

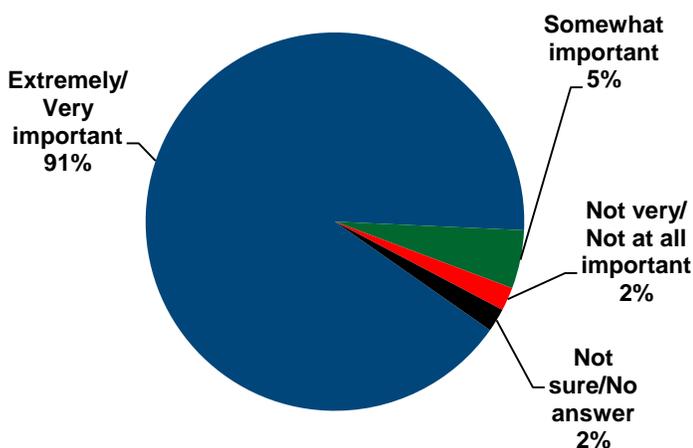
2015 AARP Caregiving Survey: Opinions of Alaska Registered Voters Age 45 and Older Who Are Family Caregivers

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 they are at least somewhat likely they will do so. **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.**

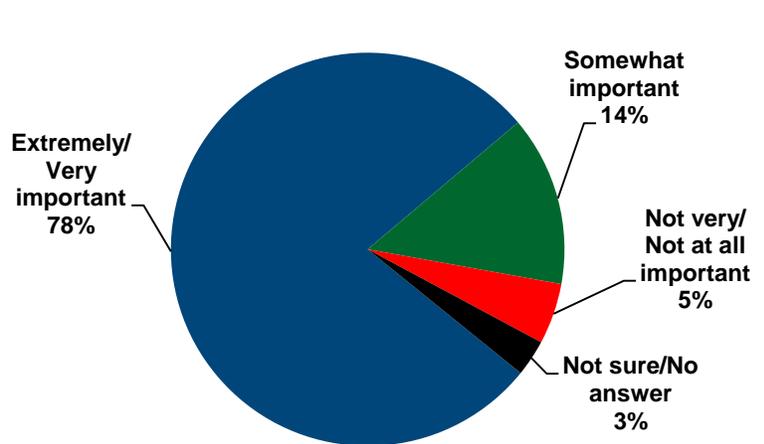
Both current and former caregivers have provided care in a myriad of ways, with more than two-thirds assisting with complex care like medication management (69%) and other medical tasks (67%). More than eight in ten have helped loved ones in their care with household management activities like shopping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

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 Being Able to Care So Loved Ones Can Live Independently*
(n=397, Respondents Who Are Current or Past Caregivers)



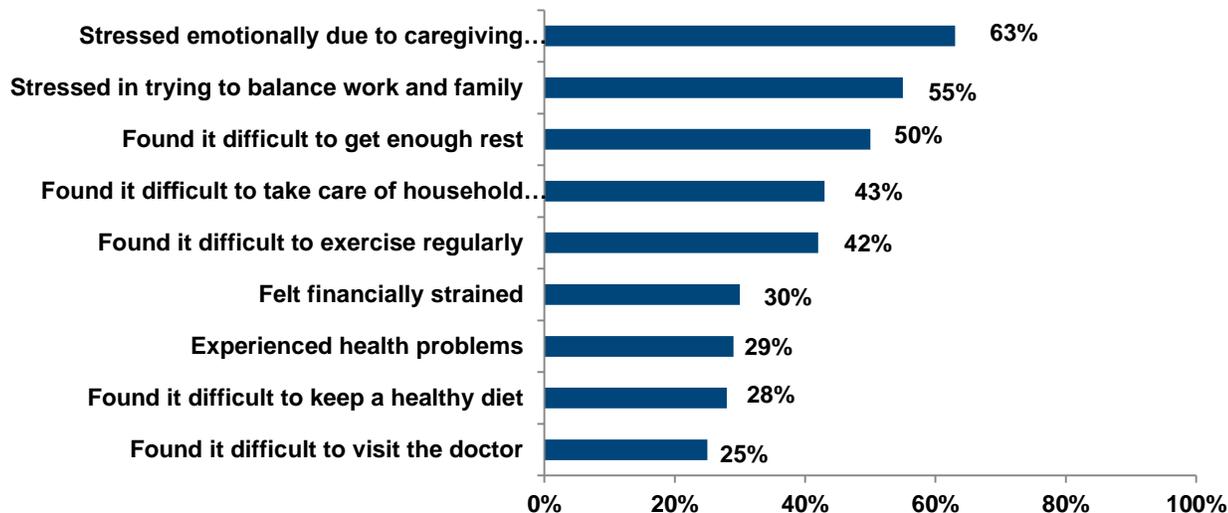
Importance of Having More Resources and Training for Caregivers*
(n=397, Respondents Who Are Current or Past Caregivers)



*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 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.

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.

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

For more information about this survey, please contact Cassandra Burton at:

202.434.3547 or e-mail ccantave@aarp.org