

Maryland

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

More than 1 million (1,164,000) adults in Maryland provide care to a family member or friend with complex medical conditions or disabilities — one in four (24%) adults across the state.

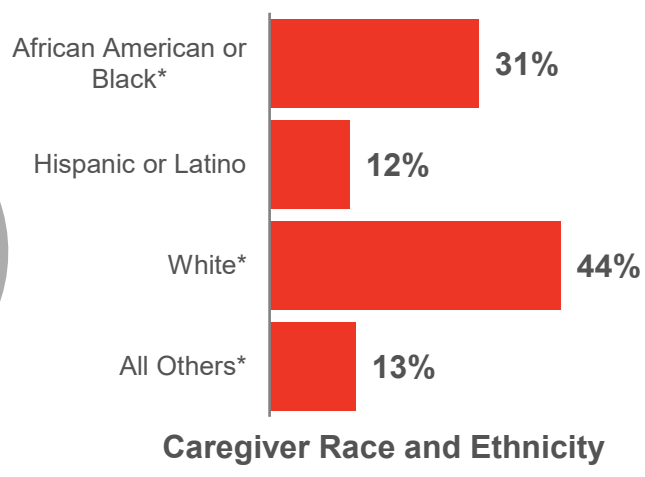
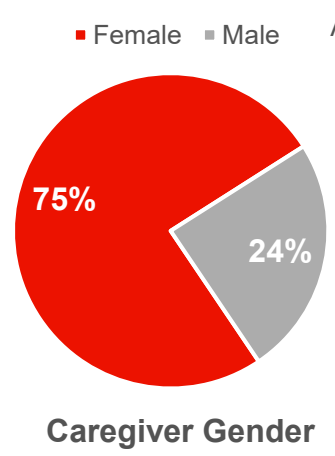
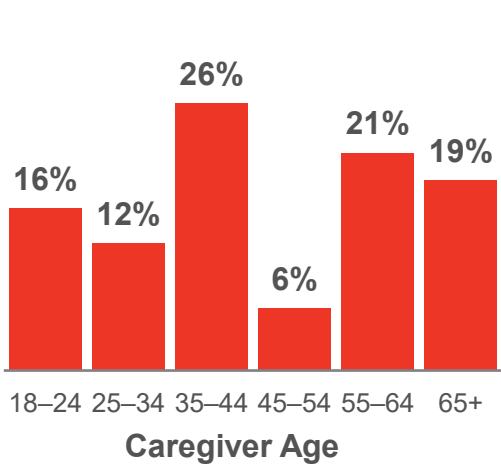
Most family caregivers in Maryland care for an adult (99%) — most often a parent (49%). Fifteen percent care for a child with complex medical needs. Most caregivers are married or living with a partner (62%). Three in ten caregivers live in a household with income under \$50,000 (30%). About a quarter of caregivers (23%) are sandwich generation caregivers who care for an adult while also caring for a child under 18. One in ten caregivers live with a disability. Over four in ten family caregivers live with their care recipient (44%).

On average, family caregivers are **46 years old** and care for someone **67 years old** in Maryland.

Nearly two-thirds of family caregivers work while also caregiving (64%).

Most family caregivers in Maryland provide care to someone due to a long-term physical condition (70%).

