

Caregiving in the US 2025: Spotlight on Utah



In Utah, three in ten adults (28%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 697,000 adults in Utah.

28% of adults = 697,000 caregivers

Who Are Family Caregivers in Utah?

62% Women **38%** Men



Caregiver average age is **47** years old

63% have worked while caregiving



Care recipient average age is **59** years old

53% care for a parent



35% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in Utah

45% receive no help with caregiving (either paid or unpaid)



36% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



32% report moderate to high levels of emotional stress



What Are Family Caregivers in Utah Doing?

100%

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

56%

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

44%

help with medical and nursing tasks

38%

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

25%

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