

Connecticut

A survey of family caregivers 18 years and older who care for children and adults with complex medical conditions or disabilities

Over half a million (773,000) adults in Connecticut provide care to a family member or friend with complex medical conditions or disabilities — one quarter (27%) of the adults across the state.

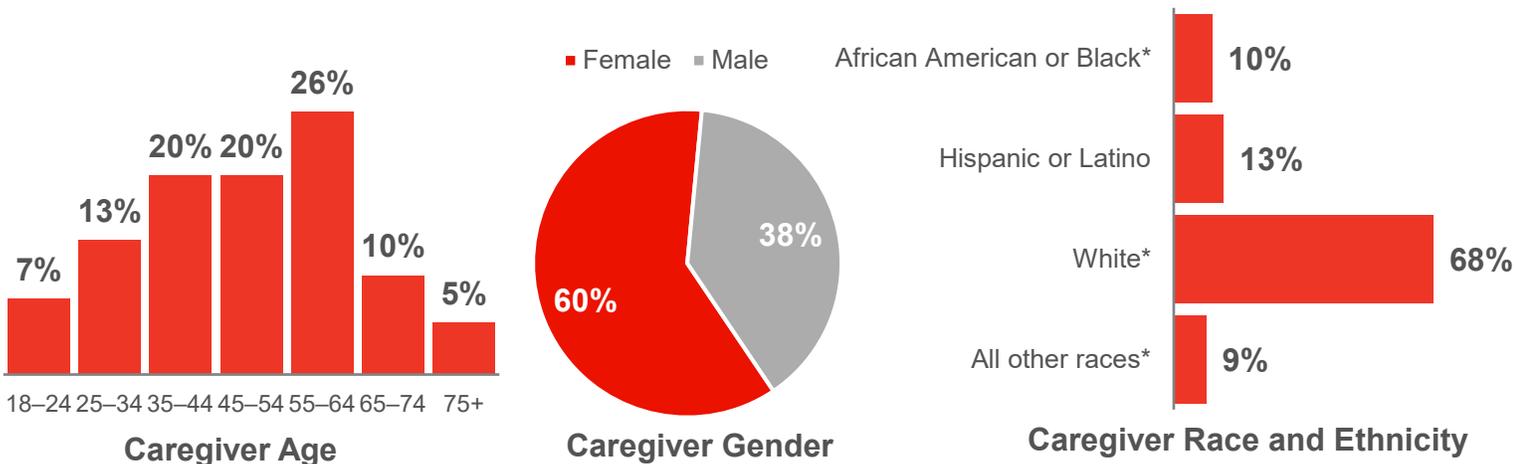
Most family caregivers in Connecticut care for an adult (93%) — most often a parent (51%). Eleven percent care for a child with complex medical needs. Most caregivers are married or living with a partner (70%). Over one in ten caregivers live in a household with income under \$50,000 (14%). Four in ten caregivers (39%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in six caregivers live with a disability. Over one in three family caregivers live with their care recipient (36%).

On average, family caregivers are **49 years old** and care for someone **68 years old** in Connecticut.

Three-quarters of family caregivers work while also caregiving (76%).

Most family caregivers in Connecticut provide care to someone due to a long-term physical condition (60%).

Demographics of Family Caregivers in Connecticut



*Non-Hispanic

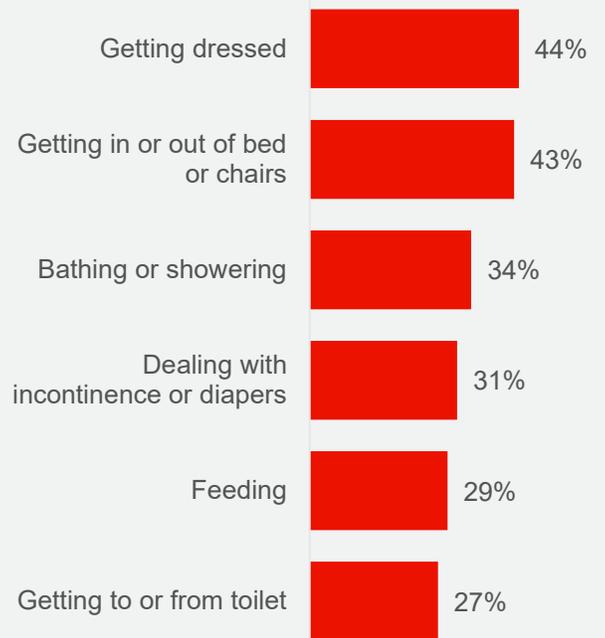
What Family Caregivers Do

Two-thirds of family caregivers in Connecticut (68%) assist with at least one activity of daily living (ADL). ADLs are routine tasks that are essential for maintaining personal independence.

