in residential care other than a nursing home	37.2	35.0	0.723
Metropolitan area			
Non-metropolitan	51.9	49.9	0.552
Metropolitan	48.5	52.7	0.091
Dementia status			
No dementia	42.2	46.3	0.096
Probable dementia	63.3	69.5	0.160
n	1996	2811	

Source: National Study of Caregiving

*Eating, showering or bathing, dressing, grooming, or using the toilet

Table 1b: Trends in family caregivers providing assistance with getting around*

	2011	2023	p-value
TOTAL	71.5	69.5	0.295
CAREGIVER CHARACTERISTICS			
Age			
<55	75.9	75.4	0.862
55-64	76.1	75.0	0.714
65-74	62.9	63.3	0.941
75+	60.2	60.8	0.913
Sex			
Men	76.1	71.9	0.086
Women	68.6	68.1	0.847
Marital Status			
Married/Partnered	70.4	66.7	0.093
Divorced/Separated	78.2	70.1	0.084
Widowed	58.5	75.8	0.024
Never married	75.8	78.7	0.463
Any children under age 18			
Does not have any	70.0	68.4	0.482
Has children under age 18	79.6	76.3	0.391
Work status last week			
Did not work for pay	71.0	67.1	0.165
Worked for pay	72.1	73.0	0.682
Relationship to older adult			
Spouse	62.9	61.0	0.646
Adult child	75.5	73.9	0.509
Other family	73.3	74.1	0.851
Non-family	65.3	63.2	0.757
Travel time to older adult			
Lives with older adult	71.0	70.0	0.684
1-10 minutes	76.2	68.6	0.044
11-29 minutes	67.5	67.7	0.962
30+ minutes	67.6	71.8	0.404

Table 1b (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	71.0	66.5	0.025
Non-Hispanic Black	76.1	77.1	0.734
Hispanic	67.9	78.3	0.051
Other	73.9	75.1	0.919
Residential care setting			
Lives in a traditional community setting	71.8	70.9	0.640
Lives in residential care other than a nursing home	69.5	61.2	0.149
Metropolitan area			
Non-metropolitan	73.5	68.2	0.049
Metropolitan	71.0	69.9	0.595
Dementia status			
No dementia	68.3	65.8	0.198
Probable dementia	78.0	80.7	0.491
n	1996	2811	

Source: National Study of Caregiving

*Getting in and out of bed, getting around inside or leaving home to go outside

Table 1c: Trends in family caregivers driving older adults places

	2011	2023	p-value
TOTAL	80.8	78.7	0.175
CAREGIVER CHARACTERISTICS			
Age			
<55	79.8	76.3	0.262
55-64	82.8	82.9	0.994
65-74	82.1	79.7	0.420
75+	78.3	76.0	0.521
Sex			
Men	81.2	78.6	0.355
Women	80.6	78.7	0.351
Marital Status			
Married/Partnered	82.3	79.8	0.126
Divorced/Separated	78.6	79.8	0.791
Widowed	82.3	80.6	0.768
Never married	75.7	71.8	0.372
Any children under age 18			
Does not have any	80.8	78.1	0.137
Has children under age 18	81.1	82.4	0.763
Work status last week			
Did not work for pay	79.2	76.0	0.130
Worked for pay	83.0	82.5	0.833
Relationship to older adult			
Spouse	80.1	76.1	0.190
Adult child	81.8	80.2	0.467
Other family	76.5	76.1	0.909
Non-family	88.1	83.0	0.325
Travel time to older adult			
Lives with older adult	79.2	75.9	0.183
1-10 minutes	88.6	80.3	0.012
11-29 minutes	80.2	85.7	0.170
30+ minutes	71.4	76.6	0.286

Table 1c (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	81.5	77.9	0.052
Non-Hispanic Black	76.0	80.7	0.052
Hispanic	82.6	78.3	0.458
Other	80.6	85.3	0.638
Residential care setting			
Lives in a traditional community setting	81.3	79.3	0.313
Lives in residential care other than a nursing home	78.4	75.1	0.425
Metropolitan area			
Non-metropolitan	83.0	81.4	0.479
Metropolitan	80.4	78.0	0.217
Dementia status			
No dementia	82.7	79.6	0.102
Probable dementia	77.0	75.9	0.751
n	1996	2811	

Source: National Study of Caregiving

Table 1d: Trends in family caregivers providing assistance with other transportation*

	2011	2023	p-value
TOTAL	18.6	15.2	0.016
CAREGIVER CHARACTERISTICS			
Age			
<55	22.2	18.6	0.165
55-64	14.0	13.4	0.831
65-74	17.3	11.9	0.089
75+	18.6	16.4	0.529
Sex			
Men	20.0	15.8	0.040
Women	17.8	14.9	0.079
Marital Status			
Married/Partnered	16.9	13.8	0.039
Divorced/Separated	17.3	18.9	0.706
Widowed	14.4	16.4	0.729
Never married	28.8	18.1	0.003
Any children under age 18			
Does not have any	17.9	14.9	0.061
Has children under age 18	22.7	17.3	0.227
Work status last week			
Did not work for pay	22.4	16.3	0.002
Worked for pay	13.7	13.7	0.991
Relationship to older adult			
Spouse	20.0	12.6	0.007
Adult child	15.9	15.0	0.662
Other family	24.2	17.6	0.038
Non-family	16.7	17.0	0.961
Travel time to older adult			
Lives with older adult	21.7	15.6	0.007
1-10 minutes	17.1	15.3	0.499
11-29 minutes	14.1	10.6	0.281
30+ minutes	16.4	19.3	0.543

Table 1d (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	14.3	10.2	0.013
Non-Hispanic Black	32.8	26.5	0.115
Hispanic	23.5	33.4	0.198
Other	31.5	19.2	0.233
Residential care setting			
Lives in a traditional community setting	20.1	15.5	0.002
Lives in residential care other than a nursing home	10.6	13.9	0.332
Metropolitan area			
Non-metropolitan	17.7	10.6	0.009
Metropolitan	18.8	16.4	0.112
Dementia status			
No dementia	18.5	14.2	0.005
Probable dementia	18.8	18.3	0.852
n	1996	2811	

Source: National Study of Caregiving

*Going with older adult in a van, shuttle, cab or on public transportation

Table 1e: Trends in family caregivers providing assistance with dental care (teeth or dentures)

	2011	2023	p-value
TOTAL	14.9	11.2	0.012
CAREGIVER CHARACTERISTICS			
Age			
<55	17.4	12.6	0.053
55-64	14.0	14.7	0.791
65-74	9.8	10.4	0.797
75+	16.2	5.3	0.000
Sex			
Men	13.8	9.6	0.045
Women	15.6	12.1	0.058
Marital Status			
Married/Partnered	13.2	9.8	0.060
Divorced/Separated	22.9	16.5	0.085
Widowed	12.3	9.5	0.457
Never married	17.3	13.5	0.268
Any children under age 18			
Does not have any	14.1	11.1	0.034
Has children under age 18	19.3	11.9	0.110
Work status last week			
Did not work for pay	14.0	11.4	0.151
Worked for pay	16.1	10.9	0.012
Relationship to older adult			
Spouse	14.7	7.7	0.002
Adult child	16.5	15.4	0.591
Other family	13.9	9.8	0.104
Non-family	9.2	6.2	0.518
Travel time to older adult			
Lives with older adult	17.5	13.0	0.021
1-10 minutes	14.1	8.6	0.022
11-29 minutes	12.1	8.2	0.213
30+ minutes	11.0	13.6	0.562

Table 1e (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	12.5	7.1	0.001
Non-Hispanic Black	21.6	20.6	0.724
Hispanic	24.0	24.4	0.946
Other	10.3	16.9	0.316
Residential care setting			
Lives in a traditional community setting	15.7	11.3	0.012
Lives in residential care other than a nursing home	10.6	10.4	0.957
Metropolitan area			
Non-metropolitan	18.8	8.2	0.000
Metropolitan	14.1	11.9	0.174
Dementia status			
No dementia	9.9	6.5	0.012
Probable dementia	25.2	25.0	0.945
n	1996	2811	