Demographics of Family Caregivers in Maryland



*Non-Hispanic

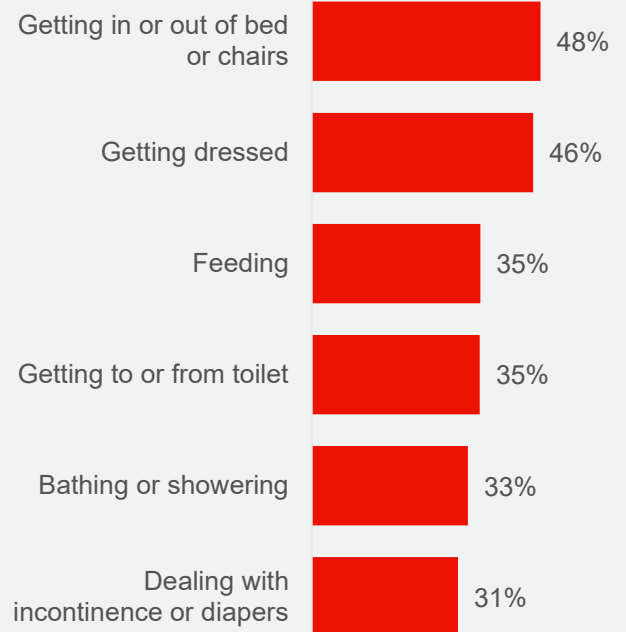
What Family Caregivers Do

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

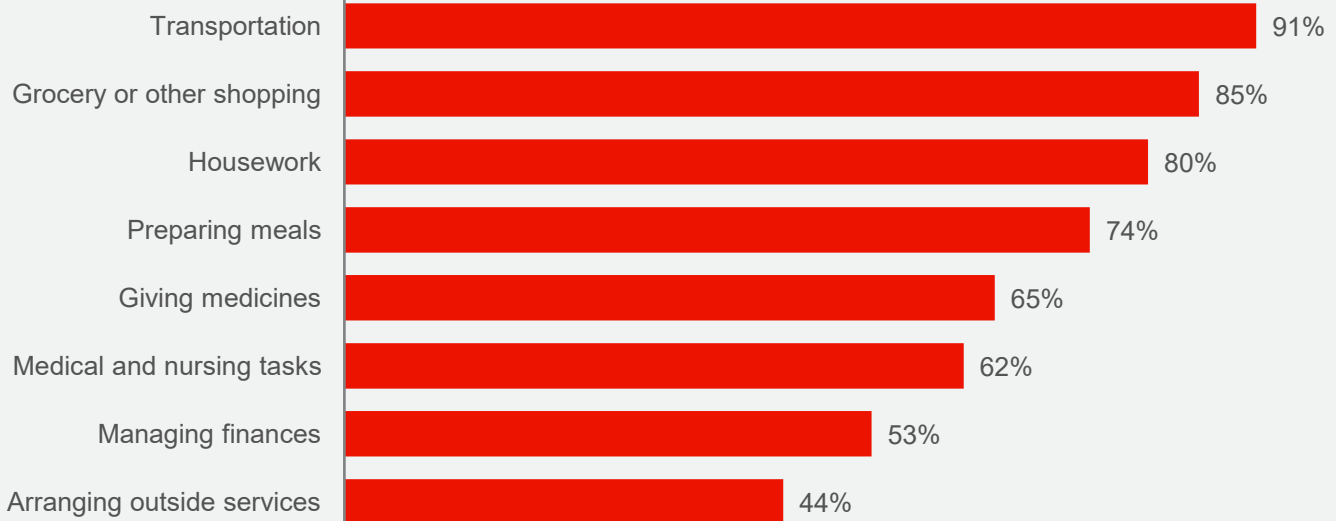
All family caregivers help with at least one instrumental activity of daily living (IADL), such as shopping, managing finances, preparing meals, and handling transportation.

5% of family caregivers receive training to help with ADLs, IADLs, or behavioral management.

Maryland Family Caregivers Help with Many Activities of Daily Living



Maryland Family Caregivers Help with Many Instrumental Activities of Daily Living



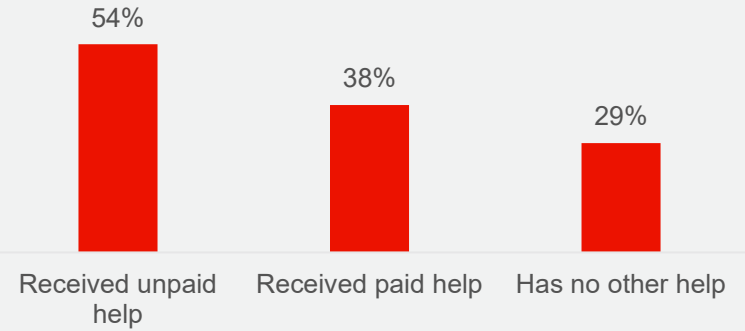
Nearly half of family caregivers (45%) are high-intensity caregivers, providing more hours of care weekly and helping with more ADLs and IADLs.