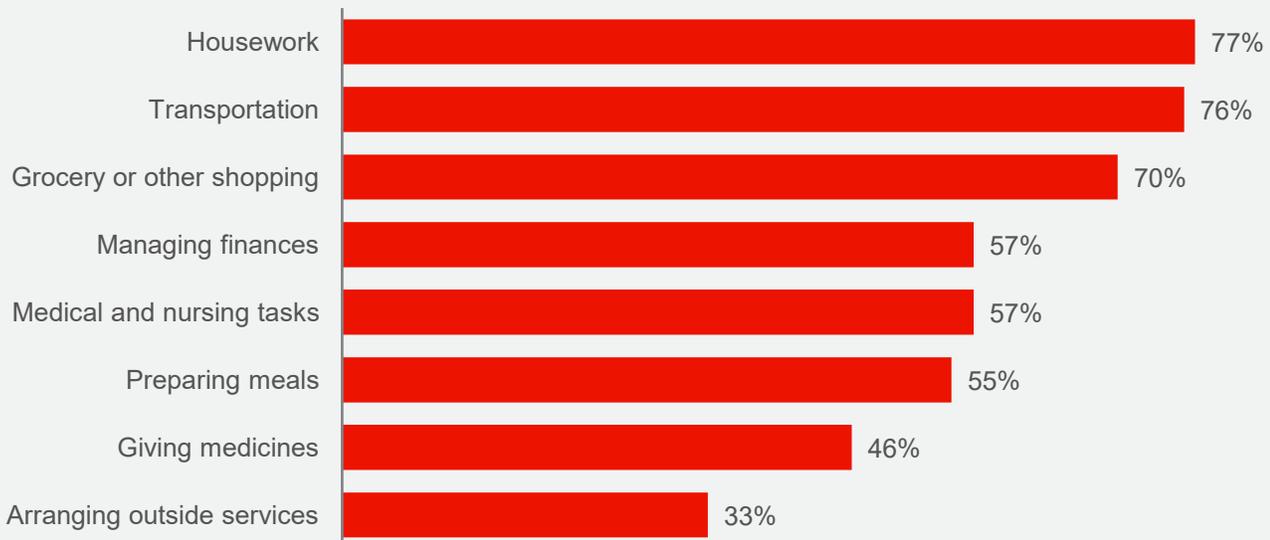
Nearly all (99%) family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

6% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Connecticut Family Caregivers Help with Many Activities of Daily Living



Connecticut Family Caregivers Help with Many Instrumental Activities of Daily Living



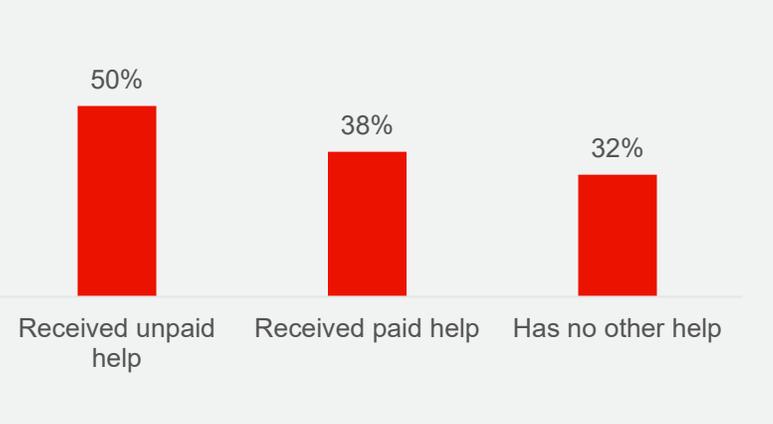
One-third of family caregivers (35%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

19% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

Family caregivers in Connecticut rely on unpaid or paid (aides, housekeepers) assistance in their network of support.

Help That Connecticut Family Caregivers Receive



61% of caregivers have been providing care for three years or longer.

