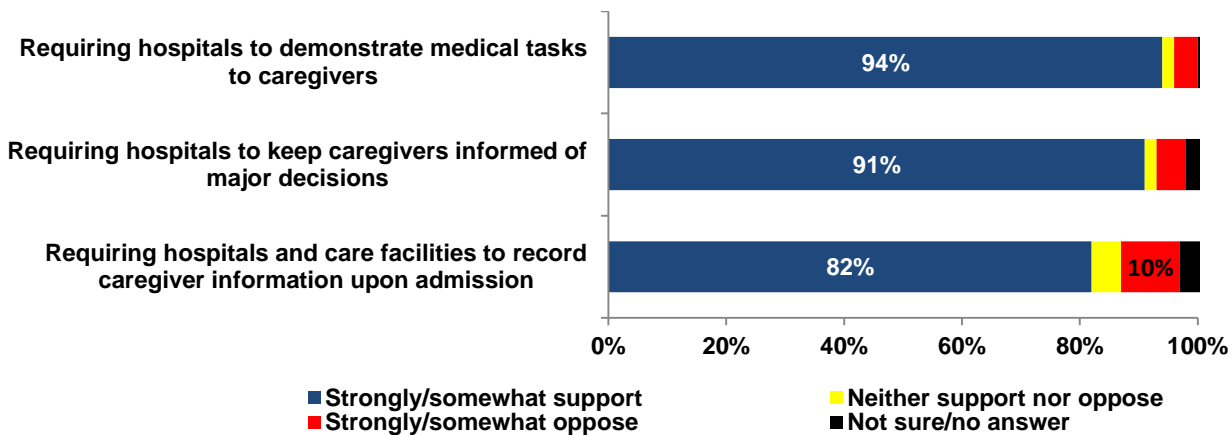


2016 AARP Washington Caregiving Survey: The Caregiver Advise, Record, Enable (CARE) Act

More than 80 percent of Washington registered voters age 45 and older support measures in The Caregiver Advise, Record and Enable (CARE) Act, which will help unpaid family caregivers when their loved ones go into the hospital and as they transition home. The CARE Act Bill features three important provisions that require hospitals to: provide instructions on the medical tasks the family caregiver may need to perform at home, keep a family caregiver informed of major decisions, like transferring or discharging the patient, and to engage with caregivers by recording the name of the family caregiver when a loved one is admitted into a hospital.

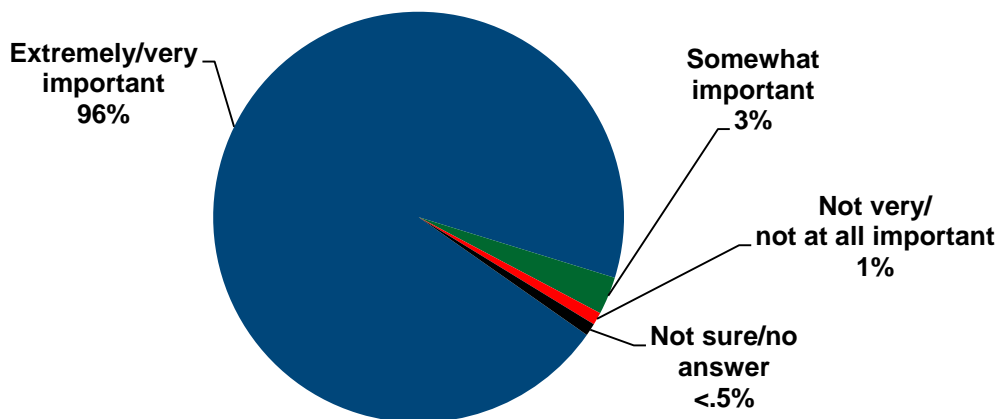
Support for Proposals to Help Family Caregivers When Loved Ones Go into Hospitals Among Washington Registered Voters Age 45-Plus* (N=800)



*Percentages less than 10 percent are not shown.

