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:

California family caregivers often have huge responsibilities. They:

- Help with household chores: 88%
- Help with meal preparation: 86%
- Provide transportation to appointments: 90%
- Manage medications: 74%
- Change their work schedules: 71%
- Provide companionship & social activities: 94%
- Help with shopping: 90%
- Perform complex medical tasks: 65%
- Help with household chores: 88%
- Help with meal preparation: 86%
- Provide transportation to appointments: 90%
- Help with shopping: 90%
- Provide companionship & social activities: 94%

California 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: 67%
- Emotionally stressed because of caregiving responsibilities: 68%
- Stressed trying to balance job and family: 74%
- Find it hard to get enough rest: 57%

Source: 2018 Survey of 1,152 California Votes Aged 40-plus. Margin of error is ± 2.9%. 
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