Support Family Caregivers Who Work in California

Every day, more than 4.4 million Californians care for parents, spouses, or other loved ones, helping them live independently at home and in their communities, where they want to be. These family caregivers take on huge responsibilities that can be overwhelming, stressful, and exhausting. The majority also juggle full- or part-time jobs. Right now, we can take some commonsense steps — like improved flexibility at work — that would help make their lives easier. AARP recently surveyed California registered voters age 40-plus about paid leave and family caregiving. Here’s what we learned:

The majority of California voters support legislation that would ensure employers cannot fire an employee for caregiving.
83% Support

The majority of California voters support legislation that would allow employees to earn 100% of their wages while on caregiving leave.
70% Support

Californians are family caregivers.
65%
44% Current or former caregivers
51% Likely caregivers in the future

These family caregivers take on huge responsibilities that can be overwhelming, stressful and exhausting.

The majority of family caregivers who work adjust their schedules because of caregiving responsibilities:

- Modify their work schedules, going in late, leaving early, or taking time off: 71%
- Go from working full-time to part-time: 27%
- Take a leave of absence from their job: 33%
- Leave their jobs entirely: 22%

Family caregivers who change their work schedules often do so:

- Report they do so weekly: 30%
- Report they do so monthly: 44%

A labor of love to be sure, family caregivers take on big responsibilities.

- 68% Feel emotionally stressed
- 74% Feel stressed about balancing work and family
- 57% Find it difficult to get enough rest

AARP urges the California Legislature to support family caregivers who work.

Source: September 2018 Survey of 1,152 California Registered Voters Aged 40-plus. Margin of sampling error ± 2.9.

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