



Maryland Commission on Caregiving
2025 Annual Report

Completed in accordance with Human Services Article § 7-305(b)

October 1, 2025

REPORT REQUIREMENT

This report is hereby submitted in response to the following reporting requirements:

The Maryland Commission on Caregiving shall report annually on its activities and recommendations regarding family caregiver support services to the Governor and, subject to § 2-1246 of the State Government Article, the General Assembly.

Source: Human Services Article § 7-305 (b)

BACKGROUND

The [Maryland Commission on Caregiving](#) (MCC) serves as Maryland's official advocate for informal caregivers. Informal caregivers are individuals who provide supportive care to family members, friends, or neighbors unable to care for themselves due to illness, injury, or disability. Their support may encompass a range of activities such as personal care, housekeeping, medication assistance, coordinating services, and facilitating access to the community for various needs.

The MCC was created during the 2017 Legislative Session of the Maryland General Assembly, through Senate Bill 215/House Bill 769, and signed into law on April 11, 2017. The Commission took effect on October 1, 2017, and includes 19 Commissioners, including a legislator from the House of Delegates and the Senate of Maryland. In addition, seven Commissioners are appointed as family caregivers/consumers to ensure that the caregiver's voice is fully represented. The MCC is staffed by the Maryland Department of Human Services.

EXECUTIVE SUMMARY

MCC serves as a cross-cutting entity, highlighting family caregiver needs and coordinating services across Maryland's state government agencies and committed partners, including organizations providing services in the community. Representation by those with lived experience, family caregiver members of the MCC, has long been a driving force behind the work. MCC has a statutory duty to inform the Governor and Maryland General Assembly on the unmet needs of family caregivers and offer solutions. Family caregivers are the backbone of our family structure. Their efforts in caring for a loved one in

home-based settings tend to provide the best possible care. This includes families caring for children with disabilities and adult children caring for older adult parents. Caregivers are vital to Maryland’s economic health. Caregivers often face personal sacrifice, including impacts to their own physical and mental well-being, costs associated with care, and impacts to their ability to work. In AARP’s latest report on the state of family caregivers, *Valuing the Invaluable*, provided by the 760,000 individuals who self-identify as caregivers in Maryland is valued at \$12.5 billion. This represents a \$2.9 billion increase in unpaid contributions since the last report was released in 2019.

This report demonstrates the coordinated efforts and innovation Maryland is engaging in to support family caregivers and ease their burdens where possible. The MCC’s 2024 statewide survey of Maryland’s family caregivers gathered the needs and concerns of more than 2,000 providing care to loved ones, and highlighted the areas where caregivers need support, such as respite care, a break for family caregivers. The Maryland Department of Human Services is the state’s largest provider of respite care to caregivers across the lifespan. More than half report performing medically complex tasks day-to-day, spending nearly 30 hours per week on average providing care, and experience physical and emotional burnout, as well as financial strain.

In 2024, the Maryland Department of Aging was awarded the Maryland Caregiver Navigation Grant, a \$490,000 cross-agency initiative by the federal Administration for Community Living (ACL). Maryland is one of only four states to receive this grant, which is a cornerstone of the state’s multisector plan for aging, [Longevity Ready Maryland](#). In addition, MCC is leading efforts to implement the [2022 National Strategy to Support Family Caregivers](#), which is a comprehensive plan to improve support for the millions of Americans who provide unpaid care for loved ones. Echoing the Moore-Miller Administration’s key values of *Be Innovative* and being *Data-Driven and Heart-Led*, the MCC continues to work on behalf of Maryland’s family caregivers, raising awareness of their sacrifice, supporting their efforts and closing gaps in services.

ACTIVITIES

The MCC is pleased to release its annual report for the period spanning July 1, 2024, to June 30, 2025. Throughout this year, the MCC has remained dedicated to carrying out its mandated legislative responsibilities:

1. Gathering and addressing caregiver concerns.

2. Developing and distributing a handbook of current respite care and other available family caregiver services in the State.
3. Reviewing successful respite care programs in other states.
4. Creating a model family caregiver support program incorporating best practices from existing programs.
5. Coordinating activities among existing and proposed family caregiver support services at both the state and local levels.
6. Researching available funding sources and exploring opportunities for additional funds.
7. Identifying unmet needs and priorities for additional funding.
8. Providing ongoing analysis of best practices in family caregiver support programs in Maryland and other states.
9. Monitoring the implementation of the Commission's recommendations.

The MCC convened 10 times throughout the year. Meetings were held monthly, with the exceptions of July 2024 and January 2025, and were conducted through a hybrid model of both in-person and virtual attendance. These gatherings were attended by Commissioners and community partners, with the primary aim of coordinating caregiver support throughout Maryland. This coordination involved the review of existing programs, solicitation of feedback from family caregivers to identify service gaps, and review of proposed legislation. The Commission also frequently extended invitations to guest speakers who provided valuable insights and information on various supports and services.

Meeting topics and speakers this year included:

Speaker	Date	Topic
Delegate Andrea Harrison (Prince George's County)	August 2024	A presentation was given on the income tax caregiver tax credit, sponsored by Delegate Harrison. This credit allows eligible caregivers a State income tax credit equal to 30% of qualified expenses exceeding \$2,000, incurred

		for providing care or support to qualified family members.
Estelle Brooks, Careforth	August 2024	<p>A presentation was shared highlighting Careforth’s partnership with state agencies, including the Maryland Department of Health and Department of Aging. Opportunities for future collaboration were discussed, and materials were provided to support greater understanding and potential outreach.</p> <p>Careforth has supported tens of thousands of caregivers by helping them receive payment for the care they provide, offering expert guidance, and enabling them to safely care for loved ones at home.</p>
Senator Joanne Benson, Maryland State Senator (Prince George’s County)	September 2024	An update was shared regarding 2024 SB202, a bill intended to support caregivers, which did not receive a funding allocation when passed into law.
Leslie Smith-Ray, Director, Community Client Services, Maryland Department of Aging	September 2024	Longevity Ready Maryland, a Governor Moore initiative, aims to address the needs of Maryland's growing older population

		through four goals: Longevity (housing, healthcare), Health Promotions (healthy living, social connections), Ecosystem (regional preparedness), and Economic Growth (caregiving workforce, family caregiver support).
Marilyn Massey, Program Manager, Alzheimer Association, Greater Maryland Chapter	September 2024	Marilyn Massey, representing the Alzheimer's Association, Greater Maryland Chapter, expressed the organization's mission to address Alzheimer's and dementia through dedicated efforts in research, risk reduction, early detection, and the provision of quality care. All programs offered within Maryland are provided at no cost.
Dr. Joan Davitt, University of Maryland School of Social Work	October 2024	In 2024 the MCC Caregiver Survey received over 2,000 responses. The preliminary report was distributed in November 2024. Further presentations and updates are expected.
Ilyana Kadushin, Stories Love Music	November 2024	Presentation on "Finding Joy in your Caregiving Journey." The training was designed to support caregivers by addressing

<p>Michael Brick, Educator</p> <p>Yasaman Alavi, Licensed Clinical Counselor, Classen-Miller Associates</p>		<p>the emotional and relational aspects of their role.</p> <p>Responding to Dementia Related Behaviors. This training was designed to teach participants how to interpret behavioral messages from individuals with dementia, identify triggers, and manage common behavioral challenges.</p> <p>Caregiver’s Mental Health. This training was aimed to equip caregivers with self-care techniques.</p>
<p>In-person meeting</p>	<p>December 2024</p>	<p>The Commission met in person to review prior year accomplishments and discuss 2025 legislative priorities.</p>
<p>Leslie Smith-Ray, Director, Community Client Services, Maryland Department of Aging</p>	<p>February 2025</p>	<p>New acting Commission chair, Molly Wisniewski introduced. Presentation on the federal Administration for Community Living Caregiver Navigation Grant to support respite caregivers in providing training and other resources. Maryland was</p>

