

# Caregiving in the US 2025: Spotlight on Maine



In Maine, nearly 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 324,000 adults in Maine.

**28%** of adults = **324,000** caregivers

## What Are Family Caregivers in New England\* Doing?

**99%**

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

**65%**

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

**55%**

help with medical and nursing tasks

**40%**

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

**19%**

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

## Who Are Family Caregivers in New England\*?

**59%**  
Women



**40%**  
Men

Caregiver average age is **52** years old



**70%**

have worked while caregiving

Care recipient average age is **70** years old



**52%**

care for a parent

**26%** are sandwich generation caregivers with a child at home while caring for an adult

## Well-Being of Family Caregivers in New England\*



**44%**

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



**43%**

report moderate to high levels of emotional stress



**31%**

receive no help with caregiving (either paid or unpaid)



\*Due to limited data collection in Maine, detailed information about Maine's caregivers cannot be presented. The Census Bureau's designation of the New England Division includes Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont.

For full methodology, see Methodology Appendix of <https://www.aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025-caring-across-states>.