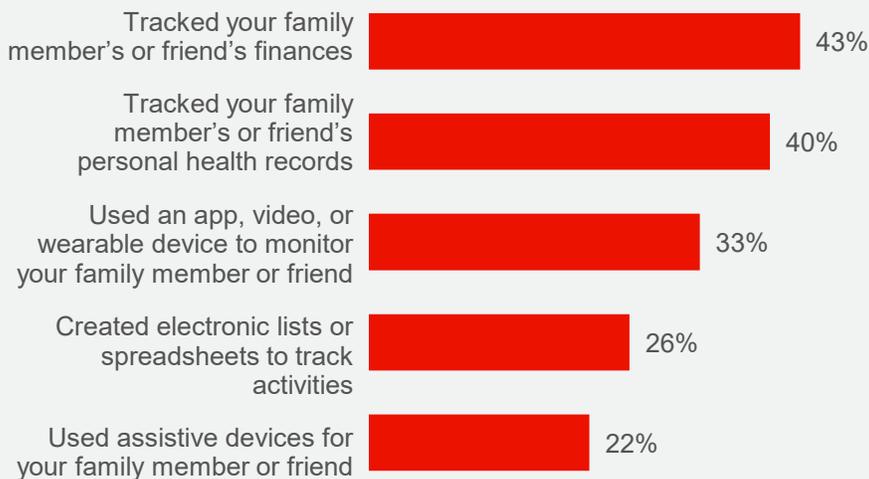
Over half of family caregivers (57%) help with medical and nursing tasks.

Family caregivers in Connecticut are key in managing health care:

- 71% monitor the severity of their care recipient's condition.
- 64% communicate with health care professionals about their family member's or friend's care.
- 59% advocate for them with health care providers, community services, or government agencies.

While over **half (55%) of family caregivers** would find respite care helpful, **nine in ten (88%)** have never used such services.

Two-thirds of family caregivers (66%) use at least one of the technology solutions asked about in our survey.



One quarter of family caregivers (27%) have been asked by health care providers about care needed for their care recipient, and **11% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

Four in ten family caregivers (42%) in Connecticut have experienced at least one negative financial impact because of their care responsibilities.

Common negative impacts include stopping saving, using up savings, and taking on more debt.

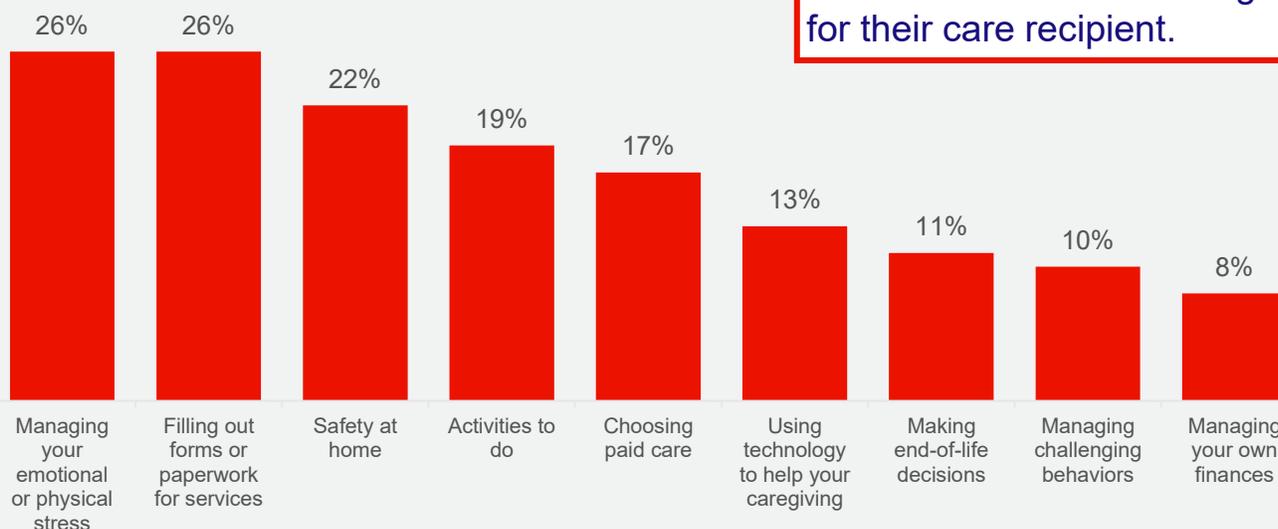
One quarter of family caregivers (25%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Connecticut Family Caregivers