Source: National Study of Caregiving

Table 1f: Trends in family caregivers providing assistance with caring for feet

	2011	2023	p-value
TOTAL	27.1	25.2	0.223
CAREGIVER CHARACTERISTICS			
Age			
<55	31.5	27.7	0.203
55-64	24.3	25.3	0.746
65-74	24.0	23.4	0.865
75+	22.9	23.3	0.910
Sex			
Men	23.1	20.7	0.384
Women	29.5	27.9	0.370
Marital Status			
Married/Partnered	25.2	24.7	0.794
Divorced/Separated	37.1	27.4	0.038
Widowed	23.5	22.5	0.838
Never married	28.9	26.5	0.582
Any children under age 18			
Does not have any	26.3	24.5	0.231
Has children under age 18	31.1	29.5	0.714
Work status last week			
Did not work for pay	29.1	27.7	0.505
Worked for pay	24.4	21.6	0.166
Relationship to older adult			
Spouse	34.2	29.6	0.244
Adult child	29.2	25.7	0.178
Other family	22.3	25.6	0.342
Non-family	9.9	14.3	0.348
Travel time to older adult			
Lives with older adult	36.6	31.7	0.042
1-10 minutes	21.2	22.6	0.621
11-29 minutes	15.1	15.7	0.856
30+ minutes	20.0	20.3	0.951

Table 1f (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	23.9	20.0	0.034
Non-Hispanic Black	37.4	39.6	0.596
Hispanic	39.0	39.3	0.957
Other	17.7	31.1	0.084
Residential care setting			
Lives in a traditional community setting	29.6	27.5	0.223
Lives in residential care other than a nursing home	13.3	11.4	0.488
Metropolitan area			
Non-metropolitan	26.4	24.7	0.510
Metropolitan	27.2	25.3	0.296
Dementia status			
No dementia	25.3	22.6	0.127
Probable dementia	30.8	32.8	0.528
n	1996	2811	

Source: National Study of Caregiving

Table 2: Trends in family caregivers providing assistance with any household activities*

	2011	2023	p-value
TOTAL	96.4	95.3	0.233
CAREGIVER CHARACTERISTICS			
Age			
<55	96.8	98.0	0.357
55-64	96.6	96.1	0.695
65-74	95.6	94.3	0.551
75+	95.7	90.7	0.081
Sex			
Men	96.6	95.5	0.394
Women	96.3	95.2	0.396
Marital Status			
Married/Partnered	96.3	95.8	0.668
Divorced/Separated	95.6	96.3	0.747
Widowed	92.6	86.5	0.218
Never married	98.8	95.9	0.137
Any children under age 18			
Does not have any	96.8	94.8	0.048
Has children under age 18	94.2	97.9	0.090
Work status last week			
Did not work for pay	97.2	94.7	0.042
Worked for pay	95.4	96.1	0.597
Relationship to older adult			
Spouse	99.7	99.9	0.496
Adult child	96.6	98.0	0.197
Other family	95.3	94.3	0.589
Non-family	89.9	79.0	0.023
Travel time to older adult			
Lives with older adult	99.4	99.8	0.162
1-10 minutes	94.6	91.4	0.129
11-29 minutes	95.7	89.8	0.051
30+ minutes	90.8	94.2	0.238

Table 2 (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	95.5	94.1	0.240
Non-Hispanic Black	99.0	97.6	0.135
Hispanic	97.7	99.3	0.409
Other	100.0	97.7	0.128
Residential care setting			
Lives in a traditional community setting	96.8	95.4	0.183
Lives in residential care other than a nursing home	94.4	94.6	0.946
Metropolitan area			
Non-metropolitan	95.2	96.1	0.553
Metropolitan	96.7	95.1	0.138
Dementia status			
No dementia	96.6	95.6	0.304
Probable dementia	95.9	94.3	0.448
n	1996	2811	

Source: National Study of Caregiving

*Chores (laundry, cleaning, making hot meals), shopping (groceries or personal items), ordering medication, bills and banking

Table 2a: Trends in family caregivers providing assistance with household chores*

	2011	2023	p-value
TOTAL	79.2	83.0	0.083
CAREGIVER CHARACTERISTICS			
Age			
<55	82.5	87.0	0.101
55-64	75.6	81.3	0.141
65-74	79.3	82.3	0.548
75+	75.9	79.6	0.412
Sex			
Men	76.1	82.6	0.023
Women	81.1	83.3	0.405
Marital Status			
Married/Partnered	78.5	83.8	0.036
Divorced/Separated	82.3	81.4	0.817
Widowed	63.3	70.8	0.372
Never married	85.5	86.6	0.758
Any children under age 18			
Does not have any	78.4	82.7	0.077
Has children under age 18	83.5	84.9	0.707
Work status last week			
Did not work for pay	83.0	83.1	0.986
Worked for pay	74.2	83.0	0.007
Relationship to older adult			
Spouse	93.7	97.2	0.048
Adult child	79.0	83.3	0.070
Other family	74.9	80.2	0.174
Non-family	55.5	59.7	0.582
Travel time to older adult			
Lives with older adult	95.4	98.0	0.020
1-10 minutes	71.5	70.9	0.880
11-29 minutes	60.4	69.1	0.200
30+ minutes	60.9	73.3	0.046

Table 2a (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	75.0	79.4	0.093
Non-Hispanic Black	91.9	93.2	0.500
Hispanic	89.4	91.6	0.536
Other	81.4	89.8	0.284
Residential care setting			
Lives in a traditional community setting	84.9	87.1	0.264
Lives in residential care other than a nursing home	48.6	58.8	0.075
Metropolitan area			
Non-metropolitan	76.6	85.6	0.048
Metropolitan	79.7	82.4	0.262
Dementia status			
No dementia	78.4	84.1	0.023
Probable dementia	80.9	79.9	0.787
n	1996	2811	

Source: National Study of Caregiving

*Laundry, cleaning or making hot meals

Table 2b: Trends in family caregivers providing assistance with shopping for groceries or personal items

	2011	2023	p-value
TOTAL	89.3	86.9	0.100
CAREGIVER CHARACTERISTICS			
Age			
<55	91.0	89.2	0.432
55-64	88.5	86.9	0.590
65-74	88.7	87.6	0.725
75+	86.3	81.8	0.142
Sex			
Men	88.6	86.8	0.392
Women	89.7	86.9	0.161
Marital Status			
Married/Partnered	89.2	86.6	0.186
Divorced/Separated	88.2	86.7	0.637
Widowed	81.7	80.8	0.880
Never married	93.1	90.7	0.380
Any children under age 18			
Does not have any	89.4	86.3	0.043
Has children under age 18	88.4	90.4	0.500
Work status last week			
Did not work for pay	90.0	86.0	0.039
Worked for pay	88.3	88.2	0.955
Relationship to older adult			
Spouse	95.0	93.5	0.370
Adult child	89.4	89.0	0.801
Other family	87.3	84.0	0.373
Non-family	79.6	72.1	0.217
Travel time to older adult			
Lives with older adult	95.0	94.1	0.484
1-10 minutes	86.7	81.3	0.105
11-29 minutes	89.0	78.6	0.010
30+ minutes	75.8	83.5	0.136

Table 2b (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	87.7	84.8	0.109
Non-Hispanic Black	90.9	92.7	0.474
Hispanic	96.1	90.1	0.091
Other	91.0	94.6	0.521
Residential care setting			
Lives in a traditional community setting	90.5	87.8	0.096
Lives in residential care other than a nursing home	82.6	81.4	0.794
Metropolitan area			
Non-metropolitan	84.4	87.5	0.196
Metropolitan	90.3	86.7	0.034
Dementia status			
No dementia	90.0	87.8	0.132
Probable dementia	87.7	84.0	0.195
n	1996	2811	

Source: National Study of Caregiving

Table 2c: Trends in family caregivers providing assistance with ordering medications

