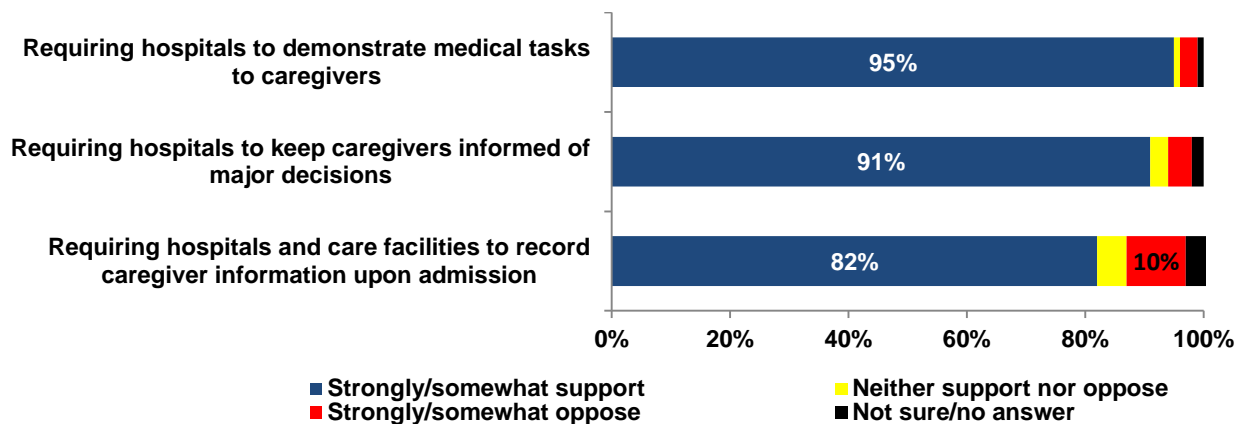


2015 AARP Caregiving Survey: Opinions of Alaska Registered Voters Age 45 and Older on Support for The Caregiver Advise, Record, Enable (CARE) Act

More than 80 percent of Alaska registered voters age 45 and older support measures in The Caregiver Advise, Record and Enable (CARE) Act, which will help unpaid family caregivers when their loved ones go into the hospital and as they transition home. In Alaska, the SB 72 Designated Caregivers for Patients Bill features three important provisions that require hospitals to provide instructions on the medical tasks the family caregiver may need to perform at home, keep a family caregiver informed of major decisions, like transferring or discharging the patient, and to engage with caregivers by recording the name of the family caregiver when a loved one is admitted into a hospital.

Support for Proposals to Help Family Caregivers When Loved Ones Go into Hospitals Among Alaska Registered Voters Age 45-Plus* (N=800)

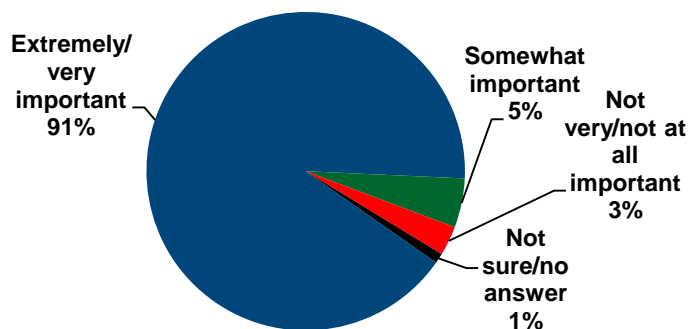


*Percentages less than 10 percent are not shown.

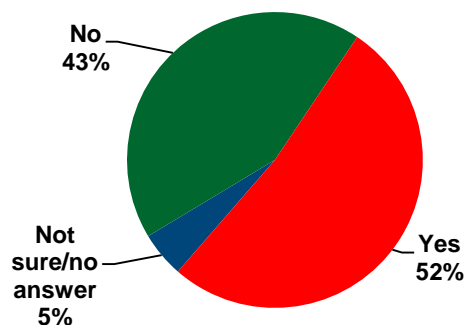
More than 90 percent of Alaska registered voters age 45 and older who are current or past caregivers say it is important for them to receive training or instruction on medical tasks they may need to perform upon hospital discharge of a loved one. Seven in ten of these caregivers indicated that a loved one or family member was hospitalized during a period of time while they were providing care. Of those caregivers, four in ten say they did not receive a live demonstration of any medical tasks that they would need to perform.