29% of caregivers spend at least 40 hours a week providing care or provide constant care.

What Family Caregivers Do

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

Help That Maryland Family Caregivers Receive



44% of caregivers have been providing care for three years or longer.

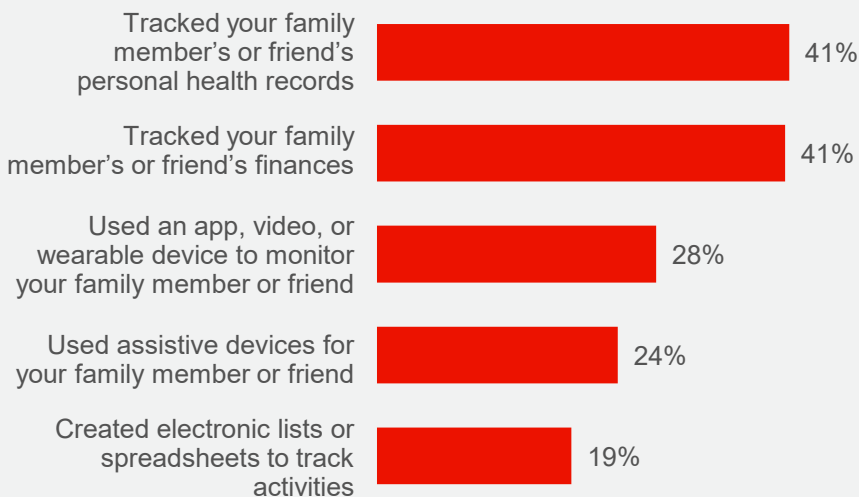
Six in ten family caregivers (62%) help with medical and nursing tasks.

Family caregivers in Maryland are key in managing health care:

- 81% monitor the severity of their care recipient's condition.
- 65% advocate for them with health care providers, community services, or government agencies.
- 65% communicate with health care professionals about their family member's or friend's care.

While nearly **four in ten (37%) family caregivers** would find respite care helpful, **eight in ten (80%)** have never used such services.

Six in ten family caregivers (62%) use at least one of the technology solutions asked about in our survey.



One in four family caregivers (27%) have been asked by health care providers about care needed for their care recipient, and **26% of caregivers** have been asked by such providers about care needed for themselves.

Financial Situation of Family Caregivers

More than one-third of family caregivers (38%) in Maryland have experienced at least one negative financial impact because of their care responsibilities. Common negative impacts include stopping saving, using up personal savings, and leaving bills unpaid.

