Most Florida residents age 45 and older have experiences as family caregivers, or believe they are likely to be caregivers in the future. Florida residents age 45 and older say they have provided care—either currently (21%) or in the past (48%)—on an unpaid basis for an adult loved one who is ill, frail, elderly or who has a disability. Of those who have never provided care, nearly half (49%) say it is at least somewhat likely they will do so in the future. Typical family caregivers in Florida are women (65%) and over 55 years old (80%). They are likely to be married (61%), and have a college degree (67%). The average age of the person they care for is 65 years old or older.

Both current and former caregivers have provided care in a myriad of ways, with about 80 percent assisting with complex care like medication management (79%). At least nine in ten have helped loved ones in their care with social activities (93%), and shopping (90%). More than eight in ten have helped with household management activities like preparing meals (87%), transportation (86%), and chores (86%). More than three-quarters are also helping to manage medications (79%) and finances for their loved ones (77%).

Many (71%) current and past caregivers say it is likely that they will need to provide care again in the future. As such, nearly all of these caregivers (95%) believe it is important to be able to provide care so that their loved ones can keep living independently in their own home. Most also say, having more caregiver resources and training that allows family caregivers to continue to provide in-home care is important (94%).
Florida respondents who are current or past caregivers report feeling emotionally (68%) and financially stressed (34%). Caregivers report that they are finding it difficult to get rest (57%), exercise regularly (45%), keep a healthy diet (34%), or visit their own doctor (25%). They also express feeling stressed about trying to balance their work and family (45%) and take care of their household (41%).
AARP Florida

Family Caregiver Profile

AARP Florida commissioned a telephone survey of 1965 registered voters age 45-plus to learn about their experiences with family caregiving. This report highlights results from residents interviewed between May 27 and June 16, 2016. The data was weighted to reflect registered voters in Florida age 45-plus. The survey has a margin of error of ±2.3 percent. The survey annotation will be made available at www.aarp.org/research.

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world’s largest circulation magazine; AARP Bulletin; www.aarp.org; AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at www.aarp.org.

State Research brings the right knowledge at the right time to our state and national partners in support of their efforts to improve the lives of people age 50+. State Research consultants provide strategic insights and actionable research to attain measurable state and national outcomes. The views expressed herein are for information, debate, and discussion, and do not necessarily represent official policies of AARP.

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