Importance of Receiving Training or Instruction on Medical Tasks To Be Performed After Hospitalization of Loved Ones* (n=397 Respondents Who Are Current or Past Caregivers)

Was Live Demonstration of Medical Tasks Given Prior to Discharge of Loved Ones?* (n=279 Current or Past Caregivers Who Had A Loved One That Was Hospitalized)

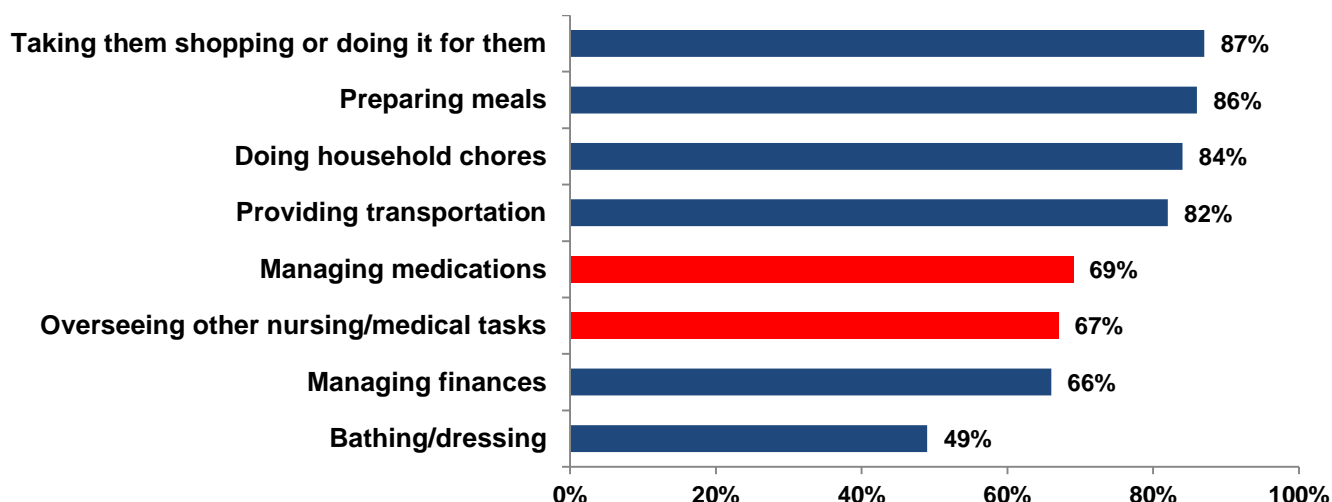


*Due to rounding the chart may not total 100%



Both current and former caregivers have provided care in a myriad of ways, with more than two-thirds assisting with complex care like medication management (69%) and other medical tasks (67%). More than eight in ten have helped loved ones in their care with household management activities like shopping (87%), preparing meals (86%), chores (84%) and transportation (82%). Two-thirds are also helping to manage finances for their loved ones (66%).

