NORTH CAROLINIAN ARE FAMILY CAREGIVERS

Across North Carolina family caregivers take on big responsibilities, helping their parents, spouses, and other loved ones live at home. AARP recently surveyed 800 North Carolina voters age 40-plus about caring for their families. Here’s what we learned:

NORTH CAROLINA’S TYPICAL FAMILY CAREGIVER

Female Cares for a parent who is 74 years old

North Carolina family caregivers often have huge responsibilities. They:

- 88% Help with shopping
- 91% Help with meal preparation
- 91% Provide companionship & social activities
- 92% Help with household chores
- 86% Provide transportation to appointments
- 76% Manage medications
- 70% Change their work schedules
- 60% Perform complex medical tasks
- 64% Stressed trying to balance job and family
- 58% Find it hard to get enough rest
- 56% Use their own money to help
- 63% Emotionally stressed because of caregiving responsibilities
- 53% Current or Former Caregivers
- 56% Likely Caregivers in the Future

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

Feb-March Survey of 800 North Carolina Voters Aged 40-plus. Margin of error is ± 3.46%
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