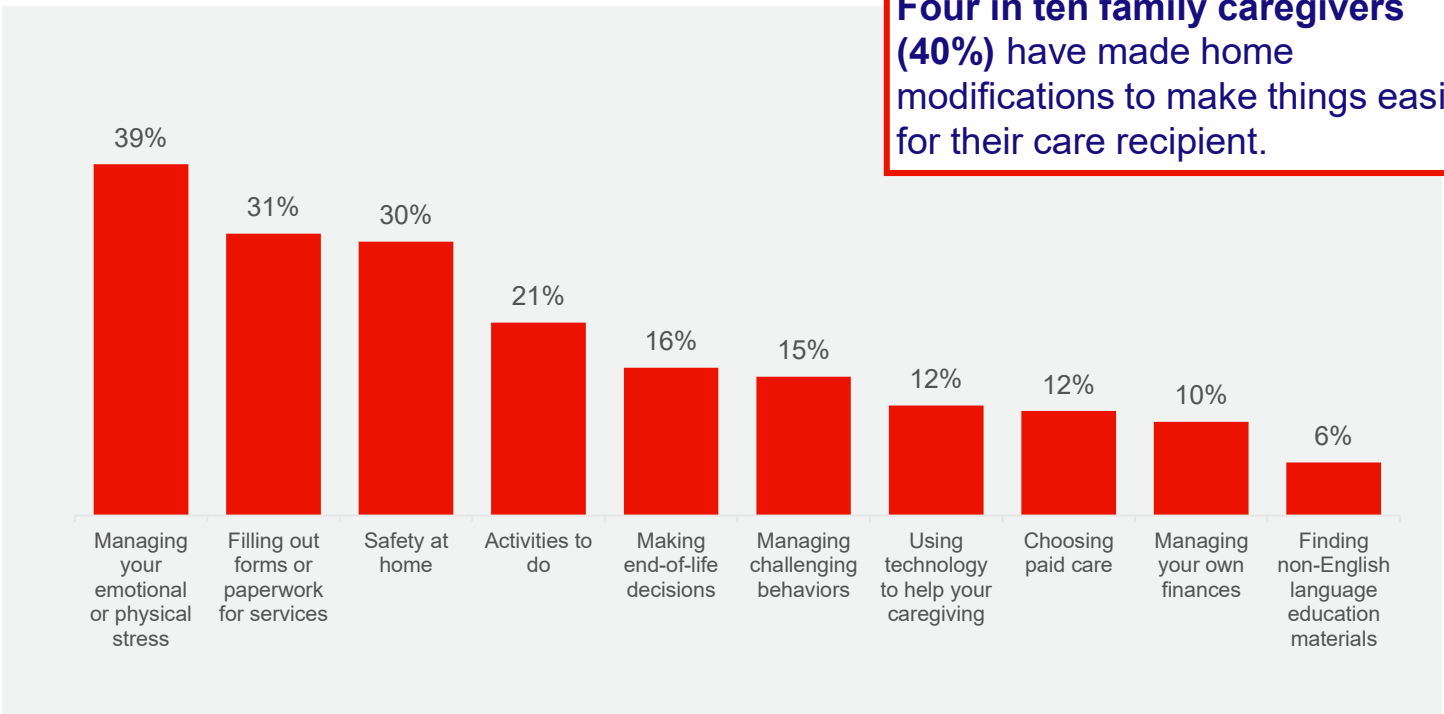
Four in ten family caregivers (39%) have difficulty getting local affordable services such as delivered meals, transportation, or in-home health services.

