

State Profile: New Hampshire

State of the States in Family Caregiver Support

Population	NH	US	Source
▪ Total Population (<i>thousands</i>)	1,378	331,449	2020 Census
▪ Population 65+ (<i>thousands</i>)	268	55,892	2021 American Community Survey
▪ % 65+	19	17	2020 Census, 2021 American Community Survey
▪ National Ranking 65+	8	N/A	2020 Population Reference Bureau (PBR)
▪ % White 65+	95	75.6	2021 American Community Survey
▪ % African American 65+	.5	9.2	2021 American Community Survey
▪ % Hispanic/Latino 65+	1.3	9	2021 American Community Survey
▪ % Asian 65+	1.3	4.8	2021 American Community Survey
▪ % Native Hawaiian/Pacific Islander 65+	0	.1	2021 American Community Survey
▪ % American Indian/Alaska Native 65+	0	.5	2021 American Community Survey
▪ % Two or More Races 65+	2.6	6.6	2021 American Community Survey
▪ Population 85+ (<i>thousands</i>)	26	5,963	2021 American Community Survey
▪ % Population 85+	1.8	1.8	2021 American Community Survey

Socio-Demographics	NH	US	Source
▪ Average Household Size	2.5	2.5	2021 American Community Survey
▪ Average Family Size	3	3.2	2021 American Community Survey
▪ % Population in a Rural Area	41.7	19.3	2020 Census State Level Urban and Rural Information
▪ % Households with Persons 65+	33.7	31.3	2021 American Community Survey
▪ % Persons Age 65+ Living Alone	24	25.6	2021 American Community Survey
▪ % Households with internet access	92.5	90.3	2021 American Community Survey

Economic Indicators	NH	US	Source
▪ Per Capita Income	45,365	38,332	2021 American Community Survey
▪ Median Household Income	88,465	69,717	2021 American Community Survey
▪ Total State Expenditures Per Capita	5,425	8,037	Kaiser Family Foundation
▪ % Population 65+ Below Poverty	6.9	10.3	2021 American Community Survey and National Council on Aging (US)

Informal Caregivers	NH	US	Source
▪ # of Caregivers (<i>thousands</i>)	168	38,000	AARP Valuing the Invaluable 2023 Update
▪ # of Caregiving Hours (<i>millions</i>)	157	36,000	AARP Valuing the Invaluable 2023 Update

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▪ Value of Caregiving (<i>millions</i>)	2,800	600,000	AARP Valuing the Invaluable 2023 Update
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Care Receivers	NH	US	Source
▪ % Population 18-64 years w/Disability	9.9	10.7	2021 American Community Survey
▪ % Population 65+ w/Disability	27.4	32.6	2021 American Community Survey
% 65+ with			
▪ Hearing Difficulty	12.6	13.3	2021 American Community Survey
▪ Vision Loss	4.5	6	2021 American Community Survey
▪ Ambulatory	15.6	20.5	2021 American Community Survey
▪ Self-Care	4.4	7.1	2021 American Community Survey
▪ Cognitive	6	7.8	2021 American Community Survey
▪ Independent Living Difficulty	9.6	13.2	2021 American Community Survey

Long Term Care	NH	US	Source
▪ % Medicaid spending on nursing facilities	46.8	28.3	Kaiser Family Foundation (FY 2021)
▪ % Medicaid spending on Home Health and Personal Care	50.7	64.3	Kaiser Family Foundation (FY 2021)
▪ # of Certified Nursing Facilities	73	15,183	Kaiser Family Foundation (2022)
▪ % of Certified Facilities with Family Groups	19	15	Kaiser Family Foundation (2022)
▪ Average # of Certified Nursing Facility Beds per Facility	101.7	106.4	Kaiser Family Foundation (2022)
▪ % Certified Nursing Facility Occupancy Rate	74	72	Kaiser Family Foundation (2022)
▪ Average Cost Per Day in a Nursing Home (private room)	395	297	Genworth 2021 Cost of Care Survey
▪ Average Assisted Living Monthly Cost	6053	4,500	Genworth 2021 Cost of Care Survey
▪ Average Daily Cost for Adult Day Care Services	85	78	Genworth 2021 Cost of Care Survey
▪ Average Hourly Cost for Home Health Aide	32.5	27	Genworth 2021 Cost of Care Survey
▪ Average Hourly Cost for Homemaker Services	31.5	26	Genworth 2021 Cost of Care Survey
▪ # of Home Health Aides	7,990	3,336,480	US Bureau of Labor Statistics - May 2022 National Occupational Employment and Wage Estimates
▪ Median Hourly Wage Certified Nursing Assistant	17.68	14.57	US Bureau of Labor Statistics - May 2022 National Occupational Employment and Wage Estimates
▪ Median Hourly Wage Personal Care/Home Care Aid	14.12	14.24	US Bureau of Labor Statistics - May 2022 National Occupational Employment and Wage Estimates

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Medicare Prescription Drug Plan	NH	US	Source
▪ # of Organizations Offering PDPs	24	801	Kaiser Family Foundation (2022)
▪ # of Medicare Advantage Drug Plan Contracts	2	2,666	Kaiser Family Foundation (2022)

State System of Home and Community-Based Services (HCBS)

Caregiver Assessment in Medicaid HCBS Waiver Program	Yes
At Least One State Program with Consumer-Directed Option for Family Caregivers	Yes
Lifespan Respite Grants	Yes (2009)
State Respite Coalitions	No

Workplace Benefits for Family Caregivers

Paid Family Leave	No
Unemployment Insurance for Family Caregivers	Yes
Paid Sick Days	No
Preemptive Law Prohibiting Local Governments from Establishing the Right to Sick Leave	No

Statewide Programs, Regulations, and Legislation

State Alzheimer’s Plan	Yes
Number of Delegated Nursing Tasks	14
State Multi-Sector or Master Plan for Aging	No
CARE (Caregiver Advice, Record, Enable) Act Adopted	Yes