Nearly all (96%) of Washington registered voters age 45-plus who are current or past caregivers say it is important for them to receive training or instruction on medical tasks they may need to perform upon hospital discharge of a loved one. Three-quarters of these caregivers indicated that a loved one or family member was hospitalized during a period of time while they were providing care.

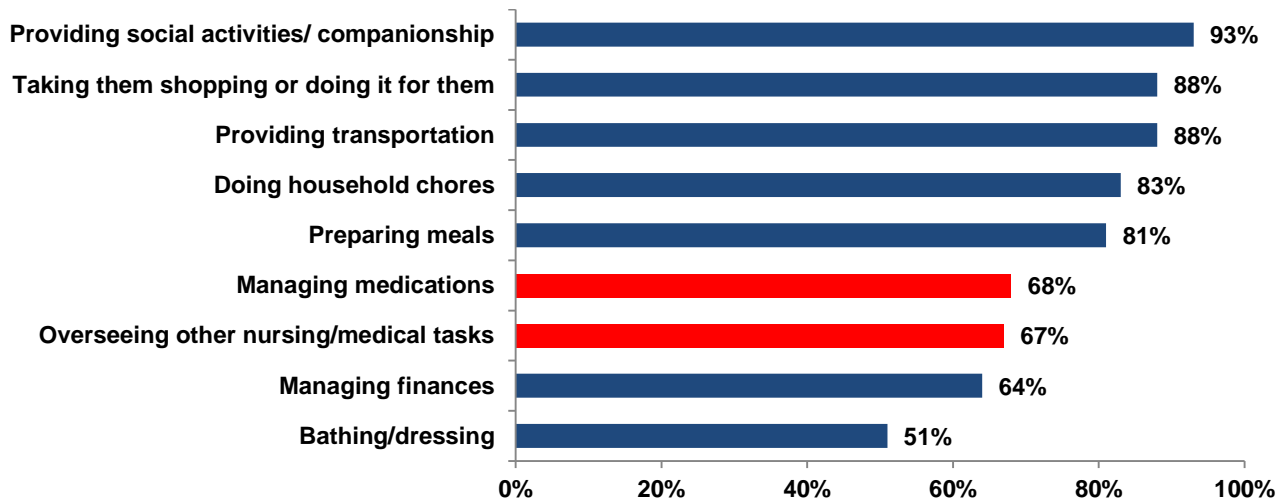
Importance of Receiving Training or Instruction on Medical Tasks To Be Performed After Hospitalization of Loved Ones* (n=402 current or former caregivers)



*Due to rounding the chart may not total 100%

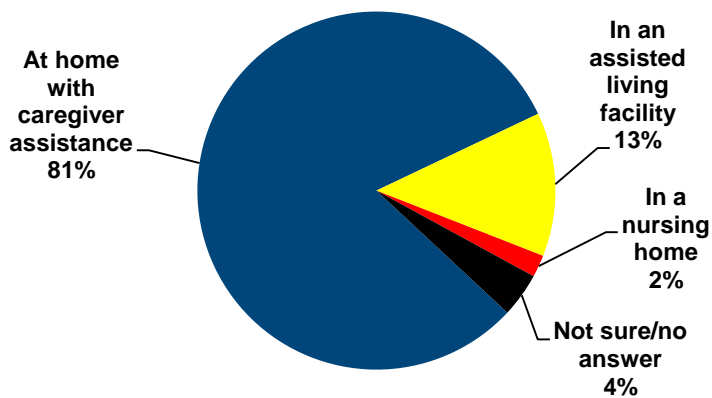
Both current and former caregivers have provided care in a myriad of ways, with two-thirds having assisted with complex care like medication management (68%) and other medical tasks (67%). More than eight in ten have helped loved ones in their care with household management activities like shopping (88%), transportation (88%), chores (83%), and preparing meals (81%). Almost two-thirds are also helping to manage finances for their loved ones (64%). In addition to the care they provide, one-third (34%) say they have made modification to their homes, and one in six (15%) moved into another home to accommodate the needs of their loved one. The majority (61%) have also used their own money to help provide care.

