



A SOLAY BRIEFING ON FAMILY CAREGIVING IN FLORIDA

Four million Floridians are caregivers.

Most have never had a break.

A 2026 snapshot of who is caring for Florida's adults with complex medical needs — and what that role costs the people doing it.¹ The numbers tell one story plainly: family caregivers here are largely unpaid, often untrained, and almost always carrying the weight alone.

FAMILY CAREGIVERS IN FLORIDA

4,451,000

adults — nearly one in four (24%) statewide

Caring for a family member or friend with a complex medical condition or disability. Most care for an adult (98%) — most often a parent (50%).

HAVE NEVER USED RESPITE CARE

87%

even as the role stretches them thin

Four in ten caregivers (41%) say a break would help. Almost none of them have ever taken one. The relief exists. The connection doesn't.

51

The average Florida caregiver's age — **caring for someone 69**

59%

Hold down a **job** while caregiving

48%

Live **under the same roof** as the person they care for

26%

Are **sandwich-generation** — caring for an adult and a child at once

Prepared by Solay Home Care

Source data: *Caregiving in the US 2025: Florida* — AARP & the National Alliance for Caregiving, October 2025. Full citations on page 4.

¹ Findings reflect 164 Florida caregivers sampled from Ipsos' national, probability-based KnowledgePanel®; margin of sampling

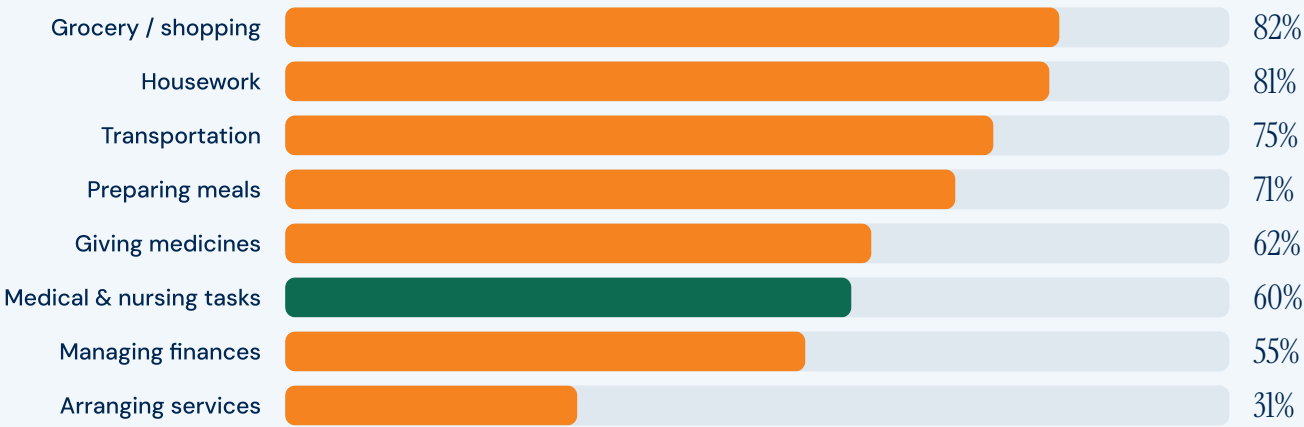


SECTION 01 · THE LOAD

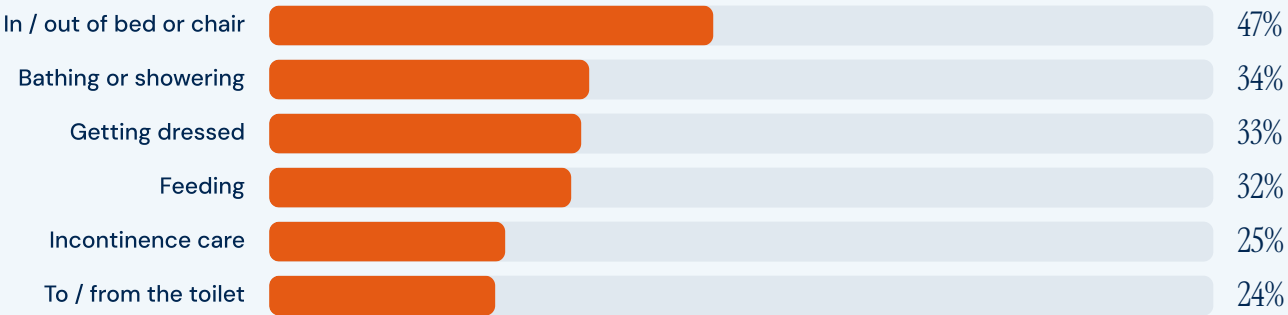
Unpaid, often untrained, *doing the work of a clinic.*

Every family caregiver in Florida helps with at least one instrumental task of daily life whether it's shopping, housework, transportation, finances, or something else. Most also take on hands-on, intimate care. Six in ten perform medical and nursing tasks, and only a fraction were ever trained for them.

INSTRUMENTAL ACTIVITIES OF DAILY LIVING · % OF FLORIDA CAREGIVERS HELPING



ACTIVITIES OF DAILY LIVING · THE HANDS-ON, INTIMATE CARE — 68% HELP WITH AT LEAST ONE



46%

High-intensity caregivers

Providing more hours weekly and helping with more ADLs and IADLs than the rest.

34%

A full-time job's worth

Spend at least 40 hours a week providing care — or provide care constantly.

