

Caregiving in the US 2025: Spotlight on Oregon



In Oregon, one quarter of adults (23%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 790,000 adults in Oregon.

23% = 790,000
of adults caregivers

Who Are Family Caregivers in Oregon?

57% Women **43%** Men



Caregiver average age is **53** years old



62% have worked while caregiving

Care recipient average age is **64** years old



47% care for a parent

25% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in Oregon



43% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



40% receive no help with caregiving (either paid or unpaid)



33% report moderate to high levels of emotional stress

What Are Family Caregivers in Oregon Doing?

100%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

58%

assist with activities of daily living such as bathing, dressing, and feeding

49%

help with medical and nursing tasks

38%

engage in high-intensity caregiving (more hours and higher complexity of care)

31%

provide at least 40 hours of care per week or constant care



For full methodology, see Methodology Appendix of *Caregiving in the US: Caring Across States*. www.aarp.org/caringacrossstates