Daily Activities that Washington Caregivers Age 45-Plus Are Providing or Have Provided
Respondents Who Are Current or Past Caregivers
 (n=402 current or former caregivers)

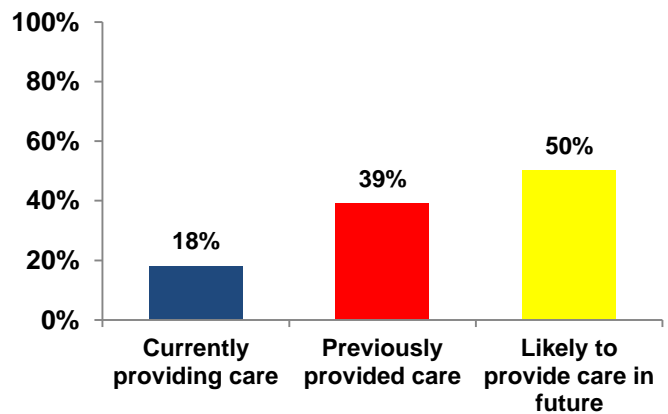


Most Washington registered voters age 45 and older have experiences as family caregivers, or believe they are likely to be caregivers in the future. Washington registered voters age 45 and older say they have provided care—either currently (18%) or in the past (39%)—on an unpaid basis for an adult loved one who is ill, frail, elderly or who has a disability. Of those who have never provided care one-half say it is at least somewhat likely they will do so in the future. **Typical current family caregivers in Washington are women (59%) and over 55 years old (70%). They are likely to be married (74%) and have some college education (50%). The average age of the person they care for is 77 years old.**

Where Do Washington Registered Voters Age 45-Plus Want to Live When Basic Life Tasks Become More Difficult?
 (n=800)



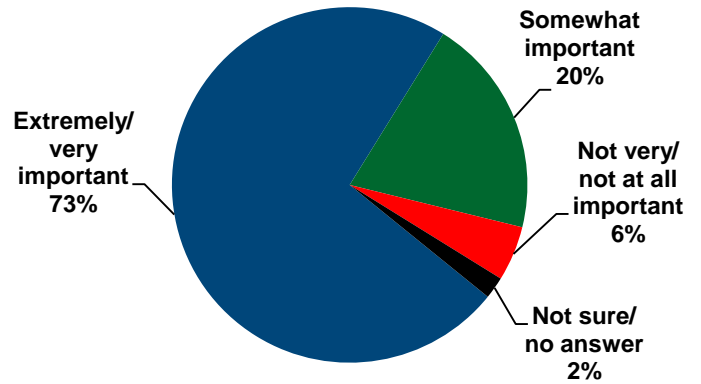
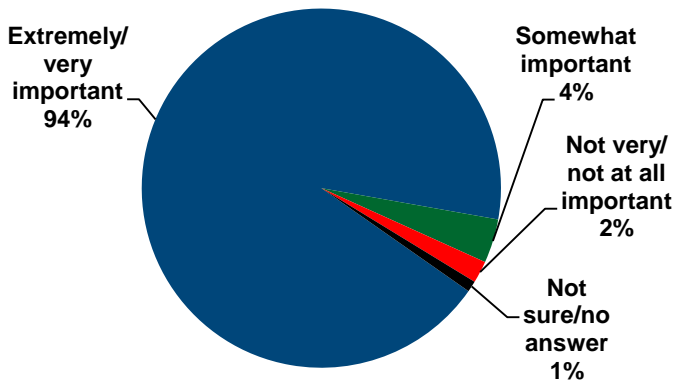
Caregiving Experiences
 (n=800)



Many (54%) current and past caregivers say it is likely that they will need to provide care again in the future. As such, nearly all of 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. Many also say, having more caregiver resources and training that allows family caregivers to continue to provide in-home care is important.

