Across Utah family caregivers take on big responsibilities helping their parents, spouses, and other loved ones stay at home. AARP recently surveyed 801 Utah registered voters age 40-plus about caring for their families. Here’s what we learned:

**Utah’s Average Family Caregiver**

- Works full or part-time
- Female 59 years old
- Cares for a loved one age 76
- Help manage finances 59%
- Manage medications 59%
- Perform complex medical tasks 45%
- Provide companionship & social activities 94%
- Help with household chores 87%
- Help with meal preparation 84%
- Provide transportation to appointments 85%
- Help with shopping 88%

Utah family caregivers often have huge responsibilities. They:

- 48% Current or Former Caregivers
- 65% Likely Caregivers in the Future

Utah 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 63%
- Emotionally stressed because of caregiving responsibilities 69%
- Stressed trying to balance job and family 66%
- Find it hard to get enough rest 50%

Source: September 2018 Survey of 801 Utah Registered Voters Aged 40-plus. Margin of error is ± 3.5%

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