

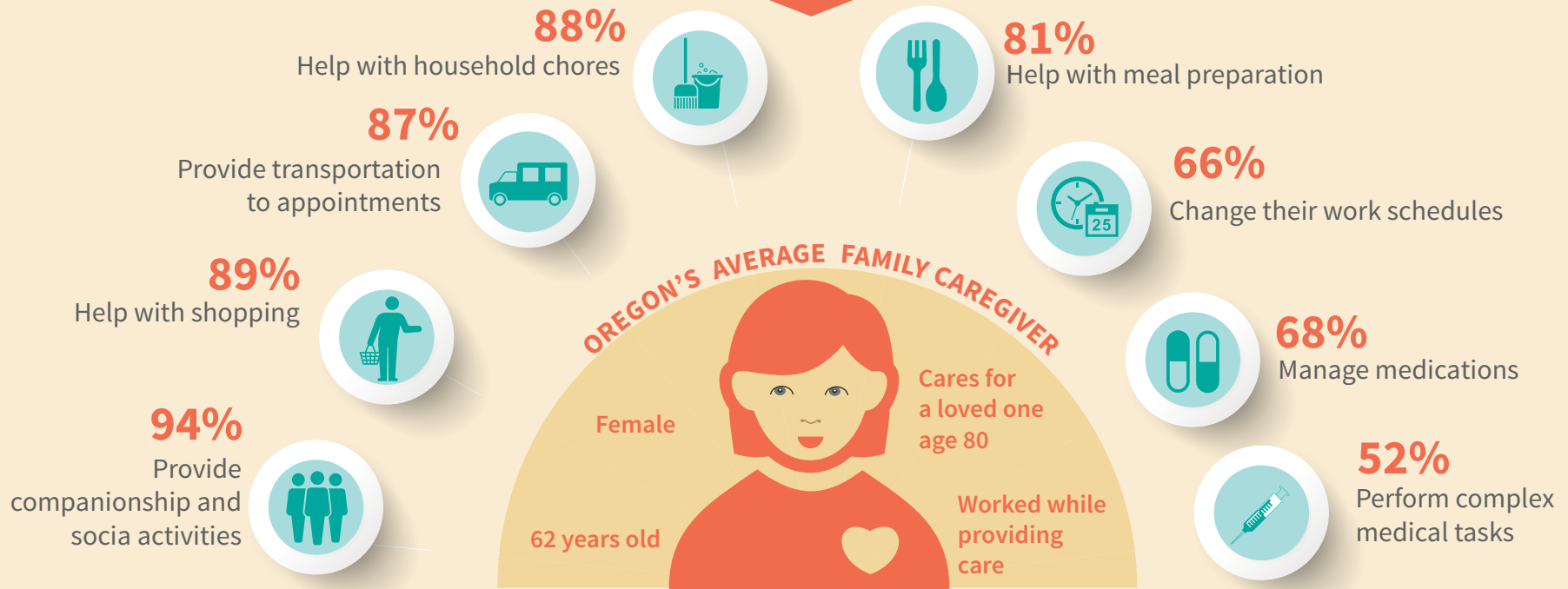
OREGONIANS ARE FAMILY CAREGIVERS

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:

49%  Current or Former Caregivers

53%  Likely Caregivers in the Future

Oregon family caregivers often have huge responsibilities. They:



Oregon family caregivers believe it's important to help their loved ones live independently at home, but they also face challenges:

57% Use their own money to help.

71% Emotionally stressed because of caregiving responsibilities.

64% Stressed trying to balance job and family.

51% Find it hard to get enough rest.