	2011	2023	p-value
TOTAL	48.2	39.5	0.000
CAREGIVER CHARACTERISTICS			
Age			
<55	46.6	40.1	0.079
55-64	48.7	40.7	0.067
65-74	48.9	39.5	0.012
75+	51.2	36.9	0.001
Sex			
Men	43.0	37.4	0.123
Women	51.4	40.8	0.000
Marital Status			
Married/Partnered	48.8	41.0	0.004
Divorced/Separated	52.2	43.1	0.084
Widowed	34.5	26.5	0.141
Never married	47.6	35.4	0.020
Any children under age 18			
Does not have any	47.8	39.0	0.000
Has children under age 18	50.4	42.6	0.135
Work status last week			
Did not work for pay	52.2	41.9	0.001
Worked for pay	43.1	36.1	0.019
Relationship to older adult			
Spouse	62.8	51.0	0.002
Adult child	49.1	44.1	0.063
Other family	41.3	30.9	0.006
Non-family	25.3	16.8	0.158
Travel time to older adult			
Lives with older adult	61.3	50.2	0.000
1-10 minutes	40.8	28.9	0.001
11-29 minutes	37.8	28.9	0.034
30+ minutes	31.0	36.5	0.344

Table 2c (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	42.7	34.9	0.003
Non-Hispanic Black	55.4	49.3	0.112
Hispanic	71.3	60.2	0.005
Other	55.2	36.2	0.029
Residential care setting			
Lives in a traditional community setting	51.9	40.9	0.000
Lives in residential care other than a nursing home	28.7	31.2	0.599
Metropolitan area			
Non-metropolitan	47.1	33.1	0.000
Metropolitan	48.4	41.1	0.003
Dementia status			
No dementia	43.9	34.8	0.000
Probable dementia	57.1	53.4	0.380
n	1996	2811	

Source: National Study of Caregiving

Table 2d: Trends in family caregivers providing assistance with bills or banking

	2011	2023	p-value
TOTAL	58.3	51.6	0.003
CAREGIVER CHARACTERISTICS			
Age			
<55	54.1	47.2	0.094
55-64	59.2	56.7	0.554
65-74	64.4	52.1	0.001
75+	61.1	51.9	0.061
Sex			
Men	57.7	52.7	0.117
Women	58.7	51.0	0.008
Marital Status			
Married/Partnered	61.3	54.4	0.008
Divorced/Separated	58.1	47.9	0.093
Widowed	45.9	44.2	0.836
Never married	50.3	46.1	0.447
Any children under age 18			
Does not have any	58.8	52.1	0.002
Has children under age 18	55.6	49.2	0.262
Work status last week			
Did not work for pay	61.1	54.0	0.012
Worked for pay	54.8	48.3	0.046
Relationship to older adult			
Spouse	75.8	64.7	0.004
Adult child	60.0	55.7	0.181
Other family	47.9	42.3	0.173
Non-family	32.6	28.9	0.533
Travel time to older adult			
Lives with older adult	68.1	59.6	0.002
1-10 minutes	51.1	43.3	0.034
11-29 minutes	47.7	40.9	0.149
30+ minutes	52.2	53.4	0.856

Table 2d (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	56.1	48.1	0.001
Non-Hispanic Black	66.4	63.8	0.442
Hispanic	64.1	60.5	0.377
Other	56.0	50.3	0.635
Residential care setting			
Lives in a traditional community setting	58.4	50.9	0.002
Lives in residential care other than a nursing home	58.2	55.9	0.679
Metropolitan area			
Non-metropolitan	59.1	49.9	0.012
Metropolitan	58.2	52.1	0.016
Dementia status			
No dementia	55.6	47.9	0.004
Probable dementia	63.9	62.7	0.735
n	1996	2811	

Source: National Study of Caregiving

Table 3: Trends in family caregivers providing assistance with any medical care activities*

	2011	2023	p-value
TOTAL	82.4	78.7	0.032
CAREGIVER CHARACTERISTICS			
Age			
<55	83.9	79.6	0.128
55-64	85.5	79.8	0.065
65-74	80.5	80.8	0.934
75+	74.2	72.8	0.723
Sex			
Men	79.1	75.8	0.319
Women	84.5	80.4	0.034
Marital Status			
Married/Partnered	83.3	82.0	0.463
Divorced/Separated	82.3	76.4	0.220
Widowed	71.8	63.2	0.248
Never married	82.5	72.8	0.049
Any children under age 18			
Does not have any	81.6	77.8	0.047
Has children under age 18	86.7	84.0	0.597
Work status last week			
Did not work for pay	81.0	79.8	0.628
Worked for pay	84.2	77.1	0.005
Relationship to older adult			
Spouse	83.7	87.5	0.198
Adult child	88.4	83.1	0.022
Other family	77.7	75.2	0.465
Non-family	57.8	52.6	0.529
Travel time to older adult			
Lives with older adult	84.6	84.4	0.911
1-10 minutes	80.6	66.7	0.000
11-29 minutes	77.3	73.6	0.485
30+ minutes	83.9	87.4	0.354

Table 3 (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	79.8	76.2	0.090
Non-Hispanic Black	84.9	84.8	0.959
Hispanic	92.7	87.5	0.022
Other	88.2	79.1	0.244
Residential care setting			
Lives in a traditional community setting	82.2	78.8	0.065
Lives in residential care other than a nursing home	83.5	77.7	0.177
Metropolitan area			
Non-metropolitan	79.8	75.6	0.169
Metropolitan	82.9	79.5	0.099
Dementia status			
No dementia	77.6	75.6	0.354
Probable dementia	92.3	87.7	0.150
n	1996	2813	

Source: National Study of Caregiving

Notes: Keeping track of medications; taking shots or injections; managing medical tasks (like ostomy care, IVs, or testing blood); communicating with providers about older adult's care; helping with: exercises, special diet, skin care wounds, making appointments with medical providers, or health insurance matters (changing or adding health insurance or prescription drug plan, other insurance matters related to medical care). Care recipients include older adults living in all settings other than nursing homes.

Table 3a: Trends in family caregivers providing assistance with keeping track of medications

	2011	2023	p-value
TOTAL	48.6	46.5	0.340
CAREGIVER CHARACTERISTICS			
Age			
<55	48.0	49.9	0.589
55-64	52.8	47.3	0.199
65-74	46.5	45.8	0.866
75+	45.2	40.7	0.284
Gender			
Men	42.5	43.4	0.794
Women	52.4	48.4	0.157
Marital Status			
Married/Partnered	47.9	46.7	0.645
Divorced/Separated	58.1	52.9	0.342
Widowed	42.7	32.6	0.132
Never married	46.8	46.5	0.946
Any children under age 18			
Does not have any	47.1	46.2	0.692
Has children under age 18	57.0	48.6	0.124
Work status last week			
Did not work for pay	49.8	48.0	0.532
Worked for pay	47.1	44.5	0.376
Relationship to older adult			
Spouse	54.2	55.1	0.821
Adult child	51.7	49.1	0.389
Other family	44.4	46.2	0.689
Non-family	29.0	22.0	0.286
Travel time to older adult			
Lives with older adult	58.4	56.0	0.409
1-10 minutes	44.7	37.9	0.083
11-29 minutes	34.2	33.3	0.861
30+ minutes	39.6	47.1	0.224

Table 3a (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	43.1	40.8	0.361
Non-Hispanic Black	56.6	62.2	0.106
Hispanic	70.8	67.5	0.527
Other	54.6	41.9	0.186
Residential care setting			
Lives in a traditional community setting	51.9	48.7	0.183
Lives in residential care other than a nursing home	30.9	33.8	0.519
Metropolitan area			
Non-metropolitan	48.3	43.0	0.216
Metropolitan	48.7	47.4	0.616
Dementia status			
No dementia	41.6	41.1	0.842
Probable dementia	63.2	62.6	0.902
n	1996	2813	

Source: National Study of Caregiving

Table 3b: Trends in family caregivers providing assistance with shots or injections