		<p>awarded \$490,000 as one of only four states selected for this grant, which will strengthen services for family caregivers and support the state’s multisector plan for aging, Longevity Ready Maryland. The initiative will expand outreach, enhance partnerships, and help family caregivers access the resources they need to care for loved ones at home.</p>
<p>Jennifer Eastman, Director, Community Living Policy and Programs, Department of Disabilities</p> <p>Dr. Joan Davitt, Associate Professor & Hartford Geriatric Social Work Faculty Scholar, University of Maryland School of Social Work</p> <p>Shalini Arora, Deputy Director, Office of Adult Services, Department of Human Services</p> <p>Leslie Smith-Ray, Director, Community Client Services, Maryland Department of Aging</p> <p>Molly Wisniewski, Family Caregiver Program Manager, Maryland Department of Aging</p>	<p>March 2025</p>	<p>The commission discussed the caregiver survey results with the other commissioners/guests. Talked about the next steps and the possibility of expanding the survey to include caregivers of individuals 18 years old and under.</p>

<p>Hilary Wiseman, Program of General Caregiver Support Services Coordinator, Veteran’s Administration, Maryland Healthcare System</p>	<p>April 2025</p>	<p>This presentation focused on VA Caregiver Support Services and available resources.</p>
<p>Mark Tesoro, Cognitive and Behavioral Health Specialist, Maryland Department of Aging</p> <p>Dr. Quincy Samus, Director of the Memory and Aging Services Innovation Centers at Johns Hopkins</p>	<p>May 2025</p>	<p>Efforts to bridge research and practice in Maryland’s Aging and Disability Resource Center (ADRC) and Area Agency on Aging (AAA) systems. Johns Hopkins Memory Care Family Checklist Tools and the development of Maryland’s 2022 State Plan, which outlined five strategic goals to strengthen the infrastructure for supporting individuals with dementia and their caregivers.</p>
<p>Molly Wisniewski, Family Caregiver Program Manager Maryland Department of Aging</p>	<p>June 2025</p>	<p>Presented the Respite Ambassador Program of the Maryland Department of Aging concept to the MCC to gather initial feedback and assess alignment with Commission priorities. Following the discussion, the Commission agreed to formally advance the initiative by establishing a dedicated workgroup to</p>

		guide its development and cross-sector coordination.
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MCC WEBSITE AND INFORMATION SHARING

The MCC continues to prioritize information sharing throughout the state with consistent communication from Commissioners and partners at virtual and in-person events. These efforts support the exchange of timely and relevant information—including conferences, funding opportunities, legislative updates, and national and state-level reports—ensuring a well-informed network of stakeholders working to support Maryland’s caregivers.

To further support this mission, the [Commission website](#) is regularly updated to provide easy access to the latest resources, including:

- Training resources for caregivers
- *Caring for the Caregivers* materials
- Commission meeting dates and agendas
- Members of the Commission
- Annual reports and publications
- Caregiving resources
- Contact information

Through consistent communication and a dynamic online presence, the MCC fosters connections among caregivers, service providers, and policymakers. The website and regular updates provide access to training opportunities, reports, and policy updates, while meetings and events create opportunities for collaboration and knowledge-sharing. These efforts strengthen Maryland’s caregiving network by keeping stakeholders engaged and informed.

By maintaining a comprehensive and easily accessible flow of information, the MCC ensures that caregivers and partners have the tools they need to navigate available support and resources. This ongoing commitment to information sharing also elevates awareness of caregiving issues statewide, helping to guide decision-making and advance the Commission’s mission.

The MCC CHAIRPERSON

In December 2024, Molly Wisniewski, representing the Maryland Department of Aging, began serving as Acting Chair to support the continued work of the Commission. Her leadership provided continuity and renewed energy to ongoing initiatives.

In May 2025, Molly was formally sworn in for the current term, as the appointed Chair. The Commission expressed gratitude to both Theresa Robertson and Jennifer Eastman for their continued service as active Commissioners. The Commission is fortunate to retain their experience and insight as it moves forward in advancing policies and supports for caregivers across Maryland.

PARTNERSHIP DEVELOPMENT

The MCC maintains a robust network of partnerships that strengthens its ability to support caregivers statewide. The Commission benefits from the time, expertise, and resources contributed by numerous partner organizations, extending well beyond its formal membership. Organizations such as the Alzheimer’s Association Greater Maryland Chapter, Easter Seals, AARP, the Arc of Howard County, the Arc of the Northern Chesapeake Region, NAMI, and Hands of Hope, as well as representatives from Area Agencies on Aging, have all demonstrated strong engagement. These partners actively participate in Commission meetings, provide valuable feedback, and help advance initiatives that directly benefit Maryland’s caregivers.

The MCC has also built a dedicated collaboration with the U.S. Department of Veterans Affairs (VA) to connect Maryland veterans and their caregivers to essential support and resources. A VA representative consistently attends monthly Commission meetings, offering insight, guidance, and connections that strengthen the statewide caregiver support network.

Additionally, the MCC has supported the strengthening of cross-sector partnerships among state agencies. The Departments of Disabilities, Human Services, Health, and Aging now meet on a bi-monthly basis to coordinate efforts, share updates, and align priorities. This structured collaboration improves communication, reduces duplication, and enhances the delivery of caregiver services across Maryland.

Through these strategic partnerships—community-based, federal, and interagency—the MCC is building a more connected and resourceful caregiving network, ensuring that caregivers and their families can access the support they need.

LEGISLATIVE EFFORTS

In 2025, the MCC launched a Legislative Subcommittee to revitalize and strengthen its role in state policymaking and advocacy on behalf of Maryland's caregivers. Recognizing the need for consistent engagement with legislators, alignment with departmental priorities, and a more structured approach to shaping caregiving policy, the subcommittee was formed to serve as a strategic arm of the Commission.

The subcommittee reviewed current Commission vacancies, including unfilled seats for a representative from the Maryland Department of Health, a respite services organization, a State Delegate, and a State Senator. The group also discussed the upcoming term renewals for all Commissioners in July 2025, and clarified the process for confirming appointments and reappointments.

Key priorities identified by the subcommittee include:

- Establishing a regular meeting cadence that supports policy planning and responsiveness during the legislative session, with weekly meetings proposed during session months and monthly meetings during the interim.
- Developing a clear framework for reviewing and responding to legislation, including drafting testimony, preparing position statements, and maintaining coordination with the Department of Human Services (DHS) when appropriate.
- Ensuring strategic alignment between Commission recommendations and legislative priorities, with an emphasis on engaging legislators who have demonstrated a commitment to aging, disability, and caregiver issues.

In line with the Commission's focus on elevating caregiving as a cross-cutting policy issue, the subcommittee plans to proactively identify and shape legislative priorities for the 2026 session, building on the momentum of recent caregiver tax credit efforts and aligning with the work of the ACL Caregiver Navigation Grant.

This renewed legislative focus will help ensure the Commission remains a visible and influential voice in shaping state policy and systems that support family caregivers.

