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: @AARPBBlackCommunity
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