13%

Trained for medical tasks

Only 11% were trained for ADLs or IADLs. 27% find the hands-on tasks difficult.



SECTION 02 · THE TOLL

The people holding it together *are running low.*

Caregiving in Florida exacts a measurable toll on the body, the mind, and, especially, schedules. The strain is highest among those who carry the most, and it compounds over years.

41%

High emotional stress

Rate the role a 4 or 5 out of 5 for how emotionally stressful it is.

31%

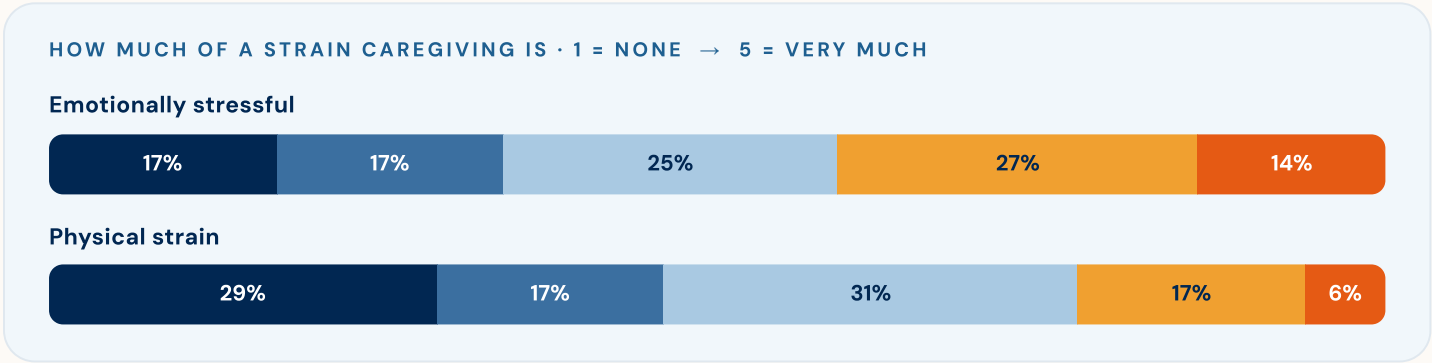
Can't tend their own health

Find it difficult to care for themselves while focused on their care recipient.

24%

Feel alone

Report feeling isolated in the work of caregiving. 1 in 5 have 7+ poor-health days a month.



87%

have never used respite care

The relief is available. *Almost no one is reaching it.*

Four in ten caregivers (41%) say respite would help. One-third (32%) struggle just to find affordable local services like delivered meals, transportation, and in-home help.

56%

say the caregiver role gives them a *sense of purpose or meaning*. The goal isn't to take the role away — it's to make sure no one has to carry all of it alone. **34% have been caregiving for three years or longer.**



SECTION 03 · THE COST & THE CASE

Care costs more than money. *But it costs money, too.*

Over half of Florida's family caregivers (54%) have taken at least one financial hit because of their care responsibilities — draining savings, taking on debt, or falling behind on bills.

Stopped saving	39%	Took on more debt	28%
Used up short-term savings	27%	Borrowed from family or friends	19%
Left bills unpaid or paid late	19%	Could not afford basic expenses	16%
Used up long-term savings	14%	Moved to a less expensive home	9%

Caregivers need help. *Solay is there.*

Family caregivers don't need to be replaced. They need help. They need a trained second set of hands who is there when they call. The Solay promise makes that happen.

01

A trained Companion shares the load.

Hands-on care like no longer falls on one untrained family member. Solay is the backup you need.

04h

One Family Guide who answers.

A single named coordinator who knows your situation and responds within four hours, so no caregiver has to navigate it alone.

87%

Respite that actually gets used.

The break most caregivers never take, made simple. Hours scale up or down with need from a few mornings a week up to full days.

24q

The same Companion, matched on purpose.

The Match Protocol features 24 questions split between the individual and their companion to get the perfect match. The Companion Card builds familiarity before the first visit.

START THE CONVERSATION

Let's learn more about *your family's needs.*

If you're the one holding it together for a parent in Pinellas County, tell us what's happening. We'll tell you what's possible — and we respond within four hours, or your first week is free.

HOW TO REACH US

contact@mysolay.com mysolay.com St. Petersburg, FL (727) 304-5757

LOCAL · PERSONAL · ACCOUNTABLE

Every morning feels like home.

SOURCES & METHODOLOGY

- AARP & the National Alliance for Caregiving.** *Caregiving in the US 2025: Florida*, October 2025. All Florida figures in this briefing — prevalence, tasks, intensity, well-being, financial impact, and respite use — are drawn from this state report. doi.org/10.26419/ppi.00383.007
- Methodology.** Findings reflect 164 Florida caregivers sampled from Ipsos' national, probability-based online KnowledgePanel®. Margin of sampling error ±8.6%. Full methodology in the Methodology Appendix at aarp.org/pri/topics/ltss/family-caregiving/caregiving-in-the-us-2025-caring-across-states.
- Definitions.** Family caregivers are adults 18+ who care for a child or adult with complex medical conditions or disabilities. ADLs are activities of daily living (e.g., bathing, transfers); IADLs are instrumental activities (e.g., shopping, transportation, finances). High-intensity caregiving reflects more weekly hours and more ADL/IADL support.
- The Solay model** (page 4) describes Solay Home Care's service mechanisms and is not part of the AARP/NAC survey.