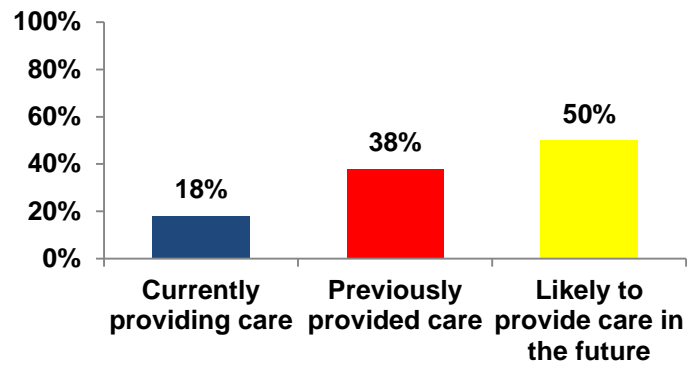
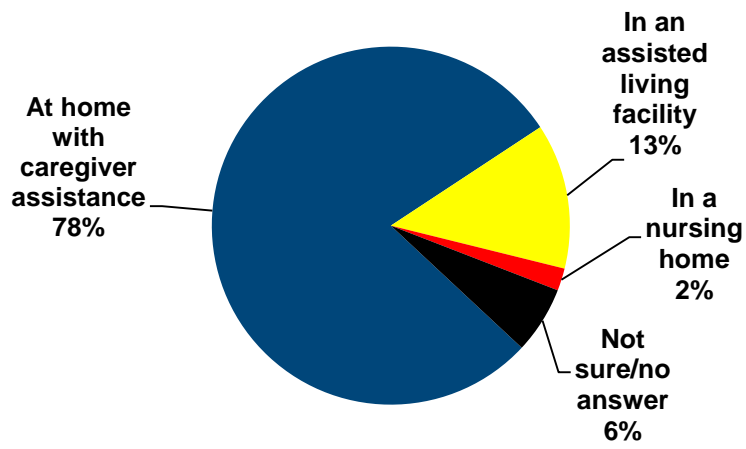
Daily Activities that Alaska Caregivers Age 45-Plus Are Providing or Have Provided
(n=397 Respondents Who Are Current or Past Caregivers)



Most Alaska registered voters age 45 and older have experiences as family caregivers, or believe they are likely to be caregivers in the future. Alaska registered voters age 45 and older say they have provided care—either currently (18%) or in the past (38%)—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, one half say it is at least somewhat likely they will do so in the future. **Typical current family caregivers in Alaska are women (57%) and over 55 years old (72%). They are likely to be married (78%), have some college education (58%), and are employed (50%). The average age of the person they care for is 73 years old.**

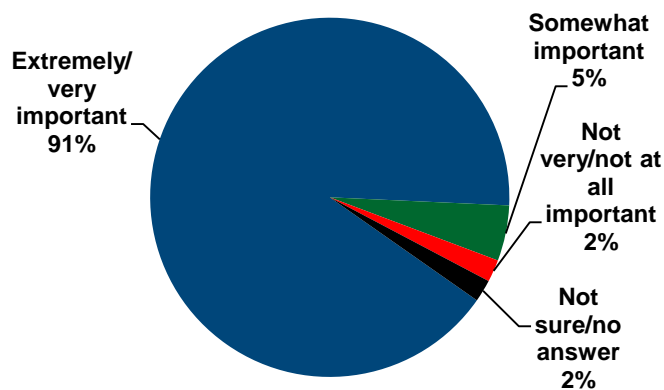
Where Do Alaska Registered Voters Age 45-Plus Want to Live When Basic Life Tasks Become More Difficult?
(n=800)

Are Alaska Registered Voters Age 45-Plus Currently Providing or Have They Provided Unpaid Care to an Adult Loved One?
(n=800)

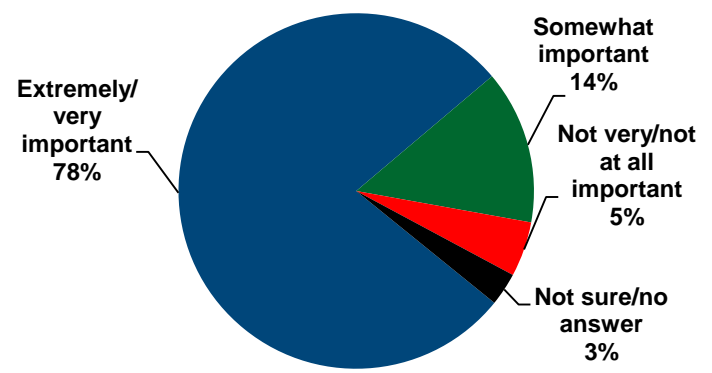


Many (57%) current and past caregivers say it is likely that they will need to provide care again in the future. As such, nearly all of these caregivers believe it is important to be able to provide care so that their loved ones can keep living independently in their own home. Many also say having more caregiver resources and training that allows family caregivers to continue to provide in-home care is important.

