STATE OF OHIO

Caregiving in Ohio

1 in 4 adults in Ohio is a family caregiver, or 24%

Caregiving refers to providing ongoing practical, emotional, medical, financial, or household support to a family member, friend, or other individual who needs assistance with daily life.

Caregiving in Ohio is hard work.



1 in 2 are employed while also caregiving



1 in 3 receive no help with caregiving (either paid or unpaid)



1 in 3 are sandwich caregivers (care for both children and adults)



2 in 5 have been providing care for three years or longer

Unpaid family caregivers provide $32 billion in economic value to Ohio.

Equal to the entire **Ohio construction industry.**

78% of caregivers incur out-of-pocket costs as a result of caregiving

26% of caregivers' income is spent, on average, on caregiving activities

In 2021, the average caregiver spent $7,242 out-of-pocket on caregiving activities. This expense is likely higher today due to inflation.

Cost of care in Ohio, 2025

$77,792
In-home care by a non-medical caregiver

$124,666
Private room at a skilled nursing facility

Caregiving estimates in Ohio

	Ohio	
	#	%
Total caregivers	2,210,400	24%
Caregivers experiencing negative financial impacts	906,300	41%
Caregivers who provide 40+ hours of care per week	508,400	23%
Sandwich caregivers	641,000	29%
Caregivers who assist with complex daily activities	2,188,300	99%
Caregivers who are trained	221,000	10%

Ohio

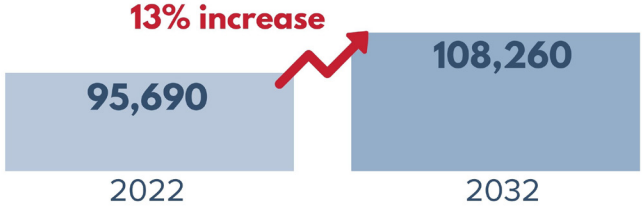
562,148 | 6.2%
adults (18+) have **independent living difficulties**

255,920 | 2.8%
adults (18+) have **self-care difficulties**

* **Unpaid family caregivers in Ohio provide an estimated economic value of $32 billion.**

Home health aides are critical to Ohio's economy.

Home health aides have the highest projected employment growth of any occupation in Ohio.



Ohioans want to remain in their homes, and it's less expensive.

Ohio Medicaid spends $12,000 less per enrollee each year for in-home care compared to institutional care.

8 in 10

Ohio residents (45+) would **prefer to receive care at home** compared to a nursing home or assisted care facility.

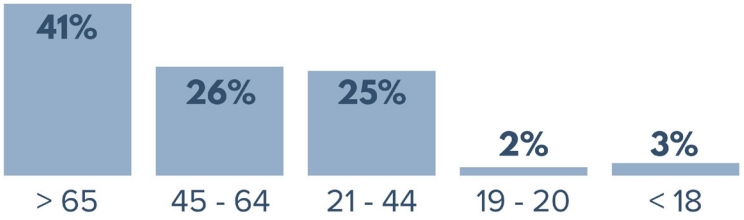
2 in 3

voters nationwide **oppose eliminating Medicaid payments** to family members who serve as caregivers.

122,000+ Ohioans rely on Medicaid HCBS to stay safe and healthy.

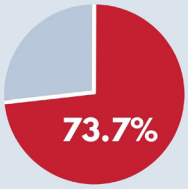
Ohioans receiving Medicaid-funded home and community-based services are older adults or people with disabilities who would otherwise need nursing home or intermediate care.

Medicaid HCBS program enrollees, by age



Caregivers make sacrifices.

"I have cut back or postponed personal things that I enjoy doing to help or care for my care recipient."



62% assist with activities of daily living such as bathing, dressing, and feeding

57% help with medical or nursing tasks

41% engage in high-intensity caregiving (more hours and higher complexity of care)

Caregivers fill the gap.

* On average, per-person Medicaid health and long-term services and support costs were **23-30% lower following transitions to the community.**
* Older adults and people with disabilities who remain in their community have an **increased quality of life and have lower associated costs.**
* Family members and friends serving as caregivers improve the delivery of more **culturally and linguistically, person-centered supports.**

The shift toward home and community-based services is an intentional policy choice—it's not fraud.

Sources: AARP: Caregiving in the US 2025 Snapshot and Detailed Overview, AARP: Valuing the Invaluable 2026, AARP: Family Caregivers Struggling Financially, Census (ACS 2020-2024 5-year estimates), The Construction Association: The Economic Impact of Construction in the United States and Ohio, CareScout: Calculate the cost of long-term care, CareerOneStop: Home Health Aides, Ohio Governor's Office of Workforce Transformation: Ohio's Top Jobs List, Health Policy Institute of Ohio: 5/22 graphic, AARP Ohio: Vital Voices 2024, Data for Progress: 2026 survey of 1,213 U.S. likely voters, Ohio Department of Medicaid Data Dashboard, AOoA of Northwestern Ohio: Caregiving The Hardest Second Job, Community Living Policy Center: Home and Community-Based Services Improve Outcomes While Reducing Costs

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