Financial Hardships Experienced by Maryland Family Caregivers

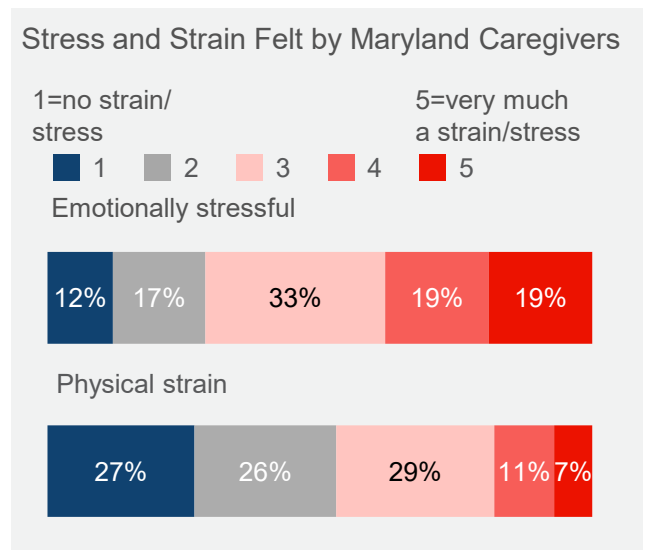
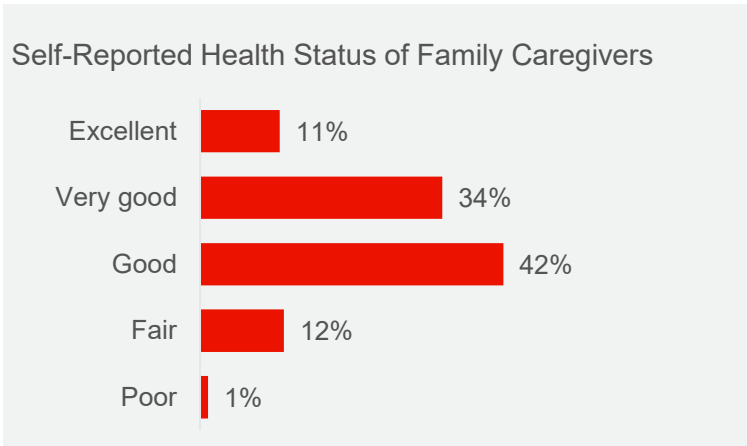
Stopped saving	29%	Used long-term savings	17%
Used up personal short-term savings	25%	Had to start working or work more	13%
Left bills unpaid or paid late	23%	Put off retirement	9%
Borrowed money from family/friends	20%	Moved to less expensive home	8%
Took on more debt	18%	Was evicted or home foreclosed	4%
Could not afford basic expenses	17%	Filed for bankruptcy	3%

