

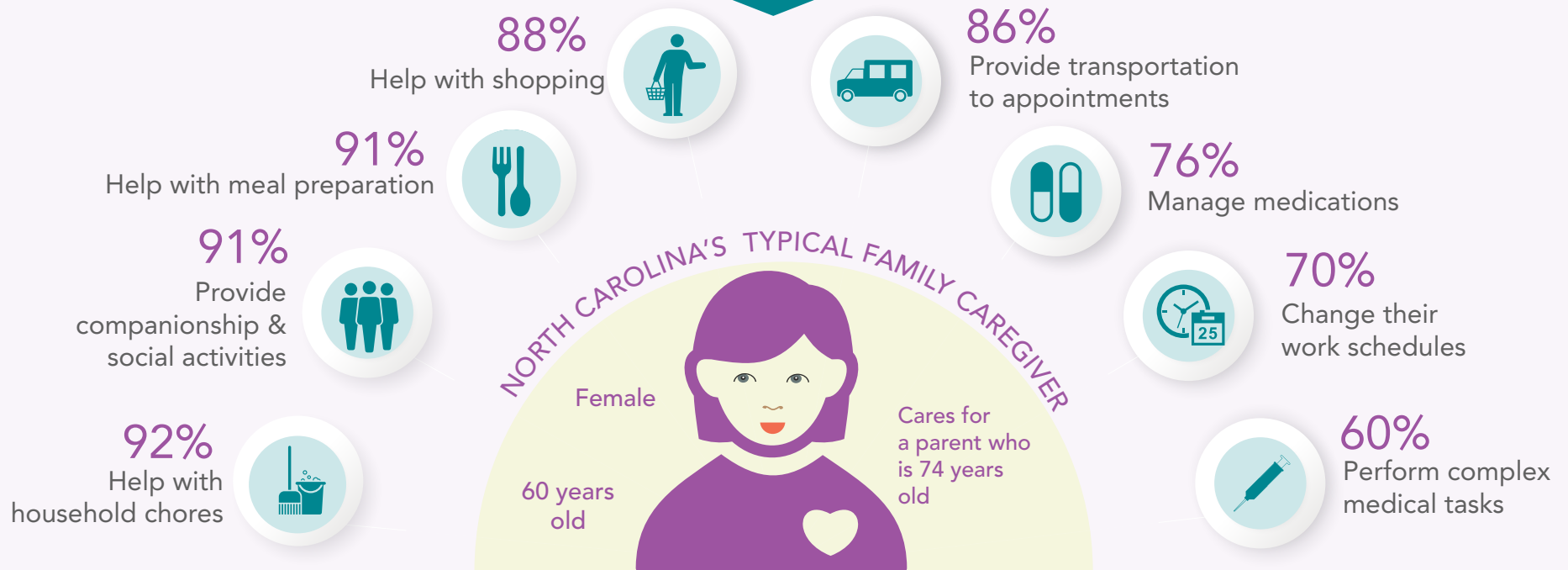
NORTH CAROLINIANS ARE FAMILY CAREGIVERS

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:**

53%  **Current or Former Caregivers**

56%  **Likely Caregivers in the Future**

North Carolina family caregivers often have huge responsibilities. They:



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

71%

Use their own money to help.

63%

Emotionally stressed because of caregiving responsibilities.

64%

Stressed trying to balance job and family.

58%

Find it hard to get enough rest.