

Caregiving: Life Changes & Coping Strategies

Among Caregivers ages 40 - 60 years who care for someone age 50+
November 2013 (n= 1,036)

Caregivers' Current Life Rating

-  Relationship w/ recipient
77% currently good
-  Physical health
70% currently good
-  Relationship w/ friends
69% currently good
-  Happiness
67% currently good

Getting Worse

One in five caregivers say something has gotten worse: Specifically, their ...



- Happiness
- Satisfaction w/ social life
- Weight
- Exercise routine

Life

Cope




Mixed Emotions about Coping with Caregiving



33% avoid tough decisions






How Caregivers Cope

-  51% Pray or meditate
-  51% Seek support from spouse/partner
-  44% Clam-up, hold feelings inside

Feel

Me

If I had "Free Time" ...

-  33% Want time alone
-  32% Want time to read
-  32% Want to take a walk or exercise

Level of Caregiver Responsibility

Caregivers with more caregiving responsibilities are more likely than caregivers with fewer caregiving responsibilities to experience problems coping.



Why?

Two in five caregivers say ...



"Other people should help me more."