ALABAMIANs ARE FAMILY CAREGIVERS

Across Alabama family caregivers take on big responsibilities, helping their parents, spouses, and other loved ones live at home. AARP recently surveyed 1,000 Alabama voters age 40-plus about caring for their families. Here’s what we learned:

Alabama family caregivers often have huge responsibilities. They:

- 86% Provide companionship & social activities
- 85% Provide transportation to appointments
- 81% Manage medications
- 70% Change their work schedules
- 58% Perform complex medical tasks
- 88% Help with shopping
- 89% Help with household chores
- 92% Help with meal preparation
- 58 years old
- Female
- Cares for a parent who is 77 years of age

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

- 60% Use their own money to help.
- 61% Emotionally stressed because of caregiving responsibilities.
- 57% Stressed trying to balance job and family.
- 57% Find it hard to get enough rest.

Source: 2019 Survey of 1,000 Alabama Voters Aged 40-plus. Margin of error is ±3.1%
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