FY26 Legislative Subcommittee Goals include:

- Monitor Caregiver-Related Legislation
 - Track all state and federal legislation impacting caregivers or caregiving programs.
 - Identify bills relevant to the Commission and assess their potential impact.
- Evaluate and Recommend Commission Positions
 - Review caregiver-related bills and determine Maryland Commission on Caregiving (MCC) response.
 - Provide timely updates and recommendations to the full Commission.
- Engage Legislative Commissioners
 - Actively involve the Maryland Delegate and Senate Commissioners and encourage participation in legislative efforts.

ACL CAREGIVER NAVIGATION GRANT: MCC ACTIVITIES

During this term, the MCC has taken an active leadership role in implementing the Maryland Caregiver Navigation Grant, a \$490,000 cross-agency initiative awarded to the Maryland Department of Aging by the federal Administration for Community Living (ACL). Maryland is one of only four states to receive this grant, which is a cornerstone of the state's multisector plan for aging, Longevity Ready Maryland.

The Maryland Caregiver Navigation Grant is designed to prepare for the growing demand for caregiving by increasing outreach, advancing partnerships, and strengthening services and supports for family caregivers. The Maryland Department of Aging will lead the grant in partnership with the Maryland Departments of Human Services, Health (including the Developmental Disabilities Administration), and Disabilities, aligning strategies with both the Alzheimer's Disease and Related Dementias State Plan, and the National Strategy to Support Family Caregiving.

The Commission's work directly advances the grant's three primary goals:

1. Cross-agency collaboration – leveraging state partnerships to streamline caregiver support and ensure coordination across aging, disability, and human service programs.
2. Data-driven program design – informing policies and service delivery with research, caregiver surveys, and utilization trends to target resources effectively.
3. Targeted caregiver outreach and education – increasing public awareness of available supports and improving access to information through Maryland Access Point and other local initiatives.

This effort comes at a critical time for Maryland’s caregivers. In 2023, there were an estimated 760,000 unpaid caregivers in the state providing 710 million hours of care, valued at \$12.5 billion, according to AARP’s Valuing the Invaluable report. Additionally, 464,000 Marylanders expect to become caregivers in the next two years, and the majority of caregivers are women, with 60% working full- or part-time, often risking income loss due to their caregiving responsibilities.

By investing in family caregivers, expanding access to resources, and fostering collaboration across agencies, the Maryland Department of Aging and the MCC are positioning the state to meet the challenges and opportunities of a growing older population while supporting caregivers to maintain their health, financial security, and ability to care for loved ones at home.

The MCC launched and continues to lead three strategic workgroups as part of the grant implementation:

Adult Caregiver Survey Review Workgroup

This group is analyzing responses from the 2024 Maryland Caregiver Survey and has identified 10 key themes emerging from caregiver feedback. These themes will directly inform the development of 10 evidence-based workshops, which will be piloted in Fall 2025 to address priority issues identified by Maryland caregivers. The key themes are:

1. Understanding and Managing Caregiver Stress
2. Mental Health & Emotional Resilience
3. Navigating Employment and Caregiving
4. Coordinating Complex Care
5. Caregiver Financial Literacy

6. Using Respite Services Effectively
7. Building Confidence as a Care Team Member
8. Gender and Cultural Dynamics in Caregiving
9. The Hidden Costs of Caregiving
10. Accessing and Utilizing Caregiver Resources

Youth Development and Survey Expansion Workgroup

Building on prior efforts to engage youth caregivers, this workgroup is expanding the youth development survey to include a broader population of family caregivers—including older relative caregivers, kinship caregivers, and parents of children with disabilities. The updated tool will help identify unmet needs and guide future services tailored to these caregiving groups.

Respite Ambassador Program Design Workgroup

This team is designing Maryland’s first Respite Ambassador Program, which will engage and train caregivers across the state to serve as trusted peer leaders. Ambassadors will support outreach, increase awareness of respite and caregiving supports, and build direct connections to Maryland Access Point (MAP) Maryland’s No Wrong Door system.

Together, these workgroups are helping to operationalize the broader goals of the Maryland Caregiver Navigation Grant: creating sustainable infrastructure improvements, increasing the diversity and reach of caregiver engagement, and ensuring Maryland’s policies and programs are informed by caregiver experience and input. The Commission’s leadership has been critical to building partnerships across state agencies and aligning this work with the goals of the National Strategy to Support Family Caregivers.

NATIONAL FAMILY CAREGIVER MONTH

National Family Caregiver Month is observed every November, and in celebration, public agencies and partner organizations across Maryland hosted training and presentations at their respective agencies. A notable collaboration occurred between AARP and MCC, resulting in a virtual presentation titled “Finding Joy in your Caregiving Journey” by Ilyana Kadushin, Stories Love Music. This presentation was well-attended by commissioners and guests alike, receiving positive feedback. The training "Finding Love in Your Caregiving Journey" was designed to support caregivers by addressing the emotional and relational aspects of their role. Key areas covered included strategies for preserving and adapting loving relationships within the

caregiving dynamic, and an emphasis on the importance of self-care, emotional resilience, and stress management to prevent burnout and sustain effective care. The training also fostered a deeper understanding of the care recipient's perspective to enhance the quality of care, and presented practical approaches to creating a supportive and loving environment through consistent support and positive interactions. Furthermore, it helped caregivers find meaningful moments and view their journey as an expression of love, and encouraged connection with other caregivers to mitigate isolation and share experiences. "Story loves music" was incorporated into the training as a therapeutic element, aimed at facilitating emotional expression, reducing stress, and fostering a positive atmosphere.

IMPLEMENTATION OF NATIONAL STRATEGIES TO SUPPORT FAMILY CAREGIVERS

The MCC is leading efforts to implement the [2022 National Strategy to Support Family Caregivers](#), which is a comprehensive plan to improve support for the millions of Americans who provide unpaid care for loved ones. It was developed by the [RAISE Family Caregiving Advisory Council](#) and the [Advisory Council to Support Grandparents Raising Grandchildren](#), with input from family caregivers, those they support, and other stakeholders. The strategy outlines nearly 500 actions across federal agencies and at the state and local levels to address the needs of family caregivers.

The Commission's work aligns with the 2022 National Strategy to Support Family Caregivers, ensuring Maryland caregivers are recognized, supported, and empowered. Through the federal Caregiver Navigation Grant, the Commission has taken on a central role in advancing the strategy's five national goals, tailoring implementation to meet the needs of caregivers across the state.

The Commission's work throughout this year aligns with the five national strategy goals:

- Goal 1: Awareness and Outreach
 - The Commission promotes caregiver awareness through consistent engagement with the public, stakeholders, and partner agencies, and through its ongoing information-sharing efforts.
- Goal 2: Partnerships and Engagement with Caregivers
 - In May 2025, the Commission approved a new caregiver assessment tool that will be on the Maryland Access Point website,

which delivers personalized, location-specific resources tailored to each caregiver's unique needs, based on their responses. Additionally, a subcommittee is analyzing the 2023 Caregiver survey results to inform the development of ten evidence-based caregiver trainings to be provided by the Living Well Center of Excellence beginning in September, 2025.