	2011	2023	p-value
TOTAL	7.8	8.1	0.738
CAREGIVER CHARACTERISTICS			
Age			
<55	9.4	9.6	0.936
55-64	5.4	9.4	0.040
65-74	7.5	5.3	0.211
75+	7.5	7.8	0.892
Gender			
Men	6.9	8.6	0.288
Women	8.3	7.8	0.730
Marital Status			
Married/Partnered	7.0	8.7	0.086
Divorced/Separated	9.4	7.9	0.670
Widowed	6.4	4.6	0.582
Never married	10.4	7.2	0.304
Any children under age 18			
Does not have any	7.4	7.4	0.997
Has children under age 18	9.5	12.3	0.439
Work status last week			
Did not work for pay	7.8	8.6	0.617
Worked for pay	7.7	7.5	0.881
Relationship to older adult			
Spouse	11.8	11.2	0.779
Adult child	7.6	7.4	0.872
Other family	5.4	7.9	0.326
Non-family	4.5	5.1	0.849
Travel time to older adult			
Lives with older adult	10.9	11.5	0.726
1-10 minutes	7.6	6.5	0.556
11-29 minutes	3.8	6.2	0.263
30+ minutes	1.7	2.5	0.458

Table 3b (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	6.5	6.6	0.884
Non-Hispanic Black	9.0	10.3	0.514
Hispanic	11.6	14.9	0.422
Other	14.0	9.8	0.542
Residential care setting			
Lives in a traditional community setting	8.6	8.9	0.813
Lives in residential care other than a nursing home	3.2	3.4	0.905
Metropolitan area			
Non-metropolitan	7.3	7.0	0.912
Metropolitan	7.8	8.4	0.657
Dementia status			
No dementia	7.1	7.2	0.918
Probable dementia	9.0	10.7	0.529
n	1996	2813	

Source: National Study of Caregiving

Table 3c: Trends in family caregivers providing assistance with medical tasks*

	2011	2023	p-value
TOTAL	10.6	8.6	0.086
CAREGIVER CHARACTERISTICS			
Age			
<55	12.9	11.6	0.587
55-64	9.2	7.9	0.553
65-74	8.3	8.1	0.889
75+	9.3	4.9	0.033
Gender			
Men	10.9	7.5	0.083
Women	10.4	9.2	0.416
Marital Status			
Married/Partnered	9.2	8.7	0.703
Divorced/Separated	13.0	9.7	0.332
Widowed	8.2	4.6	0.311
Never married	15.4	8.7	0.035
Any children under age 18			
Does not have any	9.7	7.7	0.116
Has children under age 18	15.4	14.0	0.729
Work status last week			
Did not work for pay	10.0	9.2	0.583
Worked for pay	11.3	7.7	0.053
Relationship to older adult			
Spouse	13.0	8.0	0.047
Adult child	9.7	10.2	0.747
Other family	10.5	8.8	0.546
Non-family	9.7	3.5	0.100
Travel time to older adult			
Lives with older adult	14.9	11.0	0.064
1-10 minutes	7.3	7.6	0.869
11-29 minutes	6.2	7.2	0.733
30+ minutes	7.6	4.4	0.340

Table 3c (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	8.3	7.0	0.322
Non-Hispanic Black	14.1	10.1	0.126
Hispanic	18.8	17.7	0.777
Other	14.8	8.8	0.328
Residential care setting			
Lives in a traditional community setting	11.9	9.5	0.080
Lives in residential care other than a nursing home	3.6	2.8	0.657
Metropolitan area			
Non-metropolitan	9.1	5.1	0.112
Metropolitan	10.9	9.4	0.313
Dementia status			
No dementia	8.6	6.9	0.137
Probable dementia	14.7	13.6	0.693
n	1996	2813	

Source: National Study of Caregiving

*Ostomy care, IVs, or testing blood

Table 3d: Trends in family caregivers providing assistance with exercises

	2011	2023	p-value
TOTAL	21.2	26.3	0.011
CAREGIVER CHARACTERISTICS			
Age			
<55	26.3	30.6	0.214
55-64	16.9	28.1	0.000
65-74	17.8	22.8	0.062
75+	18.8	21.2	0.519
Gender			
Men	22.2	25.9	0.236
Women	20.6	26.5	0.007
Marital Status			
Married/Partnered	19.9	25.2	0.025
Divorced/Separated	30.5	28.9	0.746
Widowed	11.7	27.1	0.018
Never married	23.4	28.2	0.320
Any children under age 18			
Does not have any	19.4	25.1	0.002
Has children under age 18	30.9	33.0	0.701
Work status last week			
Did not work for pay	21.9	26.6	0.082
Worked for pay	20.3	25.8	0.019
Relationship to older adult			
Spouse	23.5	24.9	0.613
Adult child	23.0	30.1	0.014
Other family	17.9	23.4	0.119
Non-family	13.9	20.9	0.233
Travel time to older adult			
Lives with older adult	25.6	29.9	0.068
1-10 minutes	20.4	24.6	0.255
11-29 minutes	12.7	17.4	0.143
30+ minutes	17.4	27.7	0.015

Table 3d (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	17.9	20.5	0.192
Non-Hispanic Black	35.7	39.3	0.372
Hispanic	28.9	45.5	0.002
Other	13.4	34.0	0.033
Residential care setting			
Lives in a traditional community setting	23.1	27.4	0.030
Lives in residential care other than a nursing home	11.2	19.6	0.028
Metropolitan area			
Non-metropolitan	19.0	23.6	0.091
Metropolitan	21.7	26.9	0.020
Dementia status			
No dementia	18.7	22.9	0.045
Probable dementia	26.4	36.2	0.011
n	1996	2813	

Source: National Study of Caregiving

Table 3e: Trends in family caregivers providing assistance with a special diet

	2011	2023	p-value
TOTAL	27.4	22.9	0.030
CAREGIVER CHARACTERISTICS			
Age			
<55	32.8	26.4	0.051
55-64	24.2	25.4	0.704
65-74	24.0	22.3	0.602
75+	21.6	14.4	0.023
Gender			
Men	22.5	19.3	0.301
Women	30.4	25.1	0.035
Marital Status			
Married/Partnered	25.9	22.8	0.206
Divorced/Separated	33.8	26.8	0.147
Widowed	22.4	19.2	0.563
Never married	30.6	21.3	0.068
Any children under age 18			
Does not have any	26.1	22.1	0.053
Has children under age 18	34.6	27.7	0.185
Work status last week			
Did not work for pay	26.6	22.7	0.110
Worked for pay	28.4	23.1	0.050
Relationship to older adult			
Spouse	30.9	24.6	0.072
Adult child	28.1	24.4	0.204
Other family	26.4	20.7	0.164
Non-family	17.7	18.3	0.906
Travel time to older adult			
Lives with older adult	32.7	28.2	0.074
1-10 minutes	23.8	20.3	0.285
11-29 minutes	22.8	16.9	0.185
30+ minutes	21.7	17.8	0.402

Table 3e (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	22.9	17.2	0.012
Non-Hispanic Black	38.7	39.9	0.709
Hispanic	41.0	41.8	0.904
Other	30.9	18.3	0.231
Residential care setting			
Lives in a traditional community setting	30.6	24.8	0.007
Lives in residential care other than a nursing home	10.0	11.6	0.631
Metropolitan area			
Non-metropolitan	29.3	20.6	0.026
Metropolitan	27.0	23.5	0.124
Dementia status			
No dementia	27.0	21.8	0.025
Probable dementia	28.3	26.1	0.601
n	1996	2813	

Source: National Study of Caregiving

Table 3f: Trends in family caregivers providing assistance with skin care related to wounds or sores

	2011	2023	p-value
TOTAL	23.2	20.3	0.087
CAREGIVER CHARACTERISTICS			
Age			
<55	22.3	22.9	0.848
55-64	22.4	20.2	0.503
65-74	24.3	19.5	0.199
75+	25.7	17.3	0.028
Gender			
Men	21.9	19.3	0.291
Women	24.0	21.0	0.189
Marital Status			
Married/Partnered	22.9	20.6	0.252
Divorced/Separated	29.3	21.1	0.102
Widowed	13.0	12.4	0.892
Never married	23.8	22.0	0.650
Any children under age 18			
Does not have any	22.6	19.5	0.071
Has children under age 18	26.2	25.5	0.868
Work status last week			
Did not work for pay	26.6	21.2	0.021
Worked for pay	18.7	19.1	0.888
Relationship to older adult			
Spouse	36.3	23.1	0.000
Adult child	21.6	20.5	0.597
Other family	17.7	21.6	0.273
Non-family	13.8	12.5	0.764
Travel time to older adult			
Lives with older adult	32.7	24.5	0.004
1-10 minutes	16.6	16.6	0.993
11-29 minutes	12.5	16.8	0.213
30+ minutes	16.4	17.8	0.744

