

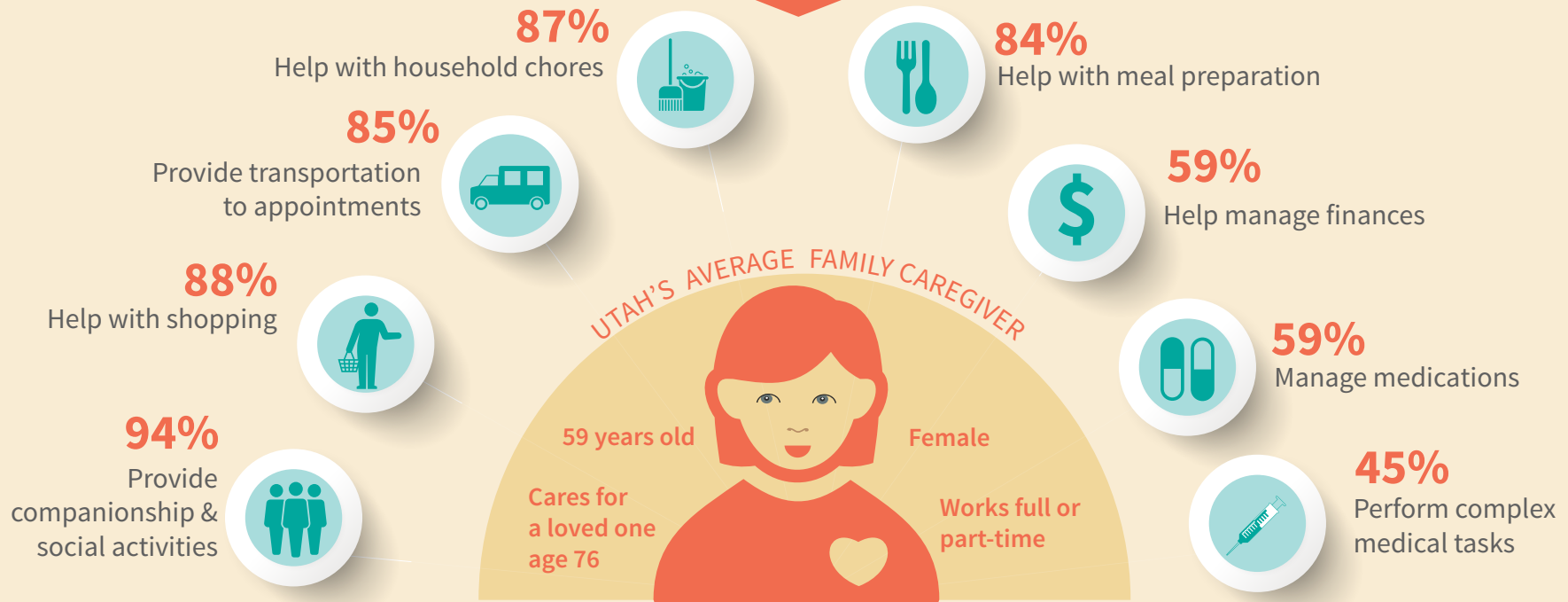
# UTAHNS ARE FAMILY CAREGIVERS

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:

**48%**  Current or Former Caregivers

**65%**  Likely Caregivers in the Future

Utah family caregivers often have huge responsibilities. They:



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

**63%**

Use their own money to help.

**69%**

Emotionally stressed because of caregiving responsibilities.

**66%**

Stressed trying to balance job and family.

**50%**

Find it hard to get enough rest.

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

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 I Love Caregivers

 AARP® Real Possibilities