- Goal 3: Strengthening Services and Supports
 - A Respite Ambassador Program is currently in development, with criteria and training designed by the Commission. This initiative will engage 25 ambassadors to conduct outreach and education about available respite services throughout Maryland, improving caregiver access and awareness.
- Goal 4: Improving Financial and Workplace Security
 - The Commission is working to partner with the Maryland Department of Labor to identify ways to better support caregivers in the workplace and ensure their needs are reflected in employment policies and practices.
- Goal 5: Expanding Data and Evidence-Based Practices
 - The Commission is expanding its survey efforts to include caregivers of individuals under 17—particularly kinship caregivers, older relatives, and parents of children with disabilities—ensuring broad representation across the lifespan. Through its assessment and survey initiatives, the Commission is gathering actionable data to inform policies, enhance program development, and respond directly to the evolving needs of Maryland caregivers.

The Commission's work reflects a renewed focus on strategic implementation and cross-sector collaboration, creating a Maryland where caregivers are not only recognized for the critical roles they play—but are equipped with the tools, training, and support they need to thrive.

Appendix A - MCC Members

Chair

Molly Wisniewski
Family Caregiver Program Manager
Maryland Department of Aging

Commissioners

Larry Bram
Senior Vice President, Innovation & Program Development
Easter Seals Serving DC/MD/VA

MD Department of Health - Vacant

Mary Anne Kane-Breschi, Director of Family Supports
Developmental Disabilities Administration
Maryland Department of Health

Chalarra A. Sessoms, LCSW-C
Chief, Rural Health and School-Based Programs
Primary Behavioral Health and Early Intervention Division
Maryland Department of Health
Behavioral Health Administration

Greg Sesek
Commission Executive Director (Ex-Officio)
Deputy Executive Director, Adult Services, Social Services Administration
Maryland Department of Human Services

Yetunde Olobatuyi
Respite Program Administrator, Office of Adult Services
Maryland Department of Human Services

Trina Townsend
Kinship Navigator, Social Services Administration
Maryland Department of Human Services

Representative of the House - Vacant

Representative of the State Senate - Vacant

Kathy Wehr

Caregiver Support Program Manager

Howard County Office on Aging and Independence

Area Agency on Aging representative

Kate Fairenholt, Respite Services Exp.

Respite Services Exp. - Vacant

Respite Services Exp. - Vacant

Theresa Robertson, Consumer

Patricia Morris, Consumer

Ann Squire, Family Caregiver

Esther Ward, Family Caregiver

Dawnita Brown, Family caregiver

Appendix B - MCC Logos

Horizontal Logos



Vertical Logos

MCC



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ON CAREGIVING



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MCC

Appendix C - Caregiver Collaborative Series Videos/Tip Sheets

Three episodes of caregiver collaborative that goes into detail on a number of Assistive Technology (AT) devices to assist both a caregiver and their patient, client, husband, wife, or other family member. The topic for this episode is remote support, monitoring, and environmental control units (ECUs).

[Caregiver Collaborative Series Episode 1: Remote Supports, Monitoring, and ECU's.](#)

<https://www.youtube.com/watch?v=yKlv15FjfE0&t=448s>

[Caregiver Collaborative Series Episode 2: Health Management](#)

<https://www.youtube.com/watch?v=10MC8UMj9iw&t=544s>

[Caregiver Collaborative Series Episode 3: Independent Living Aids
Final](#)

<https://www.youtube.com/watch?v=blymnRcraTA&t=2509s>

Appendix D: 2024 Caregivers Preliminary Survey Results

Who in Maryland is providing care?

Compared to 2014, caregivers are younger and more men are providing care.



7 out of 10 caregivers are women

47 years old
Range 18-96

Over 70% are married/partnered



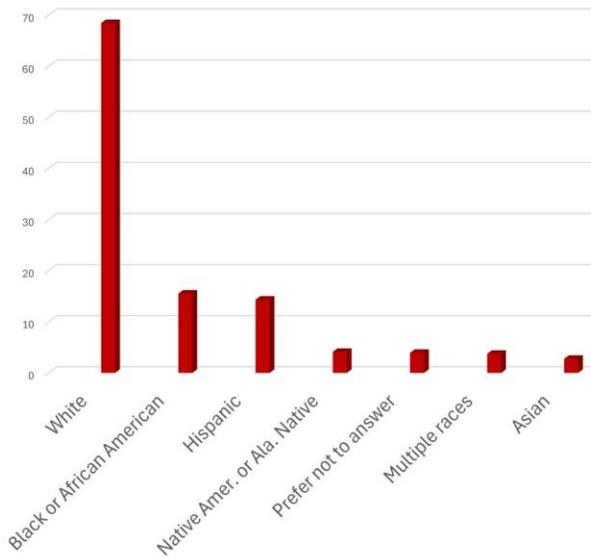
Over 80% have greater than a high school education