Table 3f (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	23.5	18.6	0.010
Non-Hispanic Black	21.7	20.1	0.550
Hispanic	25.4	35.0	0.191
Other	17.1	16.3	0.896
Residential care setting			
Lives in a traditional community setting	25.5	21.4	0.034
Lives in residential care other than a nursing home	10.5	13.8	0.334
Metropolitan area			
Non-metropolitan	26.8	19.7	0.013
Metropolitan	22.4	20.5	0.325
Dementia status			
No dementia	21.9	18.1	0.045
Probable dementia	25.9	26.9	0.791
n	1996	2813	

Source: National Study of Caregiving

Table 3g: Trends in family caregivers providing assistance with making medical appointments

	2011	2023	p-value
TOTAL	60.5	45.3	0.000
CAREGIVER CHARACTERISTICS			
Age			
<55	61.6	43.9	0.000
55-64	66.5	52.2	0.001
65-74	54.6	45.9	0.080
75+	53.3	37.5	0.001
Gender			
Men	51.2	37.0	0.000
Women	66.2	50.3	0.000
Marital Status			
Married/Partnered	62.5	46.9	0.000
Divorced/Separated	61.5	49.9	0.039
Widowed	49.3	30.8	0.007
Never married	55.5	40.3	0.005
Any children under age 18			
Does not have any	59.9	44.3	0.000
Has children under age 18	63.5	51.3	0.018
Work status last week			
Did not work for pay	58.6	45.1	0.000
Worked for pay	63.0	45.5	0.000
Relationship to older adult			
Spouse	57.2	50.9	0.088
Adult child	70.8	53.7	0.000
Other family	52.4	36.5	0.000
Non-family	31.9	21.0	0.099
Travel time to older adult			
Lives with older adult	62.8	51.3	0.000
1-10 minutes	59.0	33.3	0.000
11-29 minutes	58.2	40.1	0.002
30+ minutes	58.4	53.0	0.441

Table 3g (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	58.8	43.2	0.000
Non-Hispanic Black	57.7	49.0	0.016
Hispanic	67.5	57.6	0.054
Other	75.8	38.3	0.000
Residential care setting			
Lives in a traditional community setting	59.6	44.5	0.000
Lives in residential care other than a nursing home	65.5	49.7	0.005
Metropolitan area			
Non-metropolitan	59.7	39.9	0.000
Metropolitan	60.7	46.6	0.000
Dementia status			
No dementia	53.6	39.5	0.000
Probable dementia	74.8	62.3	0.002
n	1996	2813	

Source: National Study of Caregiving

Table 3h: Trends in family caregivers communicating with medical providers about older adult's care

	2011	2023	p-value
TOTAL	54.9	59.3	0.041
CAREGIVER CHARACTERISTICS			
Age			
<55	56.6	58.4	0.594
55-64	60.9	68.1	0.030
65-74	48.1	61.2	0.005
75+	47.5	46.6	0.834
Gender			
Men	48.5	54.9	0.084
Women	58.9	62.0	0.174
Marital Status			
Married/Partnered	57.5	63.0	0.013
Divorced/Separated	55.9	59.4	0.529
Widowed	42.1	39.8	0.725
Never married	47.8	51.4	0.434
Any children under age 18			
Does not have any	53.7	58.2	0.046
Has children under age 18	61.3	66.0	0.398
Work status last week			
Did not work for pay	52.3	59.5	0.023
Worked for pay	58.3	59.0	0.797
Relationship to older adult			
Spouse	50.0	64.9	0.000
Adult child	66.5	71.4	0.095
Other family	46.0	47.7	0.688
Non-family	24.9	27.5	0.721
Travel time to older adult			
Lives with older adult	55.2	63.2	0.002
1-10 minutes	53.9	46.4	0.115
11-29 minutes	54.9	56.3	0.767
30+ minutes	56.1	72.7	0.007

Table 3h (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	56.0	58.4	0.355
Non-Hispanic Black	49.0	61.0	0.001
Hispanic	51.5	63.9	0.010
Other	63.0	58.0	0.559
Residential care setting			
Lives in a traditional community setting	52.7	57.8	0.021
Lives in residential care other than a nursing home	66.7	68.0	0.781
Metropolitan area			
Non-metropolitan	53.5	54.0	0.894
Metropolitan	55.2	60.6	0.020
Dementia status			
No dementia	48.3	54.8	0.007
Probable dementia	68.6	72.6	0.327
n	1996	2813	

Source: National Study of Caregiving

Table 3i: Trends in family caregivers providing assistance with medical insurance*

	2011	2023	p-value
TOTAL	40.9	29.5	0.000
CAREGIVER CHARACTERISTICS			
Age			
<55	41.4	25.3	0.000
55-64	42.0	34.3	0.053
65-74	43.1	29.9	0.001
75+	33.8	29.3	0.362
Gender			
Men	39.2	27.5	0.000
Women	41.9	30.6	0.000
Marital Status			
Married/Partnered	43.1	32.5	0.000
Divorced/Separated	45.3	28.4	0.000
Widowed	26.0	20.7	0.377
Never married	33.3	20.6	0.004
Any children under age 18			
Does not have any	39.5	29.3	0.000
Has children under age 18	48.3	30.1	0.000
Work status last week			
Did not work for pay	40.1	30.1	0.000
Worked for pay	41.8	28.5	0.000
Relationship to older adult			
Spouse	45.6	39.3	0.106
Adult child	45.7	32.4	0.000
Other family	31.5	24.3	0.042
Non-family	25.6	9.5	0.002
Travel time to older adult			
Lives with older adult	44.6	35.3	0.000
1-10 minutes	34.7	17.9	0.000
11-29 minutes	38.0	24.5	0.002
30+ minutes	43.8	36.9	0.253

Table 3i (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	40.0	27.5	0.000
Non-Hispanic Black	41.1	33.2	0.013
Hispanic	41.9	39.0	0.583
Other	49.4	27.5	0.047
Residential care setting			
Lives in a traditional community setting	39.9	28.3	0.000
Lives in residential care other than a nursing home	46.1	36.2	0.032
Metropolitan area			
Non-metropolitan	40.3	26.7	0.000
Metropolitan	41.0	30.2	0.000
Dementia status			
No dementia	37.0	26.9	0.000
Probable dementia	48.8	37.1	0.002
n	1996	2813	

Source: National Study of Caregiving

*Changing or adding health insurance or prescription drug plan, other insurance matters related to medical care

Table 4a: Trends in family caregivers providing assistance with securing mobility devices*

	2011	2023	p-value
TOTAL	42.0	42.0	0.999
CAREGIVER CHARACTERISTICS			
Age			
<55	42.3	42.7	0.907
55-64	48.2	42.7	0.195
65-74	38.3	40.7	0.632
75+	33.7	41.6	0.139
Gender			
Men	44.2	44.8	0.865
Women	40.6	40.3	0.914
Marital Status			
Married/Partnered	41.1	44.2	0.294
Divorced/Separated	47.7	40.0	0.166
Widowed	38.7	33.5	0.456
Never married	42.9	37.6	0.190
Any children under age 18			
Does not have any	41.3	40.8	0.837
Has children under age 18	45.7	49.3	0.541
Work status last week			
Did not work for pay	42.5	42.0	0.861
Worked for pay	41.3	42.0	0.806
Relationship to older adult			
Spouse	38.8	48.9	0.021
Adult child	45.7	43.6	0.448
Other family	40.8	38.6	0.645
Non-family	31.9	29.1	0.751
Travel time to older adult			
Lives with older adult	43.6	48.6	0.095
1-10 minutes	40.1	32.4	0.107
11-29 minutes	41.7	36.9	0.423
30+ minutes	40.7	43.8	0.544

