

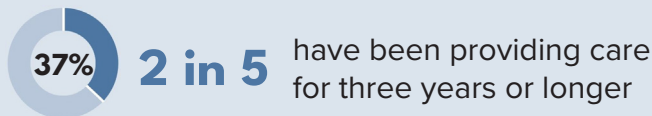
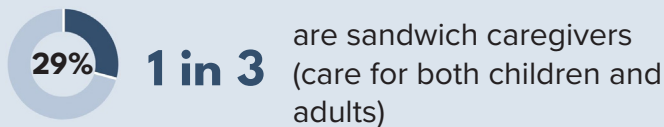
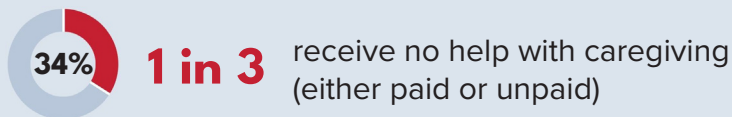
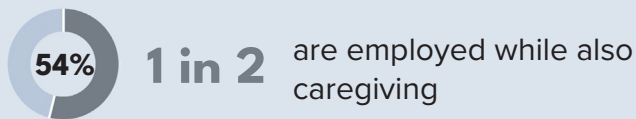


# Caregiving in Ohio

**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.



**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 House District 45

	House District 45	
	#	%
Total caregivers in district	22,700	24%
Caregivers experiencing negative financial impacts	9,300	41%
Caregivers who provide 40+ hours of care per week	5,200	23%
Sandwich caregivers	6,600	29%
Caregivers who assist with complex daily activities	22,500	99%
Caregivers who are trained	2,300	10%

### House District 45

**3,912 | 4.2%**

adults (18+) have **independent living difficulties**

**1,765 | 1.9%**

adults (18+) have **self-care difficulties**

**\* Unpaid family caregivers in House District 45 provide an estimated economic value of \$341 million.**

# 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