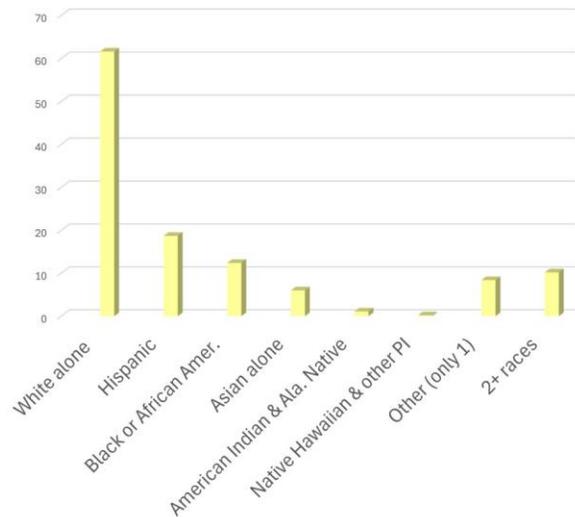
Median income = \$70,000



Sample Race/ethnicity



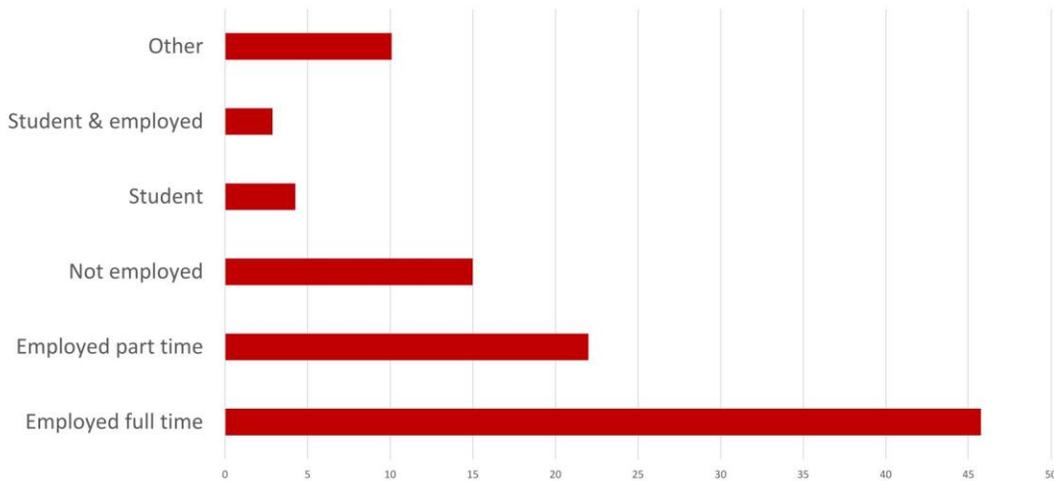
MD Census 2020 Race/ethnicity



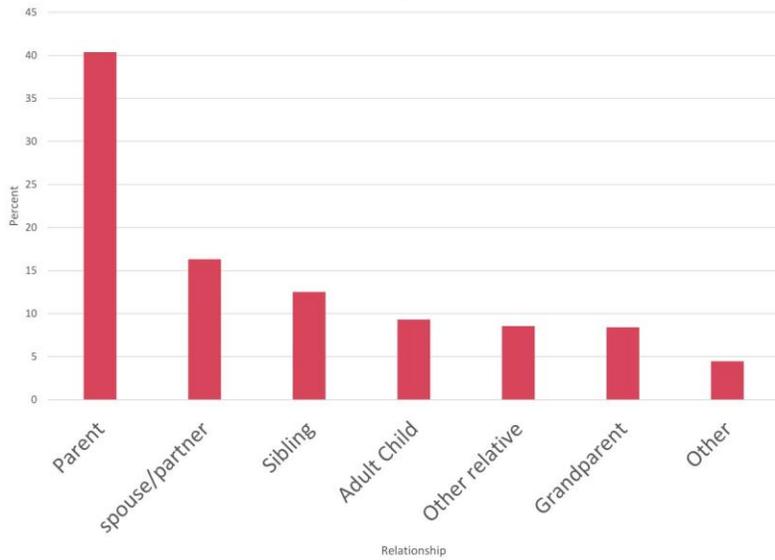
Maryland's Caregivers Are Busy Providing Care



What else do caregivers do?

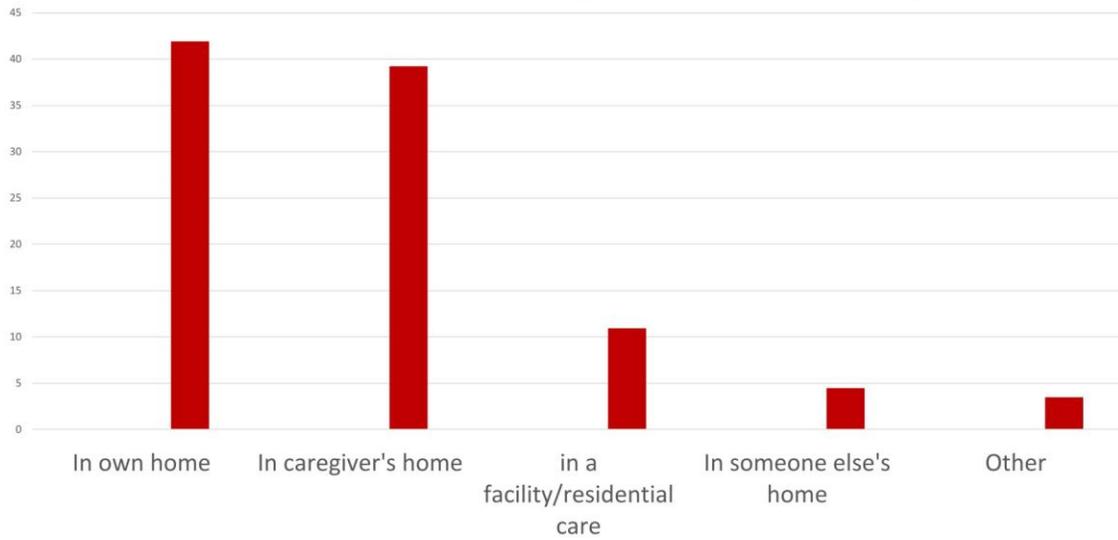


Who do they care for

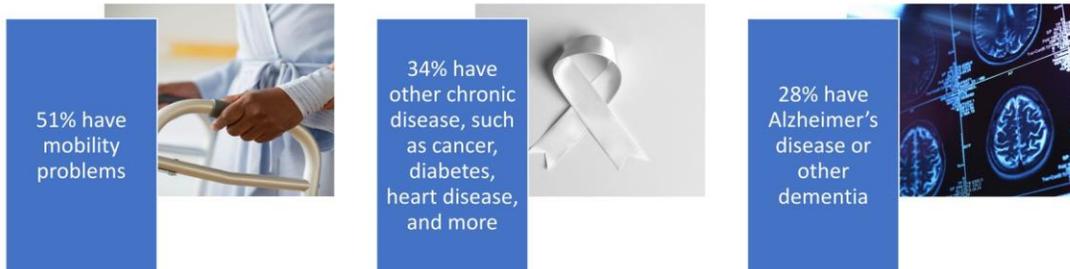


Care recipient average age = 60
Range 18-104

Care Recipient Living arrangement (%)

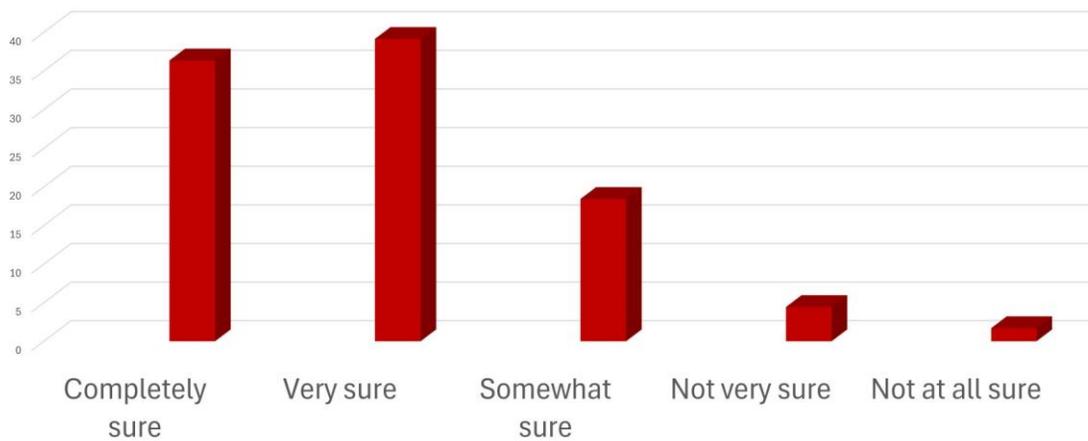


Care recipients have an average of 2 health conditions.



Less than 10% reported being unsure or not very sure about their loved one's health condition

Sure about Knowledge of Health Condition





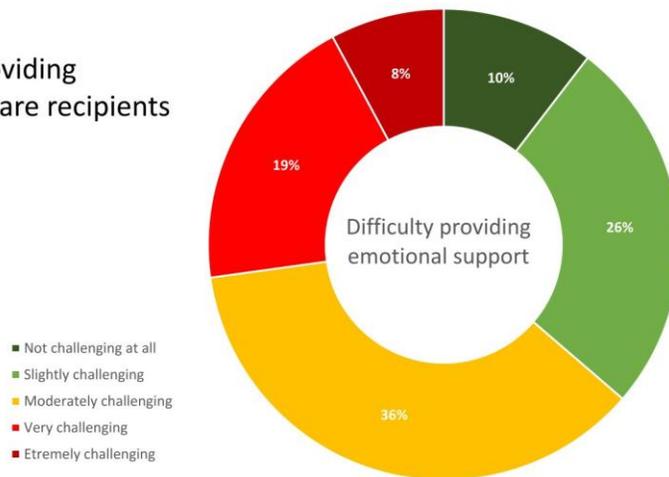
What care do they provide

Over ½ assist with medically complex tasks, but only 38% report receiving adequate training on those tasks.

