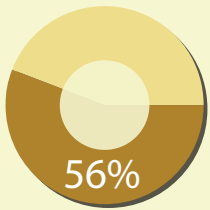
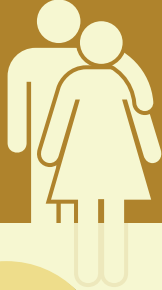


# FAMILY CAREGIVERS HELP SENIORS IN ALASKA

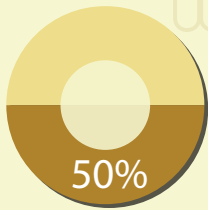
AARP is fighting to support family caregivers and the parents, spouses, and other loved ones they help live independently at home. AARP recently surveyed Alaska voters age 45-plus about caring for their families. Here's what we learned:



Alaska voters are Family Caregivers: If you're not a caregiver now and weren't one in the past, you'll likely be one in the future:

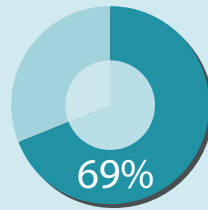
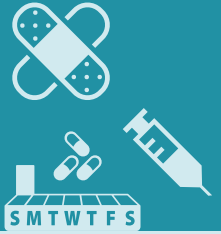


Current or Former Caregivers

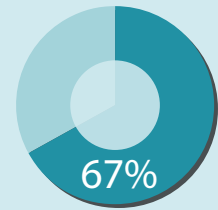


Likely Caregivers in the future

Alaska Family Caregivers help their older loved ones with daily activities like shopping, transportation, meals, and chores. They also:



Manage medications

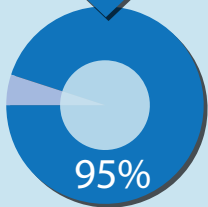


Handle nursing and medical tasks

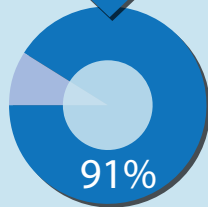
Alaska voters 45-plus believe living independently at home, with caregiver assistance is the ideal situation when basic tasks become difficult. They strongly support policy options to help.



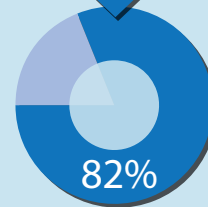
They want hospitals to better support family caregivers when their loved ones are admitted, specifically:



Hospitals should demonstrate medical and nursing tasks

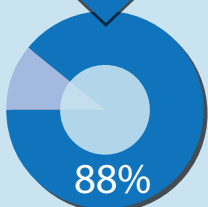


Hospitals should keep family caregivers informed of major decisions, like discharges

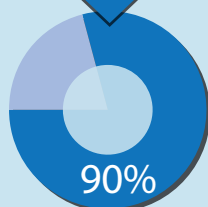


Hospitals should record the name of the family caregiver in the medical record

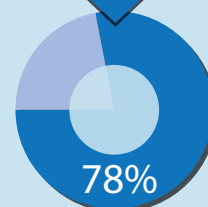
They say it's important for Family Caregivers and their older loved ones to have support, specifically:



Community services to help you or a loved one stay at home



Community services so family caregivers can take a break



Resources and training available for family caregivers

The average Alaska Family Caregiver is over 55 years old. She cares for a loved one age 73 and works full or part-time too.



All Alaska's Family Caregivers face challenges:

- 63% Emotionally stressed
- 55% Stressed trying to balance job & family
- 50% Find it hard to get enough rest
- 69% Use their own money to help