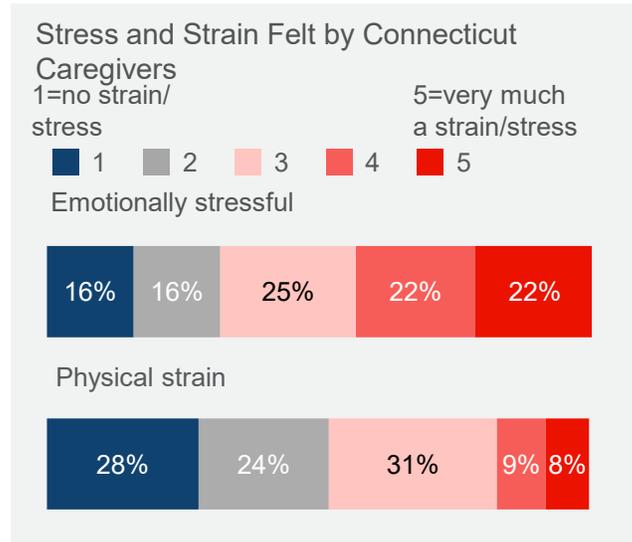
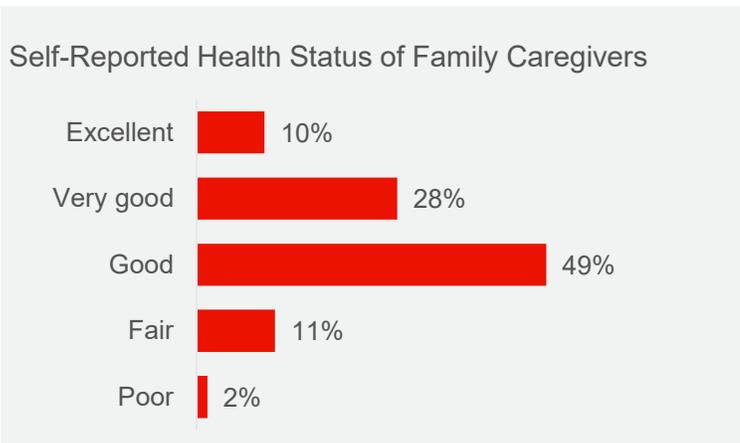
Stopped saving	26%	Had to start working or work more	6%
Used up personal short-term savings	20%	Could not afford basic expenses	6%
Took on more debt	16%	Moved to less expensive home	5%
Borrowed money from family/friends	15%	Filed for bankruptcy	4%
Left bills unpaid or paid late	14%	Used long-term savings	3%
Put off retirement	10%		