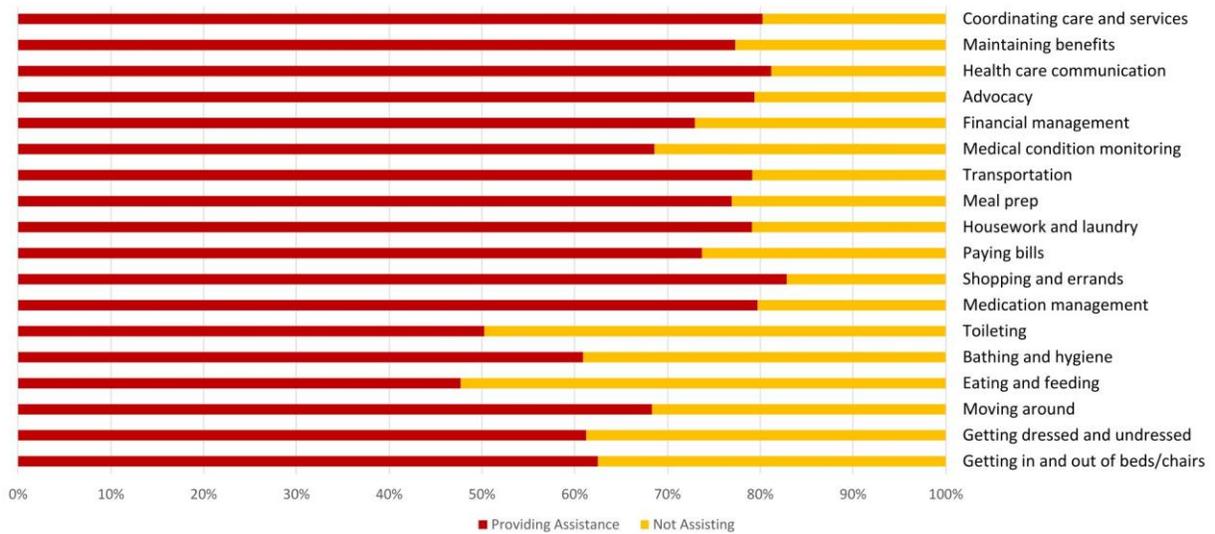
Over 88% provide emotional support, & only 10% report that providing such support is **not** challenging.

Providing Emotional Support

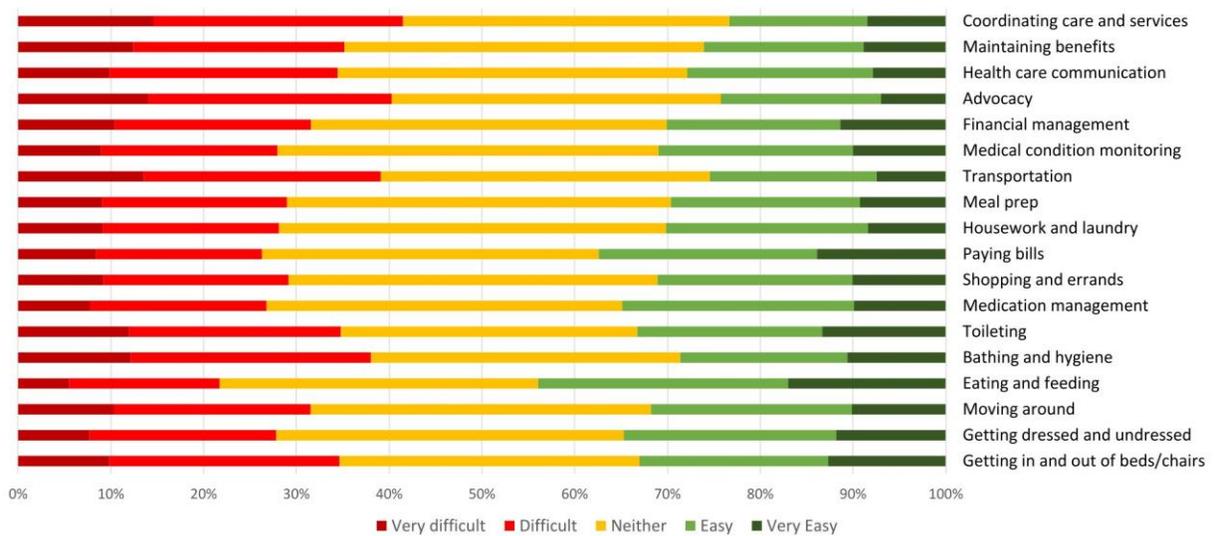
- 89% of caregivers report providing emotional support to their care recipients



Caregivers do many different tasks



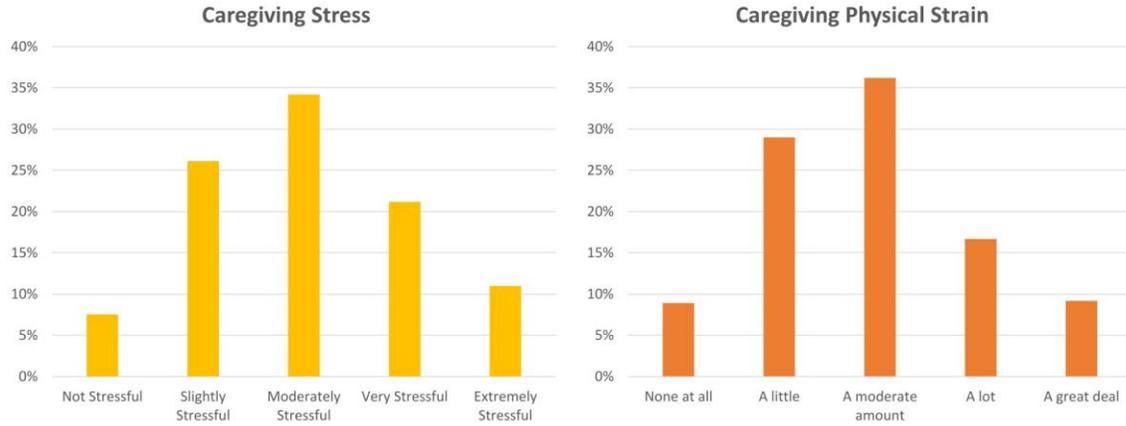
Degree of Difficulty With Tasks



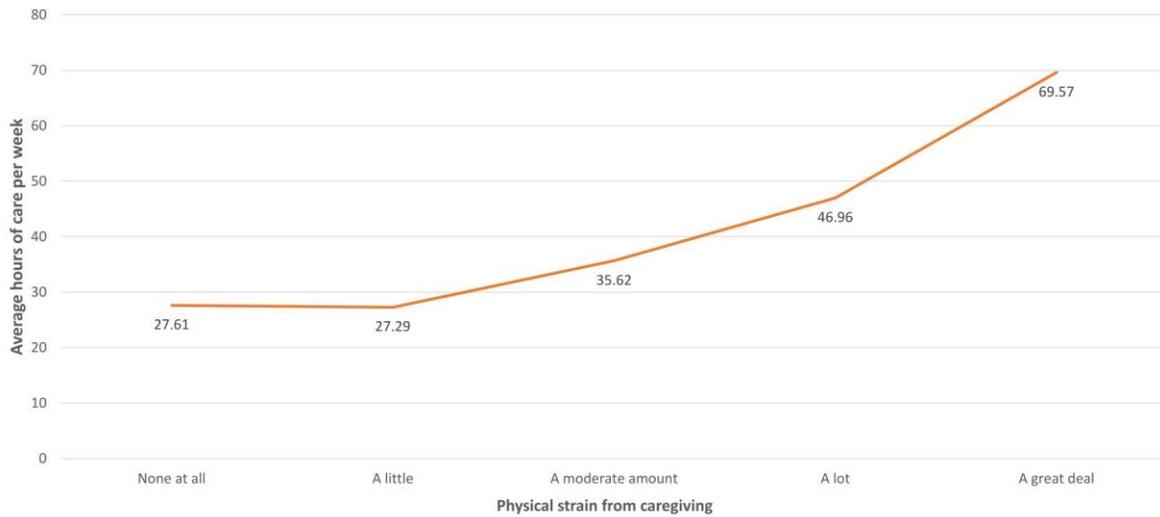
Stress and Strain of Caregiving

Less than 10% of caregivers reported that caregiving was **not** at all stressful.

