



# 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.

54%

1 in 2

are employed while also caregiving

34%

1 in 3

receive no help with caregiving (either paid or unpaid)

29%

1 in 3

are sandwich caregivers (care for both children and adults)

37%

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 House District 1

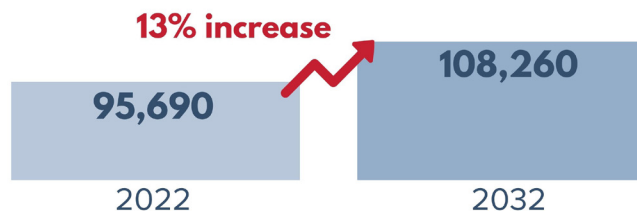
|                                                     | House District 1 |     |
|-----------------------------------------------------|------------------|-----|
|                                                     | #                | %   |
| Total caregivers in district                        | 21,900           | 24% |
| Caregivers experiencing negative financial impacts  | 9,000            | 41% |
| Caregivers who provide 40+ hours of care per week   | 5,000            | 23% |
| Sandwich caregivers                                 | 6,400            | 29% |
| Caregivers who assist with complex daily activities | 21,700           | 99% |
| Caregivers who are trained                          | 2,200            | 10% |

**House District 1**  
**5,052 | 5.6%**  
adults (18+) have **independent living difficulties**  
**1,751 | 1.9%**  
adults (18+) have **self-care difficulties**

\* Unpaid family caregivers in House District 1 provide an estimated economic value of \$329 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.

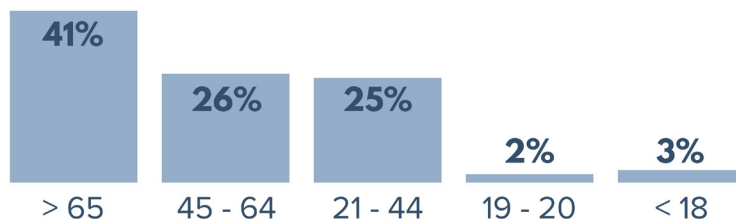
**2 in 3**

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.

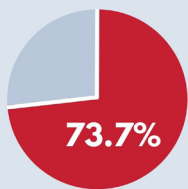
Ohioans receiving Medicaid-funded home and community-based services are older adults or people with disabilities who would otherwise need nursing home or intermediate care.

### 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, AOa of Northwestern Ohio: Caregiving The Hardest Second Job, Community Living Policy Center: Home and Community-Based Services Improve Outcomes While Reducing Costs