

Caregiving in the U.S. 2025

Technology Use Among Family Caregivers

Caregiving in the US (CGUS) is a comprehensive study of the American family caregiver. First conducted in 1997 by the National Alliance for Caregiving (NAC) and the American Association of Retired Persons (AARP), CGUS has been repeated in 2004, 2009, 2015, 2020, and 2025. These insights are derived from the CGUS 2025 study.

Summary

Technology adoption among family caregivers has grown significantly, with caregivers increasingly turning to digital tools to manage care responsibilities. Remote monitoring usage has nearly doubled since 2020, jumping from 13% to 25%. Four in 10 caregivers now track their recipient's personal health records digitally, up from 30% in 2020. Younger and female caregivers are leading this technological integration, using apps, video platforms, wearables, and other digital solutions to coordinate care, monitor health conditions, and manage daily caregiving tasks from a distance.

Data Highlights

<p>41%</p> <p>use technology or software to track their recipient's personal health records</p>	<p>25%</p> <p>use remote monitoring technologies like apps, video platforms, wearables, or other monitoring systems</p>	<p>43%</p> <p>of female caregivers track personal health records digitally compared to 38% of male caregivers</p>	<p>39%</p> <p>use digital tools to manage care recipients' finances</p>
<p>20%</p> <p>use assistive devices to support their recipient's independence</p>	<p>19%</p> <p>use electronic task lists and schedules for care management</p>	<p>22%</p> <p>of younger caregivers use digital organizational tools like electronic lists or spreadsheets compared to 17% of caregivers over 50</p>	<p>30%</p> <p>of younger caregivers use remote monitoring compared to 22% of caregivers over 50</p>

Source: [Caregiving in the US 2025, National Alliance for Caregiving and AARP](#)

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