

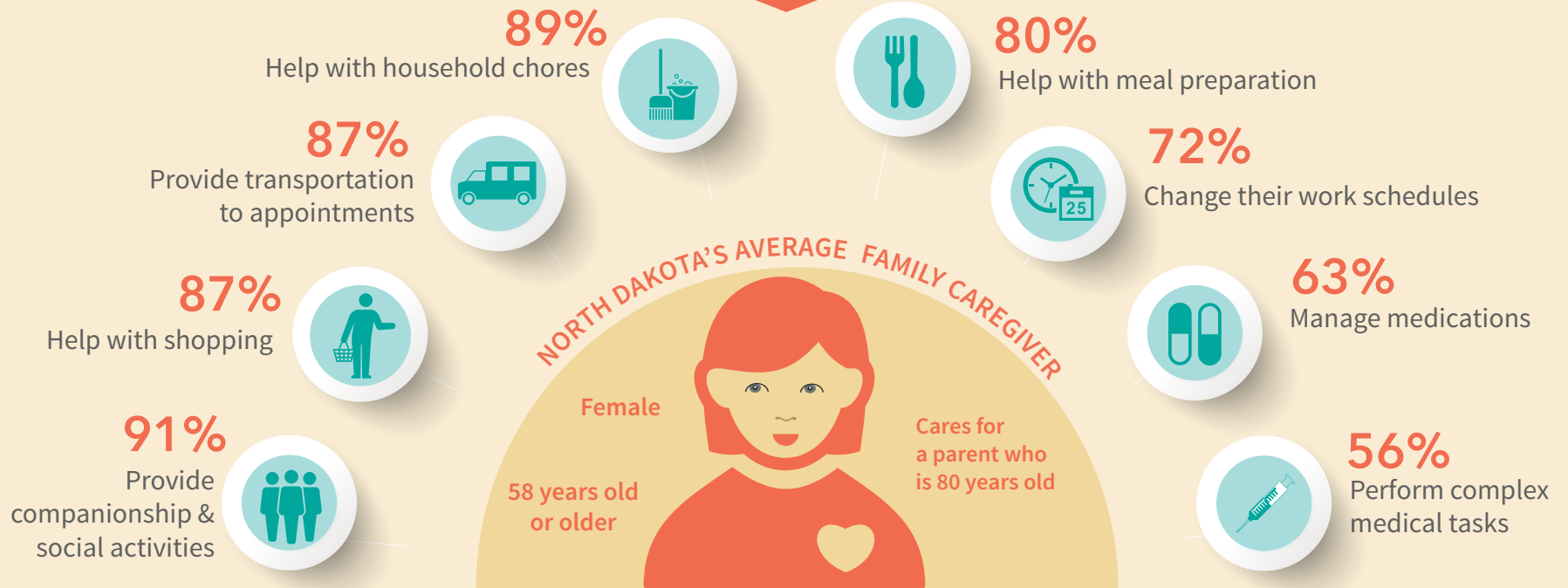
NORTH DAKOTANS ARE FAMILY CAREGIVERS

Across North Dakota family caregivers take on big responsibilities, helping their parents, spouses, and other loved ones living at home. AARP recently surveyed 800 North Dakotan voters age 45-plus about caring for their families. Here's what we learned:

46%  Current or Former Caregivers

51%  Likely Caregivers in the Future

North Dakota family caregivers often have huge responsibilities. They:



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

61%

Use their own money to help.

61%

Emotionally stressed because of caregiving responsibilities.

62%

Stressed trying to balance job and family.

52%

Find it hard to get enough rest.

Source: 2018 Survey of 800 North Dakota Voters Aged 40-plus. Margin of error is $\pm 3.46\%$.

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AARP Real Possibilities
North Dakota

I ♥ Caregivers