Table 4a (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	41.5	40.2	0.603
Non-Hispanic Black	46.6	47.3	0.880
Hispanic	40.0	52.6	0.112
Other	40.9	30.5	0.351
Residential care setting			
Lives in a traditional community setting	42.2	43.3	0.648
Lives in residential care other than a nursing home	41.0	34.0	0.145
Metropolitan area			
Non-metropolitan	43.7	38.3	0.181
Metropolitan	41.6	42.9	0.612
Dementia status			
No dementia	40.2	40.4	0.913
Probable dementia	45.7	46.5	0.866
n	1996	2813	

Source: National Study of Caregiving

*Cane, walker, wheelchair, scooter

Table 4b: Trends in family caregivers providing assistance to make older adults' homes safer*

	2011	2023	p-value
TOTAL	40.8	39.2	0.428
CAREGIVER CHARACTERISTICS			
Age			
<55	44.1	41.7	0.522
55-64	43.2	39.8	0.408
65-74	32.3	36.7	0.212
75+	37.3	37.6	0.961
Gender			
Men	43.4	44.1	0.853
Women	39.1	36.3	0.239
Marital Status			
Married/Partnered	41.5	40.1	0.560
Divorced/Separated	43.1	38.5	0.356
Widowed	30.0	30.4	0.947
Never married	39.9	39.4	0.929
Any children under age 18			
Does not have any	41.0	37.5	0.133
Has children under age 18	39.7	49.5	0.074
Work status last week			
Did not work for pay	39.1	38.5	0.819
Worked for pay	42.9	40.2	0.356
Relationship to older adult			
Spouse	39.6	43.5	0.357
Adult child	47.0	43.2	0.214
Other family	38.4	38.6	0.978
Non-family	15.2	18.4	0.573
Travel time to older adult			
Lives with older adult	45.3	46.5	0.656
1-10 minutes	39.9	30.0	0.006
11-29 minutes	35.3	26.2	0.078
30+ minutes	33.5	47.0	0.010

Table 4b (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	42.9	38.5	0.058
Non-Hispanic Black	38.3	40.6	0.535
Hispanic	39.5	44.9	0.338
Other	20.3	33.1	0.180
Residential care setting			
Lives in a traditional community setting	42.9	40.9	0.327
Lives in residential care other than a nursing home	29.6	28.8	0.879
Metropolitan area			
Non-metropolitan	41.7	37.7	0.394
Metropolitan	40.6	39.6	0.655
Dementia status			
No dementia	37.8	37.3	0.833
Probable dementia	46.9	44.9	0.600
n	1996	2813	

Source: National Study of Caregiving

*Adding features such as a railing or a ramp, grab bars in the bathroom, a seat for the shower or tub, or an emergency call system

Table 4c: Trends in family caregivers providing assistance with finding paid helpers to do household chores or personal care

	2011	2023	p-value
TOTAL	18.1	14.0	0.003
CAREGIVER CHARACTERISTICS			
Age			
<55	18.9	13.0	0.010
55-64	18.3	15.5	0.319
65-74	17.8	13.9	0.179
75+	15.8	13.6	0.486
Gender			
Men	18.0	16.8	0.588
Women	18.2	12.2	0.001
Marital Status			
Married/Partnered	18.9	15.6	0.097
Divorced/Separated	18.0	11.4	0.046
Widowed	10.5	8.8	0.584
Never married	18.0	11.1	0.030
Any children under age 18			
Does not have any	17.6	13.9	0.009
Has children under age 18	21.0	14.5	0.134
Work status last week			
Did not work for pay	15.3	12.7	0.095
Worked for pay	21.9	15.8	0.010
Relationship to older adult			
Spouse	16.4	13.2	0.262
Adult child	21.2	17.6	0.076
Other family	17.4	12.0	0.060
Non-family	7.5	6.5	0.709
Travel time to older adult			
Lives with older adult	18.3	12.7	0.002
1-10 minutes	17.7	11.3	0.023
11-29 minutes	17.4	16.2	0.726
30+ minutes	19.4	20.1	0.886

Table 4c (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	17.3	13.0	0.011
Non-Hispanic Black	19.4	18.3	0.713
Hispanic	22.6	16.5	0.278
Other	16.9	10.1	0.365
Residential care setting			
Lives in a traditional community setting	18.2	13.1	0.000
Lives in residential care other than a nursing home	18.1	19.3	0.714
Metropolitan area			
Non-metropolitan	16.1	14.1	0.550
Metropolitan	18.6	13.9	0.003
Dementia status			
No dementia	15.3	12.4	0.047
Probable dementia	24.1	18.5	0.101
n	1996	2813	

Source: National Study of Caregiving

Table 5a: Trends in family caregivers providing care for 0-2 years

	2011	2023	p-value
TOTAL	27.3	30.4	0.138
CAREGIVER CHARACTERISTICS			
Age			
<55	23.8	29.9	0.046
55-64	26.3	30.1	0.302
65-74	30.3	28.3	0.566
75+	36.0	34.4	0.719
Gender			
Men	24.2	30.2	0.066
Women	29.2	30.5	0.608
Marital Status			
Married/Partnered	26.1	29.5	0.142
Divorced/Separated	34.8	30.5	0.469
Widowed	40.0	43.8	0.569
Never married	22.3	28.0	0.261
Any children under age 18			
Does not have any	27.3	30.9	0.088
Has children under age 18	27.4	26.8	0.913
Work status last week			
Did not work for pay	30.1	32.1	0.373
Worked for pay	23.7	27.9	0.144
Relationship to older adult			
Spouse	28.0	28.4	0.903
Adult child	23.6	27.2	0.289
Other family	29.2	31.1	0.596
Non-family	41.4	43.6	0.755
Travel time to older adult			
Lives with older adult	26.9	26.0	0.724
1-10 minutes	31.5	38.1	0.217
11-29 minutes	23.8	32.6	0.084
30+ minutes	24.0	28.0	0.374

Table 5a (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	27.7	31.3	0.146
Non-Hispanic Black	22.8	26.5	0.263
Hispanic	33.6	21.8	0.042
Other	19.5	46.1	0.014
Residential care setting			
Lives in a traditional community setting	26.8	31.1	0.028
Lives in residential care other than a nursing home	30.0	25.6	0.488
Metropolitan area			
Non-metropolitan	24.8	32.6	0.143
Metropolitan	27.8	29.8	0.418
Dementia status			
No dementia	28.1	31.1	0.227
Probable dementia	25.6	28.2	0.430
n	1996	2813	

Source: National Study of Caregiving

Table 5b: Trends in family caregivers providing care for 3 - 5 years

	2011	2023	p-value
TOTAL	34.9	33.3	0.391
CAREGIVER CHARACTERISTICS			
Age			
<55	39.0	35.7	0.246
55-64	34.4	33.9	0.914
65-74	30.8	31.4	0.866
75+	28.7	30.9	0.601
Gender			
Men	35.9	35.8	0.976
Women	34.3	31.8	0.197
Marital Status			
Married/Partnered	34.7	32.6	0.402
Divorced/Separated	35.9	34.3	0.753
Widowed	25.4	29.8	0.452
Never married	38.6	37.0	0.759
Any children under age 18			
Does not have any	35.2	33.1	0.334
Has children under age 18	33.4	34.2	0.883
Work status last week			
Did not work for pay	32.5	30.0	0.260
Worked for pay	37.9	37.9	0.987
Relationship to older adult			
Spouse	31.7	26.8	0.106
Adult child	38.1	35.5	0.372
Other family	34.0	34.4	0.924
Non-family	26.9	35.9	0.181
Travel time to older adult			
Lives with older adult	35.1	32.2	0.264
1-10 minutes	36.1	32.5	0.388
11-29 minutes	30.7	37.3	0.152
30+ minutes	36.4	33.5	0.603

Table 5b (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	34.9	33.7	0.640
Non-Hispanic Black	34.9	33.3	0.634
Hispanic	29.5	31.2	0.726
Other	47.0	30.3	0.122
Residential care setting			
Lives in a traditional community setting	35.2	32.1	0.048
Lives in residential care other than a nursing home	33.3	40.4	0.277
Metropolitan area			
Non-metropolitan	37.1	36.1	0.800
Metropolitan	34.4	32.6	0.385
Dementia status			
No dementia	34.4	32.5	0.424
Probable dementia	35.9	35.4	0.879
n	1996	2813	