Importance of Having Services that Allow People to Stay in Their Own Homes as They Age*
(n=397, Respondents Who Are Current or Past Caregivers)



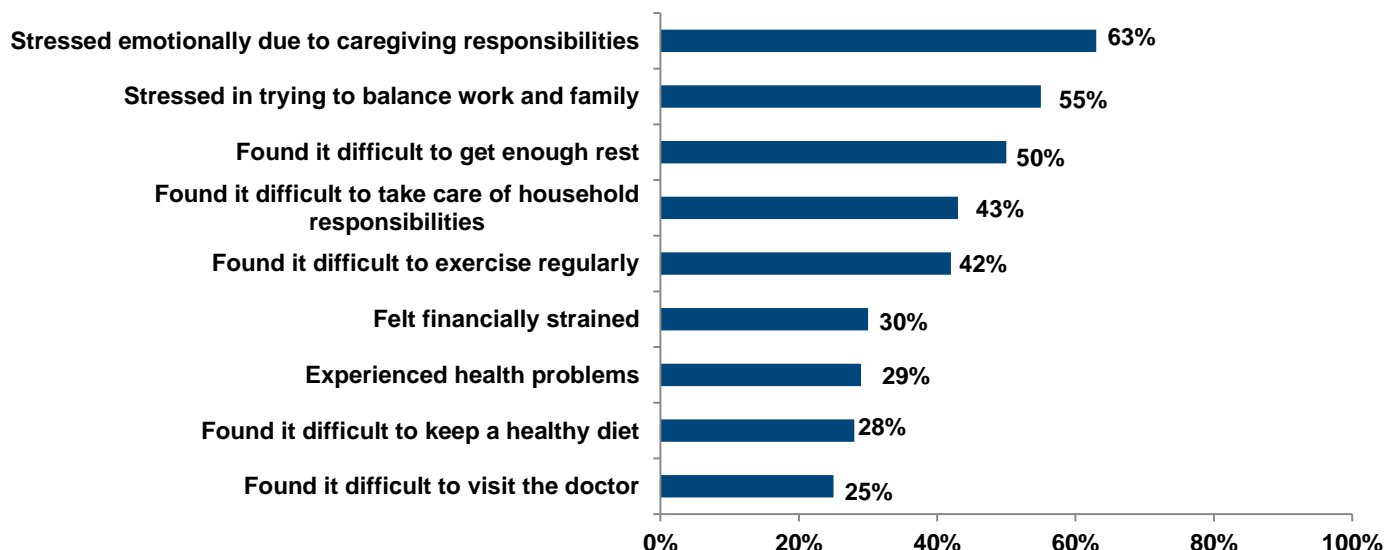
Importance of Having More Resources and Training for Caregivers*
(n=397, Respondents Who Are Current or Past Caregivers)



*Due to rounding the chart may not total 100%

Alaska respondents who are current or past caregivers report feeling emotionally (63%) and financially stressed (30%). They are also stressed about not being able to take care of their needs and the needs of their other family members. Caregivers report that they are finding it difficult to get rest (50%), exercise regularly (42%), keep a healthy diet (28%), or visit their own doctor (25%). They also express feeling stressed about trying to balance their work and family (55%) and take care of their household (43%).

Experiences of Alaska Caregivers Age 45-Plus *
(n=397, Respondents Who Are Current or Past Caregivers)



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

AARP Alaska commissioned a telephone survey of 800 registered voters age 45 and older to learn about their experiences with family caregiving. This report highlights results from registered voters interviewed between February 24 and March 6, 2015. The data was not weighted. The survey has a margin of error of ± 3.5 percent. The survey annotation will be made available at www.aarp.org/research.

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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.

AARP staff from the Alaska State Office, Campaigns, State Advocacy and Strategy Integration and State Research contributed to the design, implementation and reporting of this study. Special thanks go to AARP staff including Ken Helander, Ann Secrest, and Ken Osterkamp, AARP Alaska; Chryste Hall, Campaigns; Kristina Moorhead, State Advocacy and Strategy Integration; Rachelle Cummins, Jennifer Sauer, Aisha Bonner, Brittne Nelson, Darlene Matthews and Cheryl Barnes, State Research. Please contact Cassandra Burton at 202-434-3547 for more information regarding this survey.



AARP Research

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