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:

- Current or Former Caregivers: 38%
- Likely Caregivers in the Future: 60%
- Iowa family caregivers often have huge responsibilities. They:
  - Help with household chores: 84%
  - Help with meal preparation: 78%
  - Provide transportation to appointments: 88%
  - Help with shopping: 88%
  - Provide companionship and social activities: 89%
  - Manage medications: 65%
  - Change their work schedules: 67%
  - Perform complex medical tasks: 51%
- Iowa’s Average Family Caregiver:
  - Female
  - Cares for a loved one age 80
  - Works full- or part-time
  - 62 years old

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

- Use their own money to help: 56%
- Emotionally stressed because of caregiving responsibilities: 64%
- Stressed trying to balance job and family: 60%
- Find it hard to get enough rest: 49%

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

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