

# Support California Family Caregivers and Their Loved Ones

Right now, 4.4 million Californians are helping older parents, spouses, and other loved ones to live independently at home and stay out of costly, taxpayer-funded institutional care. These family caregivers help their loved ones with bathing and dressing, meal preparation, transportation, medical and nursing tasks, and much more. AARP recently surveyed California registered voters age 40+ about their experiences as family caregivers and their own preferences for care as they age. **This is what we learned:**

**83%**

Californians want to receive care at home with family caregiver assistance as they age, if needed.

Family caregiving is challenging:  
**emotionally, physically,  
and financially.**

**3 in 10**

Family caregivers feel financially stressed due to caregiving.


**67%**

The majority of California family caregivers use their own money to care for a loved one.

**They spend money on:**

 **81%**  
Transportation

 **51%**  
Assistive Technology

 **48%**  
Home Modifications

 **29%**  
Home Health Aide

 **21%**  
Respite Care

 **12%**  
Adult Day Care

**Californians are family caregivers.**

**44%**

Current or former caregiver

**51%**

Likely caregiver in the future

The typical California family caregiver is 58 years old. She cares for a parent who is 81 years old. She works full- or part-time.