Source: National Study of Caregiving

Table 5c: Trends in family caregivers providing care for more than 5 years

	2011	2023	p-value
TOTAL	37.8	36.4	0.490
CAREGIVER CHARACTERISTICS			
Age			
<55	37.1	34.5	0.366
55-64	39.4	36.0	0.282
65-74	38.9	40.3	0.675
75+	35.2	34.7	0.892
Gender			
Men	39.9	34.1	0.099
Women	36.5	37.8	0.573
Marital Status			
Married/Partnered	39.3	37.9	0.596
Divorced/Separated	29.3	35.2	0.311
Widowed	34.6	26.4	0.270
Never married	39.1	35.0	0.428
Any children under age 18			
Does not have any	37.5	36.0	0.505
Has children under age 18	39.2	39.0	0.961
Work status last week			
Did not work for pay	37.4	37.9	0.858
Worked for pay	38.3	34.3	0.121
Relationship to older adult			
Spouse	40.3	44.8	0.204
Adult child	38.3	37.3	0.731
Other family	36.8	34.5	0.580
Non-family	31.6	20.4	0.085
Travel time to older adult			
Lives with older adult	38.1	41.9	0.183
1-10 minutes	32.4	29.4	0.413
11-29 minutes	45.5	30.1	0.001
30+ minutes	39.7	38.5	0.862

Table 5c (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	37.4	34.9	0.310
Non-Hispanic Black	42.3	40.1	0.523
Hispanic	36.9	47.0	0.036
Other	33.6	23.6	0.355
Residential care setting			
Lives in a traditional community setting	38.0	36.8	0.552
Lives in residential care other than a nursing home	36.7	34.0	0.671
Metropolitan area			
Non-metropolitan	38.1	31.4	0.180
Metropolitan	37.7	37.6	0.969
Dementia status			
No dementia	37.5	36.4	0.669
Probable dementia	38.5	36.4	0.561
n	1996	2813	

Source: National Study of Caregiving

Table 6a: Trends in family caregivers providing care for less than one to 10 hours per week

	2011	2023	p-value
TOTAL	55.4	60.3	0.006
CAREGIVER CHARACTERISTICS			
Age			
<55	53.0	55.9	0.473
55-64	61.5	63.3	0.604
65-74	58.4	60.9	0.457
75+	46.8	63.0	0.000
Gender			
Men	60.0	61.3	0.650
Women	52.5	59.8	0.002
Marital Status			
Married/Partnered	59.0	61.5	0.231
Divorced/Separated	47.0	60.5	0.025
Widowed	57.7	65.0	0.326
Never married	45.3	52.9	0.141
Any children under age 18			
Does not have any	55.0	60.7	0.001
Has children under age 18	57.6	58.0	0.952
Work status last week			
Did not work for pay	49.2	56.9	0.002
Worked for pay	63.4	65.2	0.462
Relationship to older adult			
Spouse	41.8	47.9	0.088
Adult child	56.7	60.7	0.218
Other family	57.5	67.7	0.012
Non-family	76.0	69.9	0.304
Travel time to older adult			
Lives with older adult	39.8	45.0	0.033
1-10 minutes	66.1	70.2	0.262
11-29 minutes	72.7	77.7	0.276
30+ minutes	66.8	71.1	0.300

Table 6a (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	61.5	65.8	0.045
Non-Hispanic Black	41.2	46.6	0.108
Hispanic	38.6	44.4	0.295
Other	45.0	51.5	0.544
Residential care setting			
Lives in a traditional community setting	51.2	56.2	0.008
Lives in residential care other than a nursing home	77.8	85.1	0.070
Metropolitan area			
Non-metropolitan	57.5	69.8	0.001
Metropolitan	55.0	57.9	0.124
Dementia status			
No dementia	58.4	64.3	0.003
Probable dementia	49.1	48.5	0.874
n	1996	2813	

Source: National Study of Caregiving

Table 6b: Trends in family caregivers providing care for 11 to 39 hours per week

	2011	2023	p-value
TOTAL	33.3	28.9	0.015
CAREGIVER CHARACTERISTICS			
Age			
<55	36.4	32.4	0.239
55-64	27.8	25.4	0.441
65-74	30.2	28.0	0.485
75+	38.6	29.1	0.008
Gender			
Men	31.1	30.7	0.900
Women	34.6	27.9	0.004
Marital Status			
Married/Partnered	30.9	28.3	0.191
Divorced/Separated	39.5	28.0	0.031
Widowed	30.1	25.5	0.544
Never married	40.3	34.2	0.252
Any children under age 18			
Does not have any	32.8	28.5	0.016
Has children under age 18	35.8	31.5	0.465
Work status last week			
Did not work for pay	35.5	29.8	0.013
Worked for pay	30.4	27.6	0.246
Relationship to older adult			
Spouse	38.8	38.2	0.891
Adult child	33.3	27.2	0.030
Other family	33.7	23.6	0.007
Non-family	19.2	26.3	0.198
Travel time to older adult			
Lives with older adult	40.5	36.6	0.136
1-10 minutes	28.3	25.9	0.502
11-29 minutes	24.1	20.0	0.316
30+ minutes	29.2	20.5	0.052

Table 6b (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	28.9	25.8	0.133
Non-Hispanic Black	43.6	38.7	0.111
Hispanic	46.4	31.9	0.035
Other	38.4	41.1	0.805
Residential care setting			
Lives in a traditional community setting	35.8	31.8	0.032
Lives in residential care other than a nursing home	19.6	11.9	0.054
Metropolitan area			
Non-metropolitan	31.4	23.5	0.026
Metropolitan	33.7	30.3	0.088
Dementia status			
No dementia	32.7	28.9	0.035
Probable dementia	34.4	28.9	0.106
n	1996	2813	

Source: National Study of Caregiving

Table 6c: Trends in family caregivers providing care for 40 or more hours per week

	2011	2023	p-value
TOTAL	11.3	10.8	0.630
CAREGIVER CHARACTERISTICS			
Age			
<55	10.6	11.7	0.614
55-64	10.7	11.2	0.818
65-74	11.4	11.1	0.887
75+	14.6	7.9	0.002
Gender			
Men	8.9	8.0	0.625
Women	12.8	12.4	0.784
Marital Status			
Married/Partnered	10.1	10.2	0.908
Divorced/Separated	13.5	11.5	0.602
Widowed	12.2	9.5	0.428
Never married	14.4	12.8	0.659
Any children under age 18			
Does not have any	12.2	10.8	0.245
Has children under age 18	6.6	10.5	0.221
Work status last week			
Did not work for pay	15.3	13.2	0.216
Worked for pay	6.2	7.2	0.423
Relationship to older adult			
Spouse	19.4	13.9	0.038
Adult child	10.0	12.1	0.278
Other family	8.8	8.7	0.961
Non-family	4.8	3.7	0.698
Travel time to older adult			
Lives with older adult	19.7	18.4	0.524
1-10 minutes	5.5	3.9	0.308
11-29 minutes	3.2	2.3	0.613
30+ minutes	4.0	8.5	0.090

Table 6c (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	9.6	8.3	0.281
Non-Hispanic Black	15.3	14.7	0.784
Hispanic	15.0	23.7	0.077
Other	16.6	7.4	0.092
Residential care setting			
Lives in a traditional community setting	12.9	12.1	0.522
Lives in residential care other than a nursing home	2.6	2.9	0.826
Metropolitan area			
Non-metropolitan	11.1	6.7	0.089
Metropolitan	11.4	11.8	0.743
Dementia status			
No dementia	8.8	6.7	0.061
Probable dementia	16.5	22.6	0.035
n	1996	2813	

