

This paper sought to investigate the socio-demographic characteristics of family caregivers (FCGs) of PLWHA in Thika District. A total of 177 primary FCGs of PLWHA, drawn through proportionate stratified random sampling from three divisions in the study area were used. Data was collected using interview schedules and Focus Group Discussion (FGDs). The collected data was analyzed quantitatively and qualitatively. Quantitative data was analyzed with the use of Statistical Package for Social Sciences (SPSS) where descriptive statistics and inferential statistics were computed in order to understand the patterns and nature of relationships. Qualitative data was analyzed by use of content analysis, where labels were assigned to various categories and themes of the data. In addition, the data was presented, where possible, using verbatim quotation. The FCGs: were mostly found in rural areas (46.7%); the majority was female (70.1%); the majority were found to be between 20 and 59 years of age, with the highest age group being made up of 30 to 39-year olds (25.4%); the majority (52.5%) were married; 62.1% had had no schooling and/or primary education; a majority (over 38.1%) had no jobs; 59.3% of the families were male-headed; incomes range from KShs. 200 to 35,000 with 61.6% spending Kshs. 100-200 daily. The study recommended that: The Kenyan government to put in place strategies that will ensure equitable distribution of resources to all FCGs and specific interventions by government and non-governmental agencies focusing on FCGs of PLWHA should pay attention to gender considerations with customized approaches or strategies for both males and females.