

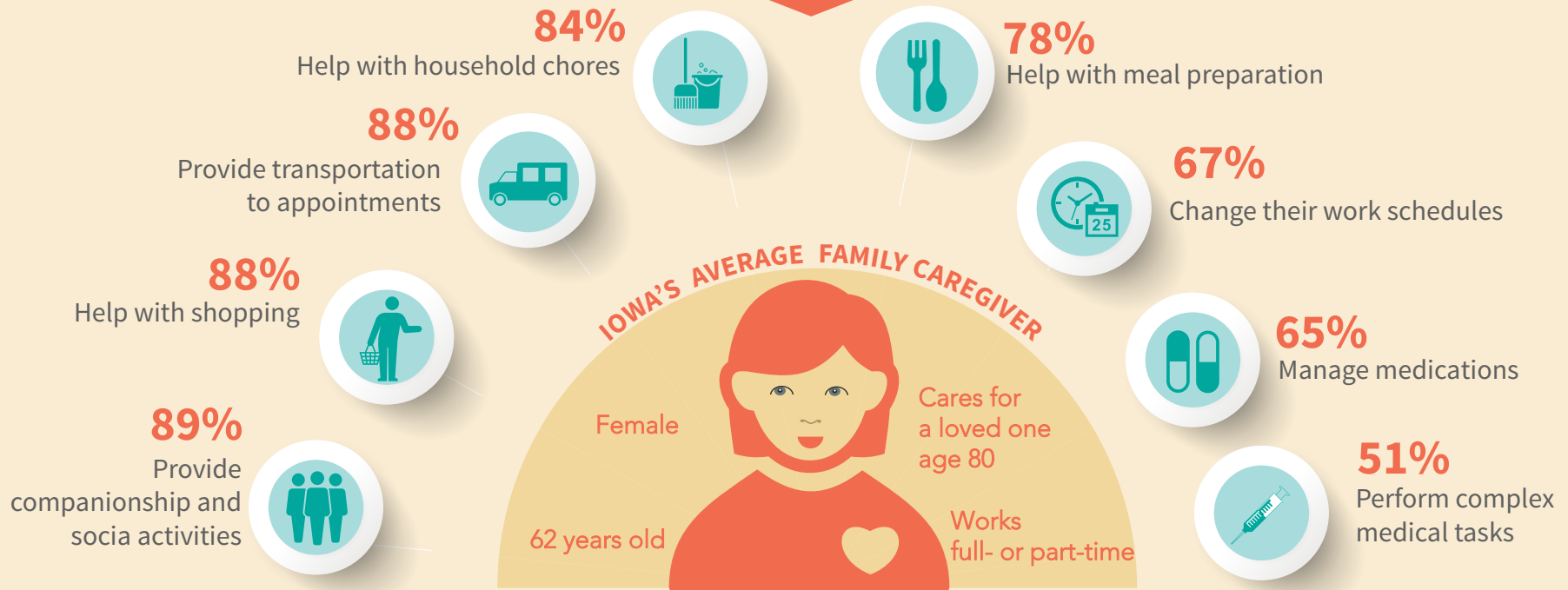
IOWANS ARE FAMILY CAREGIVERS

Across Iowa family caregivers take on big responsibilities, helping their parents, spouses, and other loved ones live at home. AARP recently surveyed 800 Iowa registered voters age 40+ about caring for their families. Here's what we learned:

38%  Current or Former Caregivers

60%  Likely Caregivers in the Future

Iowa family caregivers often have huge responsibilities. They:



Iowa family caregivers believe it's important to help their loved ones live independently at home, but they also face challenges:

56%
Use their own money to help.

64%
Emotionally stressed because of caregiving responsibilities.

60%
Stressed trying to balance job and family.

49%
Find it hard to get enough rest.

Source: November 2018 Survey of 800 Iowa Registered Voters Aged 40-plus. Margin of error is ±3.46%

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