

# Caregiving in the US 2025: Spotlight on Illinois



In Illinois, 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 2,224,000 adults in Illinois.

**23% of adults = 2,224,000 caregivers**

## What Are Family Caregivers in Illinois Doing?

**99%**

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

**61%**

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

**49%**

help with medical and nursing tasks

**36%**

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

**20%**

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

## Who Are Family Caregivers in Illinois?

**71%**  
Women



**29%**  
Men

Caregiver average age is **49** years old



**62%**

have worked while caregiving

Care recipient average age is **66** years old



**47%**

care for a parent

**32%** are sandwich generation caregivers with a child at home while caring for an adult

## Well-Being of Family Caregivers in Illinois



**47%**

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



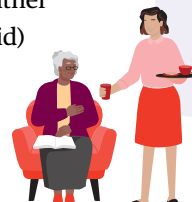
**40%**

report moderate to high levels of emotional stress



**37%**

receive no help with caregiving (either paid or unpaid)



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