OREGONIANS ARE FAMILY CAREGIVERS

Across Oregon family caregivers take on big responsibilities, helping their parents, spouses, and other loved ones live at home. AARP recently surveyed 900 Oregon registered voters age 40+ about caring for their families. Here's what we learned:

Current or **Former Caregivers**

Likely Caregivers in the Future

Oregon family caregivers often have huge responsibilities. They:

88%

Help with household chores



81%

Help with meal preparation

87%

Provide transportation to appointments



66%

Change their work schedules

89%

Help with shopping





68%

Manage medications

94%

Provide companionship and socia activities



Female



Worked while providing

age 80

care



52%

Perform complex medical tasks

independently at home, but they also face challenges:

Use their own money to help.

62 years old

Emotionally stressed because of caregiving responsibilities.

64%

Stressed trying to balance job and family.

51%

Find it hard to get enough rest.

Source: 2019 Survey of 900 Oregon Registered Voters Aged 40-plus. Margin of error is ±3.27% https://doi.org/10.26419/res.00259.021