Information Needs of Family Caregivers

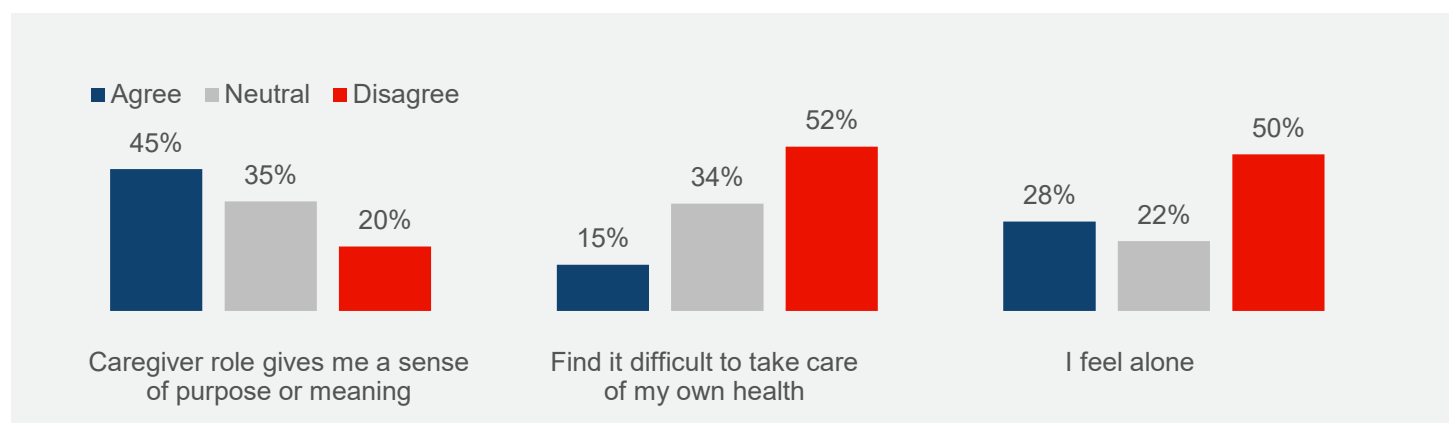
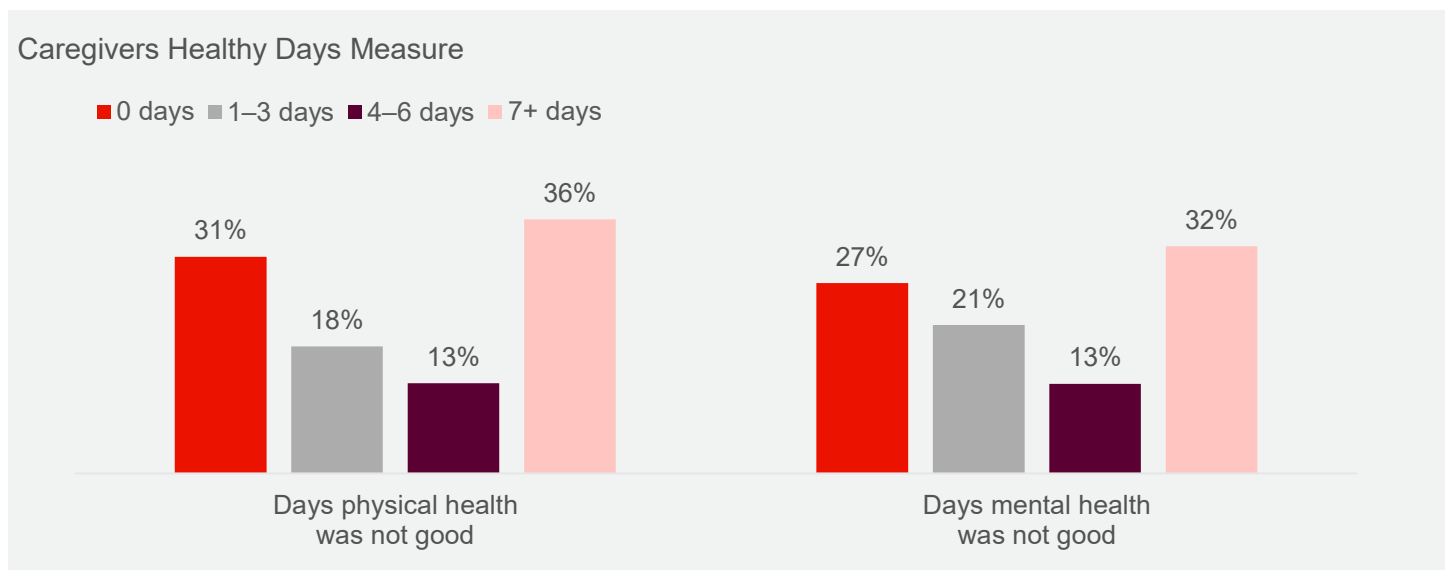
Four in ten family caregivers (40%) have made home modifications to make things easier for their care recipient.



Well-Being of Family Caregivers



One in three family caregivers experience seven or more days a month of poor physical health. Nearly four in ten caregivers (38%) experience high emotional stress while caregiving. One in six (15%) have difficulty taking care of their own health while they focus on their care recipient's needs. Just over one quarter (28%) feel alone while caregiving.



Demographic Characteristics of Family Caregivers in Maryland

Demographic variable	Weighted	Demographic variable	Weighted
Has children/grandchildren under 18 living with them	23%	Served in US Armed Forces	8%
Education		Cares for someone who served in the US Armed Forces	17%
High school graduate or less	33%	Has health insurance coverage	88%
Some college or associate's degree	34%	Has been a student while caregiving	9%
Bachelor's degree	12%	Has a disability or handicap that limits them	12%
Master's degree or above	21%	Has internet access in home	88%
Marital status		Place of residence	
Married/living with partner	62%	Rural	20%
Single/never married	21%	Urban	27%
Widowed	4%	Suburban	53%
Separated/divorced	10%	Living situation	
Household income		Lives alone	10%
<\$25,000	16%	Lives with others	91%
\$25,000-\$49,999	14%		
\$50,000-\$99,999	24%		
\$100,000+	46%		

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 112 caregivers in Maryland, all sampled from Ipsos' national, probability-based online Knowledge Panel®; the margin of sampling error is ±12.3%.