Importance of Having Services that Allow People to Stay in Their Own Homes as They Age*
(n=402 current or former caregivers)

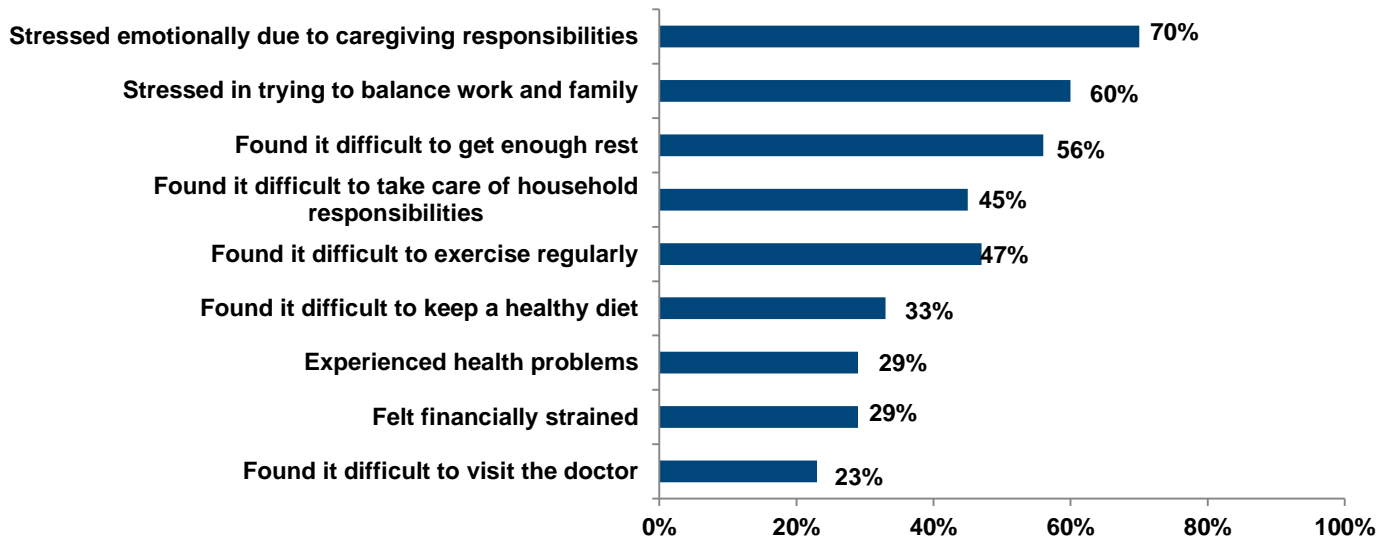
Importance of Having More Resources and Training for Caregivers*
(n=402 current or former caregivers)



*Due to rounding the chart may not total 100%

Washington respondents who are current or past caregivers report feeling emotionally (70%) and financially stressed (29%). 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 (56%), exercise regularly (47%), keep a healthy diet (33%), or visit their own doctor (23%). They also express feeling stressed about trying to balance their work and family (60%) and taking care of their household (45%).

Experiences of Washington Caregivers Age 45-Plus *
(n=402 current or former caregivers)



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

AARP Washington commissioned a telephone survey of 800 registered voters age 45 and older to learn about their experiences with family caregiving. This report highlights results from registered voters interviewed between December 11 and December 19, 2015. The data was weighted to reflect registered voters in Washington age 45 and older. The survey has a margin of error of ±3.5 percent. The survey annotation will be made available at www.aarp.org/research.

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.

State Research brings the right knowledge at the right time to our state and national partners in support of their efforts to improve the lives of people age 50+. State Research consultants provide strategic insights and actionable research to attain measurable state and national outcomes. The views expressed herein are for information, debate, and discussion, and do not necessarily represent official policies of AARP.

AARP staff from the Washington State Office, Campaigns, State Advocacy and Strategy Integration and State Research contributed to the design, implementation and reporting of this study. Special thanks go to the AARP staff, including Cathleen Maccaul, Karla Pak, and Doug Shadel, AARP Washington; Chryste Hall and Katie Gallehugh, Campaigns; James McSpadden, State Advocacy and Strategy Integration; Rachelle Cummins, Aisha Bonner, and Cheryl Barnes, State Research. Please contact Cassandra Burton at 202-434-3547 for more information regarding this survey.



AARP Research

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