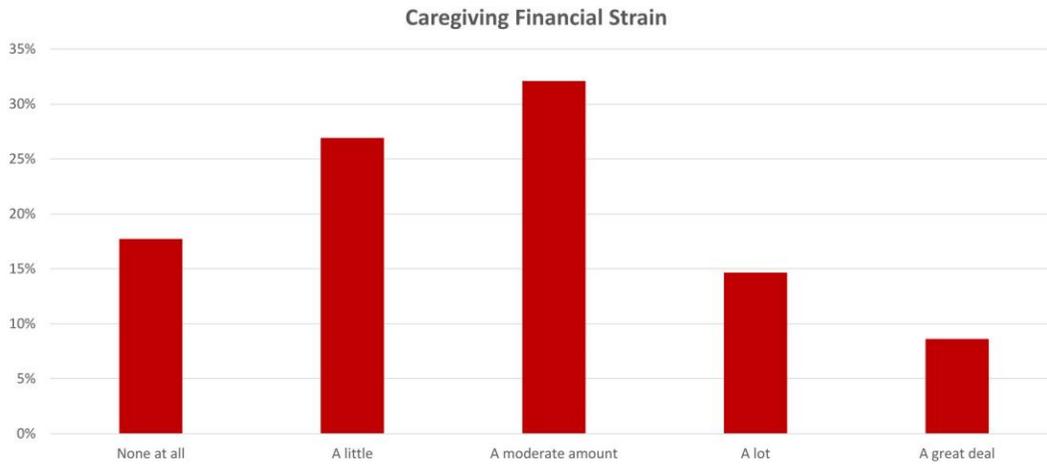
The majority of caregivers report experiencing physical strain due to caregiving



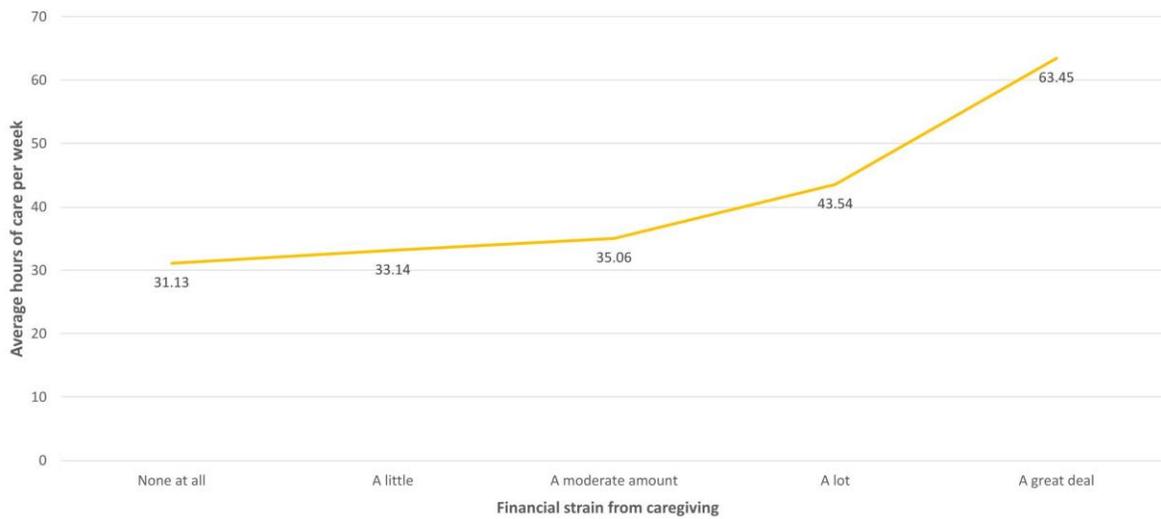
Physical Strain and Time Spent Caregiving



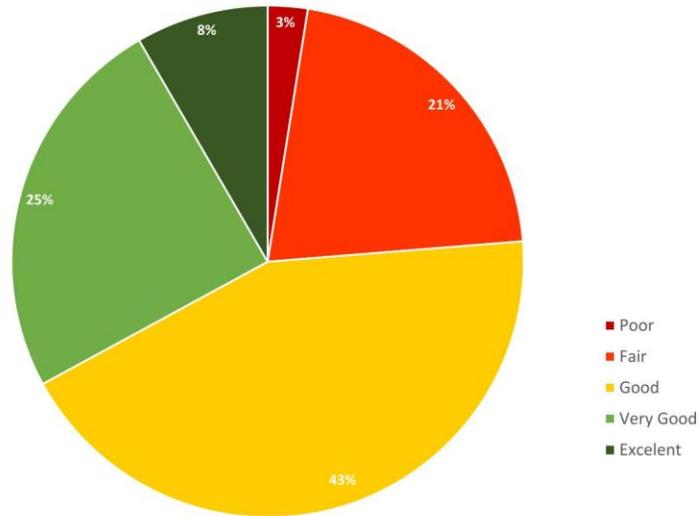
Over half report experiencing financial strain due to caregiving.



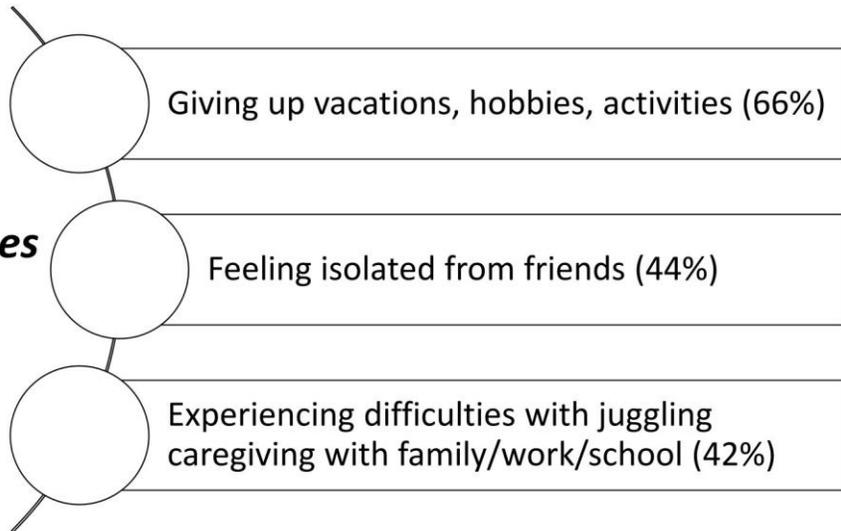
Financial Strain and Time Spent Caregiving



