

CALIFORNIANS ARE FAMILY CAREGIVERS

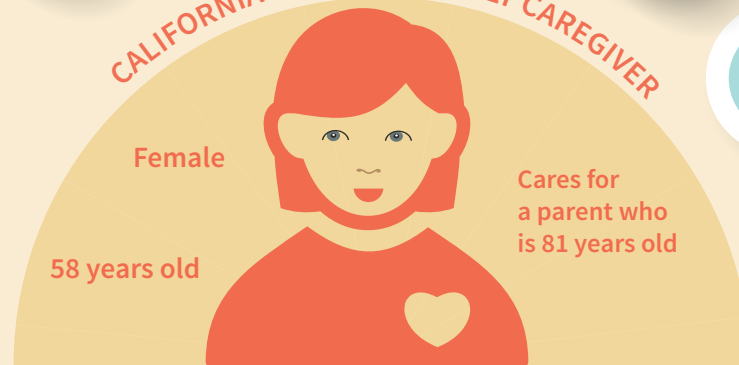
Across California family caregivers take on big responsibilities, helping their parents, spouses, and other loved ones live at home. AARP recently surveyed 1,152 California voters age 40-plus about family caregiving. Here's what we learned:

44%  Current or Former Caregivers

51%  Likely Caregivers in the Future

California family caregivers often have huge responsibilities. They:


CALIFORNIA'S TYPICAL FAMILY CAREGIVER





Female


58 years old

Cares for a parent who is 81 years old

88%  Help with household chores

86%  Help with meal preparation


90%  Provide transportation to appointments

74%  Manage medications

90%  Help with shopping

71%  Change their work schedules

94%  Provide companionship & social activities

65%  Perform complex medical tasks

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

67%

Use their own money to help.

68%

Emotionally stressed because of caregiving responsibilities.

74%

Stressed trying to balance job and family.

57%

Find it hard to get enough rest.