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

Level of Caregiver Responsibility

Caregivers with more caregiving responsibilities are more likely than caregivers with fewer caregiving responsibilities to experience problems coping.

If I had “Free Time”...

33% Want time alone
32% Want time to read
32% Want to take a walk or exercise

Why?

“Other people should help me more.”

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