

Websites

- aarp.org/caregiving
- [Prepare to Care A Caregiving Planning Guide for Families](#) are designed to help develop and implement a caregiving plan for a lived one or friend.

Downloadable Documents

- Preparing Caregivers during COVID-19
- COVID Resource One Sheeter

Caregiver Support Line

- Agents are available to take calls Monday-Friday, 7 a.m. to 11 p.m. ET at **1-877-333-5885**. The support line is also available in Spanish, at **1-888-971-2013**.

Get Connected

- [AARP Community Connections](#) In response to the Coronavirus pandemic, communities around the country have come together to support those in need. We've created this site to help you connect with people in your community.
- <https://aarpcommunityconnections.org/friendly-voices/> We may be isolated, but we don't have to be alone. Sometimes, just hearing a friendly voice on the other end of the line can help in challenging times. Trained AARP Friendly Voice volunteers will provide a call to say hello. **1-888-281-0145**

AARP Black Community

Facebook: [@AARPSBlackCommunity](#)
Website: aarp.org/blackcommunity

AARP Boilerplate

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age. With a nationwide presence and nearly 38 million members, AARP strengthens communities and advocates for what matters most to families: health security, financial stability and personal fulfillment. AARP also produces the nation's largest circulation publications: AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org or follow @AARP and @AARPadvocates on social media.

Definition of a Family Caregiver

A 'family caregiver' is defined as an adult age 18 or older who is providing unpaid short-term or long-term care to a parent, spouse, friend or other adult loved one who needs help with everyday activities and personal tasks such as transportation, managing finances, scheduling appointments, shopping, bathing, dressing, preparing meals, wound care and/or medication management.

African American Caregivers

- 14 percent of family caregivers in the U.S. report being non-Hispanic African American or Black.
- On average, African American caregivers are 47-years-olds caring for 64-year-olds.
- African American caregivers have been caring for 5.2 years on average. They report providing 31.2 hours of care weekly, helping with medical/nursing tasks.
- African American caregivers report experiencing financial impacts as a result of providing care—more than either non-Hispanic white or Asian caregivers—most commonly stopping saving, leaving bills unpaid or paying them late, or taking on more debt.
- African American caregivers typically care for a parent, spouse, or grandparent. About half of African American caregivers feel they had no choice in taking on their role, but the majority find a sense of purpose or meaning in that role—more so than non-Hispanic white or Asian caregivers.

AARP Resources

AARP has tools, information, and support available for family caregivers. The AARP Family Caregiving Website (www.aarp.org/caregiving) provides an easy way to join an online community of other family caregivers, learn about local services, get helpful information, and connect with others who understand caregiving challenges.

- [Caregiving in the U.S. 2020](#)
- [The "Typical" African American Caregiver](#)