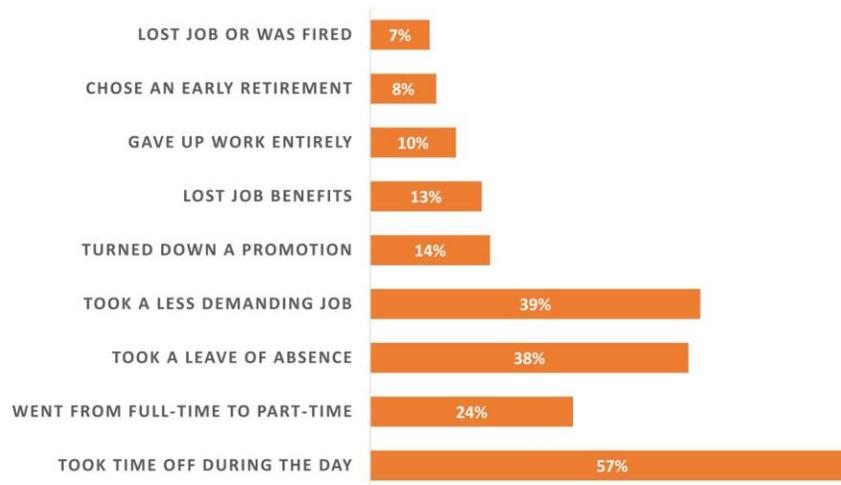
Caregiver Self Rated Health



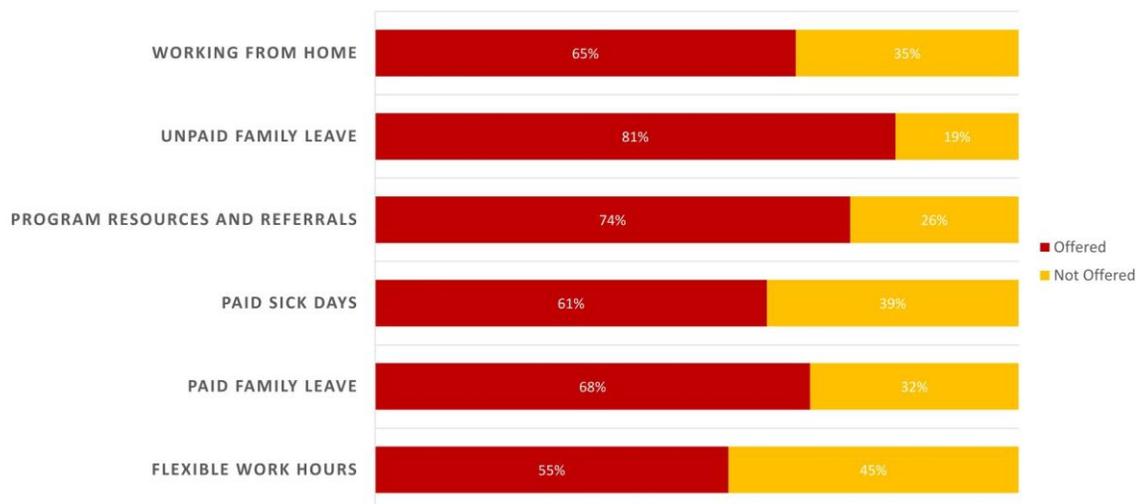
Caregiving requires sacrifice



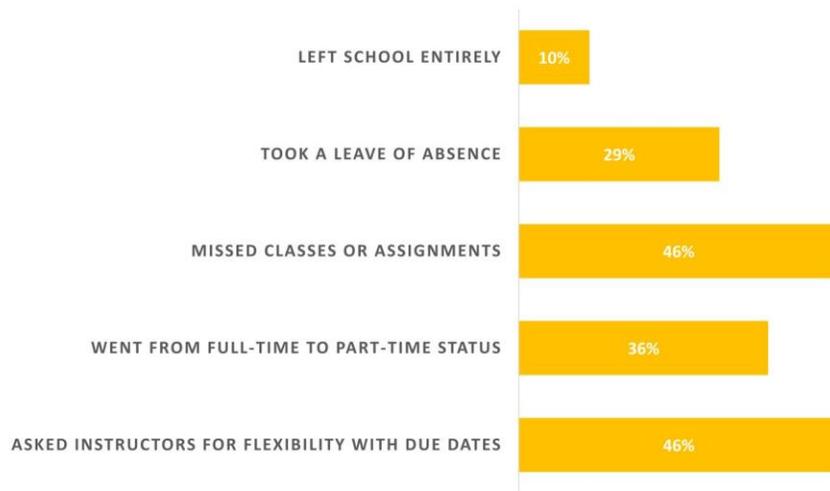
Compromises made by Employed Caregivers



Services Offered to Caregivers by Employers



Compromises Made by Student Caregivers



Caregivers report a variety of strategies for coping with the stress of caregiving

Most common coping mechanisms:

- Talking with friends and family (49%)
- Exercise (43%)
- Spiritual support and praying (39%)
- Counseling (35%)
- Hobbies (34%)

Service Awareness and Utilization

Age

- Service awareness and utilization decreases as caregiver age increases.

Race

- White caregivers had slightly higher service utilization than Black/African American caregivers.
- Native American caregivers had higher service awareness and utilization than most other races.

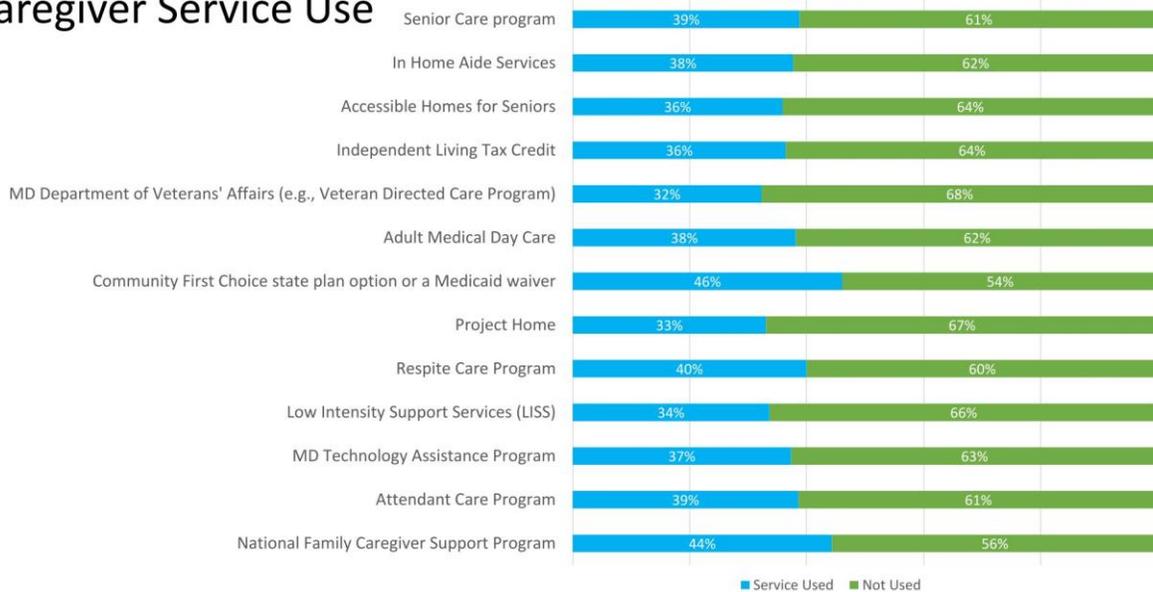
Gender

- No substantial differences were found between genders.

Income

- Service utilization decreased as income increased, but service awareness was not related to income.

Caregiver Service Use



Most Frequently Endorsed Resource Needs by Jurisdiction

