




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
69% 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

Life

Cope


Mixed Emotions about Coping with Caregiving





33% avoid tough decisions



How Caregivers Cope

 51% Pray or meditate


 51% Seek support from spouse/partner


 44% Clam-up, hold feelings inside


Feel

Me

If I had "Free Time" ...

 33% Want time alone

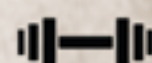
 32% Want time to read

 32% Want to take a walk or exercise

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."