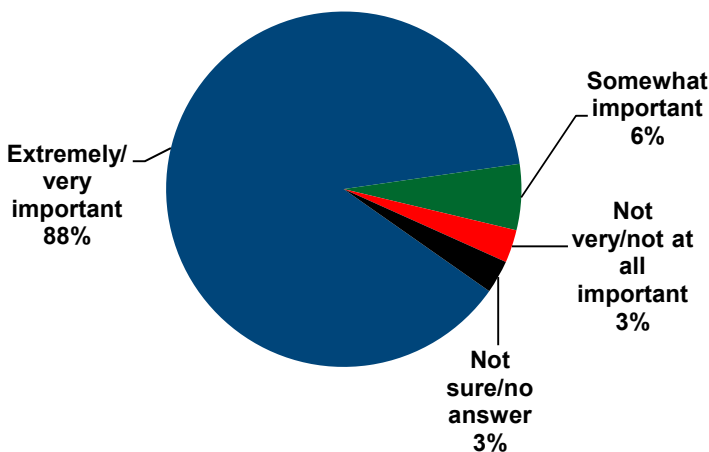


2015 AARP Caregiving Survey of Nebraska Registered Voters Age 45-Plus: Family Caregiver Profile

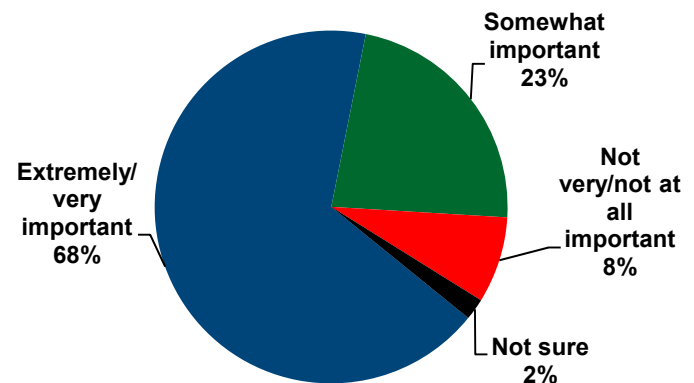
Seven in ten (70%) of Nebraska registered voters age 45-plus believe that being cared for at home with caregiver assistance is the ideal situation when the basic tasks of life become more difficult due to aging or illness. In fact, more than half (51%)* of Nebraska registered voters age 45 and older say they are providing (17%) or have provided care (35%) on an unpaid basis for an adult loved one who is ill, frail, elderly or who has a disability.

Most Nebraska caregivers are helping or have helped their loved ones with social activities/ companionship (89%), transportation (87%), shopping (83%), as well as more complex care like nursing and other medical tasks (66%) and managing medications (64%). Nearly two-thirds (64%) of these caregivers say it is at least somewhat likely that they will need to provide this type of care in the future. As such, these caregivers believe it is important to be able to provide care so that their loved ones can keep living independently in their own home and to have more caregiver resources and training that allows family caregivers to continue to provide in-home care.

**Importance of Providing Care to Adult Loved Ones
Among Nebraska Caregivers
(n=407, Respondents Who Are Current or Past Caregivers)**



**Importance of Having More Resources and Training for Nebraska Caregivers
(n=800, Nebraska Registered Voters Age 45-plus)**



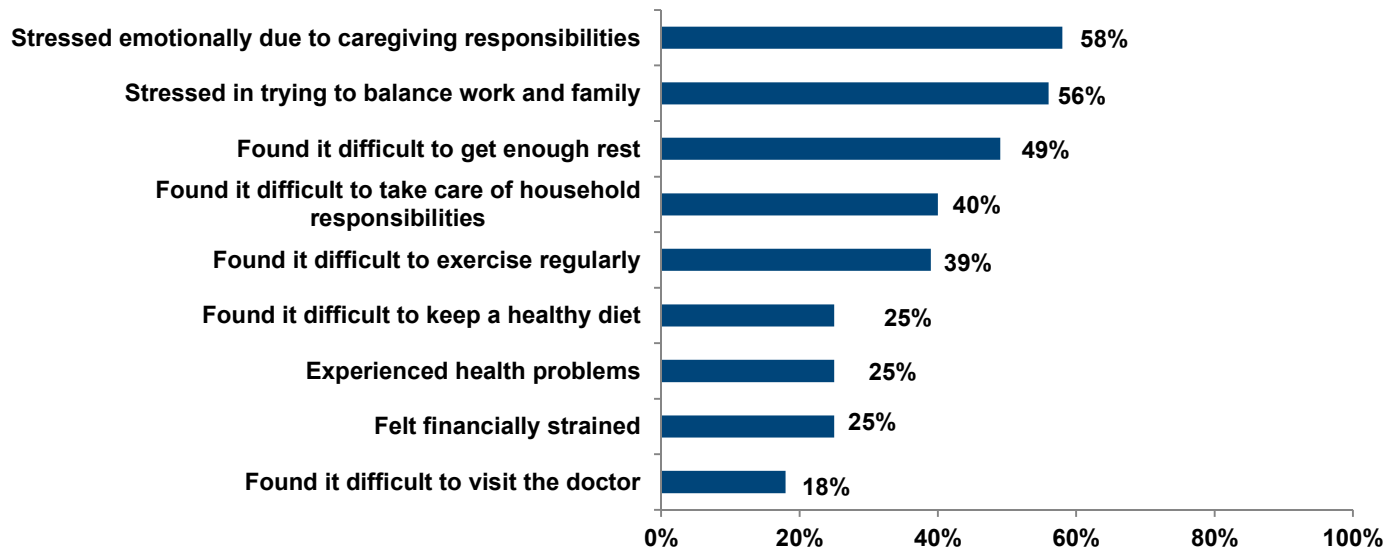
*Percentages may not add up to 100 percent due to rounding

The average Nebraska caregiver is 55 years old or older, and the majority are female (53%), married or living with significant other (71%), are college educated (57%), working full or part-time (52%), and have an annual household income of less than \$75,000 (56%).

AARP Nebraska commissioned a telephone survey of 800 Nebraska registered voters age 45- plus to learn about their experiences with family caregiving. This report highlights results from residents interviewed between October 2 and October 7, 2015. The data in this report has been weighted by age and gender to reflect the Nebraska registered voter population age 45-plus. The survey has a margin of error of ± 3.5 percent. A fully annotated survey with question wording and responses will be available at www.aarp.org/research.

Nebraska respondents who are current or past caregivers report feeling emotionally stressed (58%) and unable to balance work and family (56%). They are also stressed about not being able to take care of their needs and the needs of their other family members. Caregivers report that they are finding it difficult to get rest (49%), exercise regularly (39%), keep a healthy diet (25%) and have experienced health problems (25%). They also expressed difficulty in taking care of their household (40%) as well as feeling financially strained (25%).

Experiences of Nebraska Caregivers Age 45-Plus*
(n=407 current and former caregivers)



*Graph shows respondents who responded "yes" to each type of stressor.

ACKNOWLEDGEMENTS

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces *AARP The Magazine*, the world's largest circulation magazine; *AARP Bulletin*; www.aarp.org; AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at www.aarp.org.

AARP staff from the Nebraska State Office, Campaigns, and the Research Center contributed to the design, implementation, and reporting of this study. Special thanks go to AARP staff including Mark Intermill and Deborah Lanner, AARP Nebraska; Chyste Hall, AARP Campaigns; Rachelle Cummins, Cassandra Cantave, Cheryl Barnes and Kadeem Thorpe—AARP Research Center. Please contact Aisha Bonner Cozad at 202-434-3531 for more information regarding this survey.



AARP Research

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