Caregivers: Life Changes & Coping Strategies

Among Caregivers ages 40 - 60 years who care for someone age 50+
November 2013 (n= 1,036)

Caregivers' Current Life Rating
- Relationship w/ recipient: 77% currently good
- Physical health: 70% currently good
- Relationship w/ friends: 68% currently good
- Happiness: 67% currently good

Gotten Worse
- One in five caregivers say something has gotten worse: Specifically, their...
  - Happiness
  - Satisfaction w/ social life
  - Weight
  - Exercise routine

How Caregivers Cope
- 51% Pray or meditate
- 51% Seek support from spouse/partner
- 44% Clam-up, hold feelings inside

Mixed Emotions about Coping with Caregiving
(33% avoid tough decisions)

Feel
If I had "Free Time"...
- 33% Want time alone
- 32% Want time to read
- 32% Want to take a walk or exercise

Cope

Why?

Level of Caregiver Responsibility
Caregivers with more caregiving responsibilities are more likely than caregivers with fewer caregiving responsibilities to experience problems coping.

Two in five caregivers say...
- "Other people should help me more."

Source: Caregivers: Life Changes and Coping Strategies, Nov 2013
www.aarp.org/caregiverscoping
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Real Possibilities