Across Alabama family caregivers take on big responsibilities, helping their parents, spouses, and other loved ones live at home. AARP recently surveyed 1,000 Alabama voters age 40-plus about caring for their families. Here’s what we learned:

- 48% Current or Former Caregivers
- 61% Likely Caregivers in the Future

Alabama family caregivers often have huge responsibilities. They:

- 86% Provide companionship & social activities
- 88% Help with shopping
- 89% Help with household chores
- 92% Help with meal preparation
- 85% Provide transportation to appointments
- 81% Manage medications
- 70% Change their work schedules
- 58% Perform complex medical tasks

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

- 60% Use their own money to help.
- 61% Emotionally stressed because of caregiving responsibilities.
- 57% Stressed trying to balance job and family.
- 57% Find it hard to get enough rest.

Source: 2019 Survey of 1,000 Alabama Voters Aged 40-plus. Margin of error is ± 3.1%
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