Information Needs of Family Caregivers

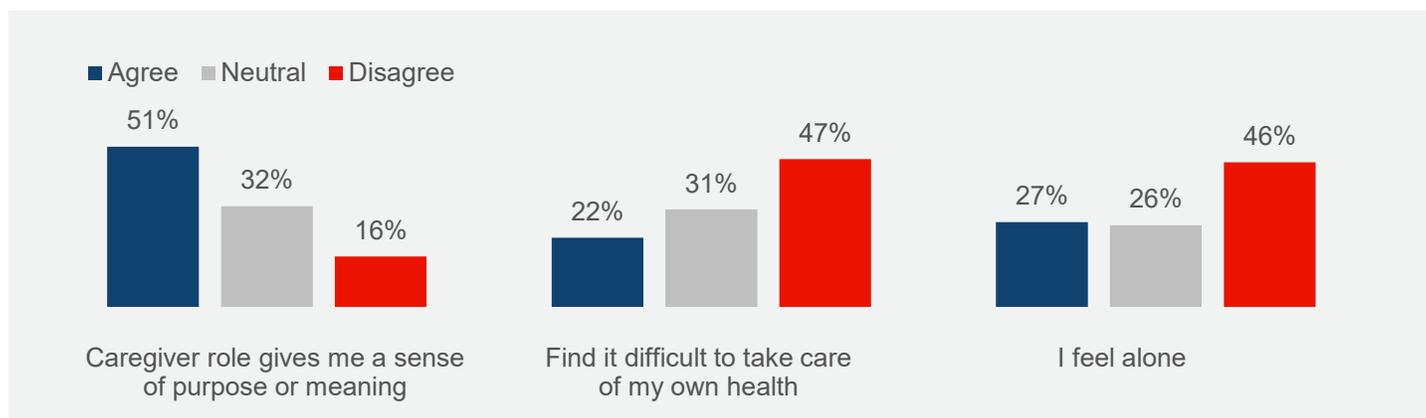
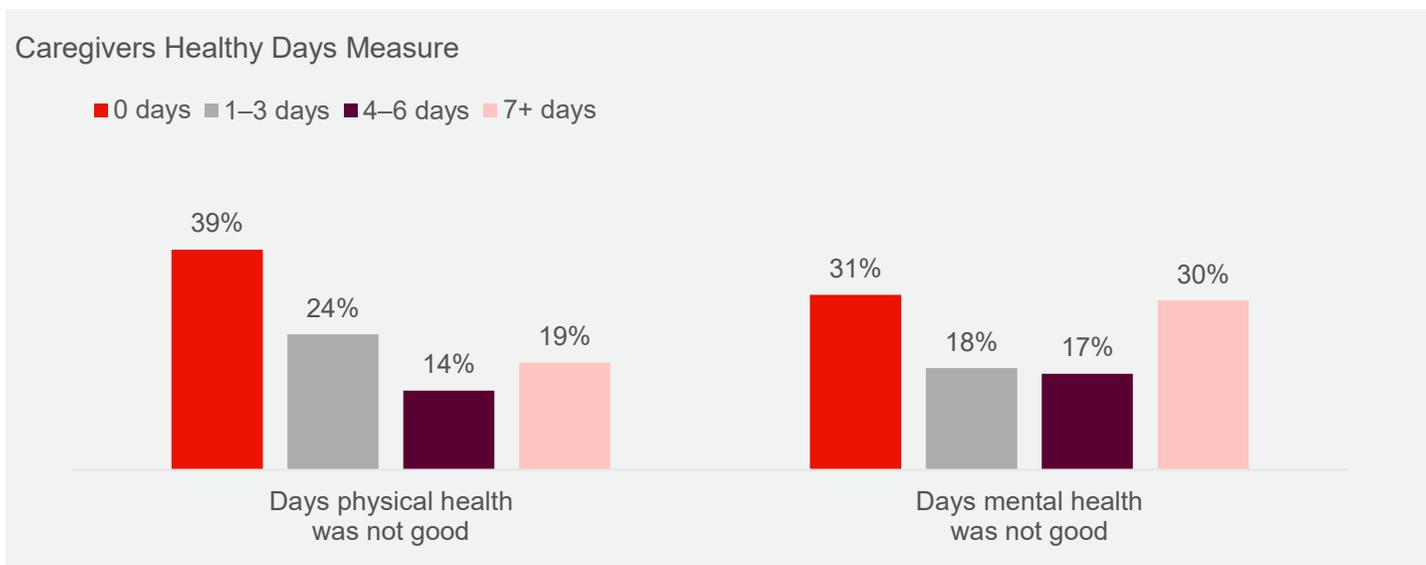
One-third of family caregivers (33%) have made home modifications to make things easier for their care recipient.



Well-Being of Family Caregivers



Two in ten family caregivers experience seven or more days a month of poor physical health. Four in ten caregivers (43%) experience high emotional stress while caregiving. One in five (22%) have difficulty taking care of their own health while they focus on their care recipient's needs. One quarter (27%) feel alone while caregiving.



Demographic Characteristics of Family Caregivers in Connecticut

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	39%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	9%
High school graduate or less	30%	Has health insurance coverage	90%
Some college or associate's degree	30%	Has been a student while caregiving	9%
Bachelor's degree	24%	Has a disability or handicap that limits them	17%
Master's degree or above	17%	Has internet access in home	95%
Marital status		Place of residence	
Married/living with partner	70%	Rural	17%
Single/never married	20%	Urban	24%
Widowed	3%	Suburban	59%
Separated/divorced	7%	Living situation	
Household income		Lives alone	7%
<\$25,000	8%	Lives with others	93%
\$25,000-\$49,999	6%		
\$50,000-\$99,999	29%		
\$100,000+	57%		

Methodology

For full methodology, see Methodology Appendix of <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025-caring-across-states>. The data in this report reflects 106 caregivers in Connecticut, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±12.7%.