Source: National Study of Caregiving

Table 7a: Trends in family caregivers having no or very low caregiver strain*

	2011	2023	p-value
TOTAL	43.9	44.3	0.882
CAREGIVER CHARACTERISTICS			
Age			
<55	41.4	37.3	0.261
55-64	39.0	40.8	0.669
65-74	51.8	50.8	0.854
75+	50.9	51.8	0.857
Gender			
Men	48.6	47.8	0.823
Women	41.1	42.2	0.702
Marital Status			
Married/Partnered	44.5	44.1	0.872
Divorced/Separated	39.1	44.5	0.354
Widowed	53.6	55.4	0.809
Never married	41.6	40.0	0.730
Any children under age 18			
Does not have any	44.6	46.2	0.548
Has children under age 18	40.2	32.7	0.193
Work status last week			
Did not work for pay	45.3	47.8	0.431
Worked for pay	42.1	39.3	0.399
Relationship to older adult			
Spouse	40.1	40.8	0.859
Adult child	39.4	39.0	0.862
Other family	44.6	47.9	0.457
Non-family	76.2	62.7	0.062
Travel time to older adult			
Lives with older adult	35.6	38.2	0.403
1-10 minutes	52.5	51.7	0.847
11-29 minutes	53.1	50.8	0.652
30+ minutes	44.4	43.0	0.787

Table 7a (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	44.8	44.9	0.977
Non-Hispanic Black	46.8	46.6	0.979
Hispanic	41.7	33.5	0.267
Other	29.6	51.7	0.042
Residential care setting			
Lives in a traditional community setting	42.0	43.1	0.656
Lives in residential care other than a nursing home	54.1	51.3	0.558
Metropolitan area			
Non-metropolitan	44.2	52.2	0.078
Metropolitan	43.9	42.3	0.526
Dementia status			
No dementia	49.3	47.4	0.507
Probable dementia	32.8	35.0	0.494
n	1996	2813	

Source: National Study of Caregiving

*On a scale from 0-11, caregivers with no or very low strain scored 1-0. See 'NHATS Technical Paper #54: The National Study of Caregiving (NSOC) Caregiver Strain Scale' for details on scale construction.

Table 7b: Trends in family caregivers having low caregiver strain

	2011	2023	p-value
TOTAL	31.5	31.6	0.955
CAREGIVER CHARACTERISTICS			
Age			
<55	32.7	35.3	0.455
55-64	33.2	30.1	0.399
65-74	29.1	30.2	0.802
75+	28.0	29.5	0.705
Gender			
Men	31.7	31.6	0.974
Women	31.4	31.7	0.926
Marital Status			
Married/Partnered	31.9	31.8	0.960
Divorced/Separated	28.7	27.9	0.864
Widowed	24.3	26.7	0.681
Never married	35.0	36.6	0.701
Any children under age 18			
Does not have any	31.3	31.2	0.950
Has children under age 18	32.9	34.5	0.794
Work status last week			
Did not work for pay	31.2	30.0	0.574
Worked for pay	31.9	34.0	0.504
Relationship to older adult			
Spouse	31.3	33.8	0.445
Adult child	31.6	31.0	0.827
Other family	37.7	31.7	0.151
Non-family	16.6	29.7	0.053
Travel time to older adult			
Lives with older adult	33.7	32.5	0.581
1-10 minutes	28.2	32.5	0.336
11-29 minutes	28.6	30.1	0.798
30+ minutes	34.3	29.2	0.363

Table 7b (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	31.7	31.5	0.921
Non-Hispanic Black	31.4	34.5	0.310
Hispanic	27.1	30.6	0.425
Other	39.0	27.0	0.168
Residential care setting			
Lives in a traditional community setting	32.5	31.9	0.712
Lives in residential care other than a nursing home	26.1	30.2	0.534
Metropolitan area			
Non-metropolitan	32.6	30.1	0.501
Metropolitan	31.3	32.0	0.750
Dementia status			
No dementia	32.0	33.4	0.532
Probable dementia	30.6	26.4	0.210
n	1996	2813	

Source: National Study of Caregiving

*On a scale from 0-11, caregivers with low strain scored 2-3. See 'NHATS Technical Paper #54: The National Study of Caregiving (NSOC) Caregiver Strain Scale' for details on scale construction.

Table 7c: Trends in family caregivers having moderate or high caregiver strain

	2011	2023	p-value
TOTAL	24.5	24.1	0.848
CAREGIVER CHARACTERISTICS			
Age			
<55	26.0	27.4	0.688
55-64	27.8	29.2	0.757
65-74	19.1	19.0	0.967
75+	21.1	18.8	0.506
Gender			
Men	19.8	20.6	0.795
Women	27.5	26.2	0.633
Marital Status			
Married/Partnered	23.7	24.2	0.837
Divorced/Separated	32.2	27.6	0.362
Widowed	22.1	17.9	0.466
Never married	23.4	23.5	0.985
Any children under age 18			
Does not have any	24.1	22.7	0.523
Has children under age 18	26.9	32.8	0.276
Work status last week			
Did not work for pay	23.4	22.2	0.668
Worked for pay	26.0	26.8	0.803
Relationship to older adult			
Spouse	28.6	25.5	0.397
Adult child	29.0	30.0	0.718
Other family	17.7	20.4	0.460
Non-family	7.2	7.7	0.881
Travel time to older adult			
Lives with older adult	30.8	29.3	0.618
1-10 minutes	19.3	15.8	0.270
11-29 minutes	18.3	19.1	0.856
30+ minutes	21.3	27.8	0.191

Table 7c (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	23.5	23.6	0.949
Non-Hispanic Black	21.9	18.9	0.443
Hispanic	31.2	35.9	0.514
Other	31.4	21.3	0.249
Residential care setting			
Lives in a traditional community setting	25.4	25.0	0.862
Lives in residential care other than a nursing home	19.8	18.5	0.817
Metropolitan area			
Non-metropolitan	23.2	17.8	0.090
Metropolitan	24.8	25.7	0.735
Dementia status			
No dementia	18.7	19.2	0.844
Probable dementia	36.6	38.6	0.615
n	1996	2813	

Source: National Study of Caregiving

*On a scale from 0-11, caregivers with moderate or high strain scored 4-11. See 'NHATS Technical Paper #54: The National Study of Caregiving (NSOC) Caregiver Strain Scale' for details on scale construction.

Table 8: Trends in family caregiver and older adult characteristics

	2011	2023	p-value
CAREGIVER CHARACTERISTICS			
Age			
<55	41.6	31.6	0.000
55-64	26.5	24.5	0.308
65-74	18.7	25.6	0.000
75+	13.2	18.3	0.002
Gender			
Men	38.2	37.4	0.652
Women	61.8	62.6	0.652
Marital Status			
Married/Partnered	66.9	65.8	0.547
Divorced/Separated	11.7	12.9	0.291
Widowed	5.8	6.5	0.488
Never married	15.5	14.8	0.594
Any children under age 18			
Does not have any	84.5	85.8	0.282
Has children under age 18	15.5	14.2	0.282
Employment status last month			
Did not work for pay	56.3	58.8	0.258
Work status last week	43.7	41.2	0.258
Did not work for pay			
Worked for pay	21.2	23.8	0.108
Adult child	48.4	42.3	0.005
Other family member	21.6	21.5	0.946
Non-family member	8.8	12.4	0.038
Travel time to older adult			
Lives with older adult	44.7	44.5	0.933
1-10 minutes	27.4	24.9	0.179
11-29 minutes	14.3	16.1	0.207
30+ minutes	13.6	14.4	0.559

Table 8 (continued)

	2011	2023	p-value
OLDER ADULT CHARACTERISTICS			
Race			
Non-Hispanic White	70.6	71.5	0.661
Non-Hispanic Black	12.9	14.0	0.455
Hispanic	11.4	10.1	0.428
Other	5.1	4.4	0.625
Residential care setting			
Lives in a traditional community setting	84.3	85.7	0.428
Lives in residential care other than a nursing home	15.7	14.3	0.428
Metropolitan area			
Non-metropolitan	17.3	20.1	0.284
Metropolitan	82.7	79.9	0.284
Dementia status			
No dementia	67.5	74.7	0.021
Probable dementia	32.5	25.3	0.021
n	1996	2813	

Source: National Study of Caregiving

