

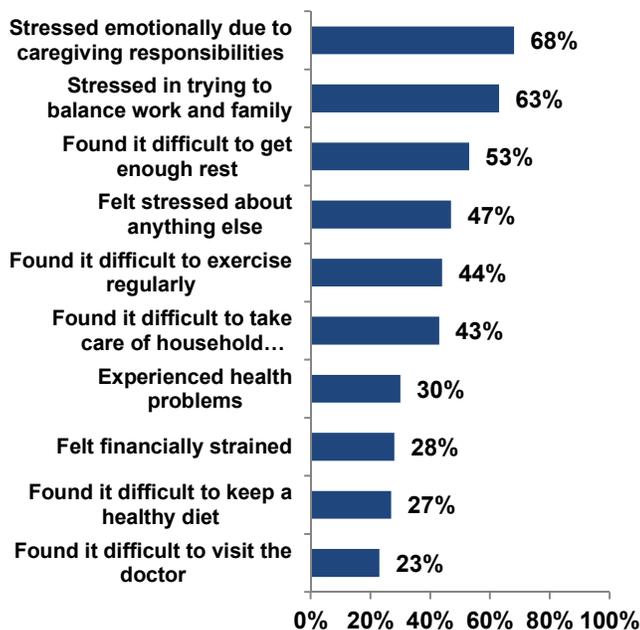
2016 AARP Oregon Caregiving Survey: Respite Care

Most Oregon residents age 45-plus have experiences as family caregivers, or believe they are likely to be caregivers in the future. Oregon residents age 45-plus say they have provided care—either currently (19%) or in the past (45%)—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 (46%) say it is at least somewhat likely they will do so in the future. **Typical family caregivers in Oregon are women (61%) and over 55 years old (78%). They are likely to be married (62%), and have post high school education or a college degree (77%). While caring for loved ones Oregon caregivers are likely (52%) to still be in the workplace, either full or part-time. The average age of the person they care for is 76 years old.**

Oregon respondents who are current or past caregivers report feeling emotionally (68%) and financially stressed (28%). Caregivers report that they are finding it difficult to get rest (53%), exercise regularly (44%), keep a healthy diet (27%), or visit their own doctor (23%). They also express feeling stressed about trying to balance their work and family (63%) and take care of their household (43%).

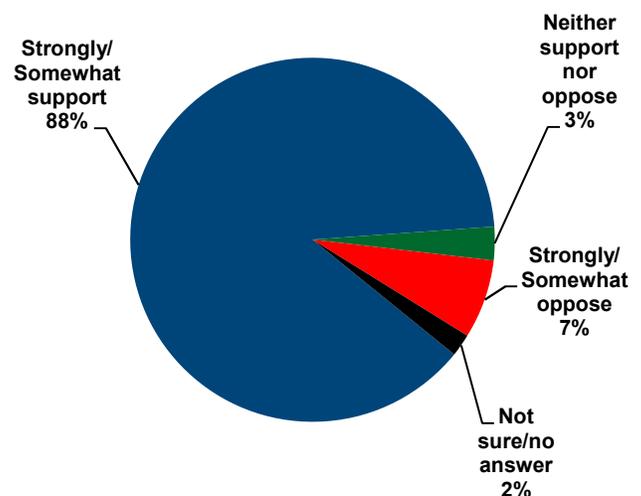
More than nine ten (95%) Oregon registered voters age 45-plus say having community services that would allow family caregivers to take a break from their caregiving duties is important. Moreover, Oregon registered voters age 45-plus would overwhelmingly support a proposal to provide short-term help from a home care worker so caregivers can take a break from caregiving duties (88%). **Eighty-five percent of respondents agree that Oregon elected officials should ensure that family caregivers have access to the services and programs they need to care for loved ones.**

Experiences of Oregon Caregivers Age 45-Plus*
(n=556 current or former Caregivers)



*Graph shows respondents who responded "yes" to each type of stressor.

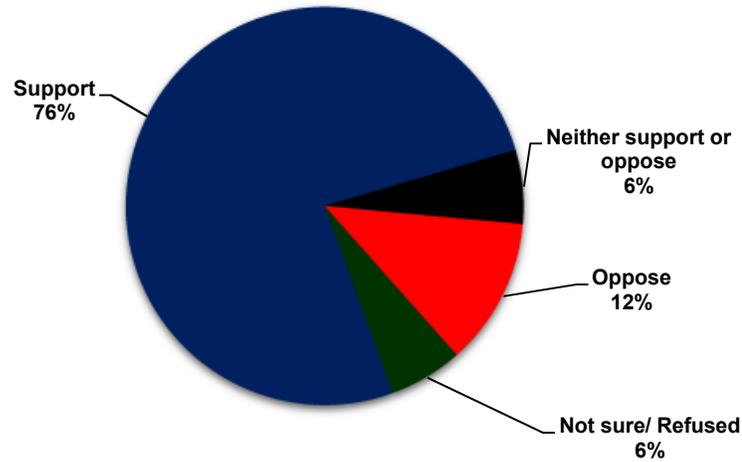
Support for A Respite Care Proposal Among Oregon Registered Voters Age 45-Plus**
(n=1000)



**Due to rounding the chart may not total 100%

Oregon Project Independence (OPI), a program providing a variety of services to Oregonians age 60 and older who do not receive most Medicaid Services, is widely supported by residents of Oregon. OPI services support the independence of older adults and allow them to remain in their home as long as they wish. More than three-quarters of Oregon residents support increasing OPI funding for the relief of caregivers.

Support for Increasing OPI Funding For Caregiver Relief Among Oregon Registered Voters Age 45-Plus (n=1000)**



AARP Oregon commissioned a telephone survey of 1000 registered voters age 45-plus to learn about their experiences with family caregiving. This report highlights results from residents interviewed between November 8, 2016 to November 22, 2016. The data was weighted to reflect registered voters in Oregon age 45-plus. The survey has a margin of error of ± 3.5 percent. The survey annotation will be made available at www.aarp.org/research.

AARP Research | For more information about this survey, please contact Aisha Bonner Cozad at:

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