

NORTH DAKOTANS ARE FAMILY CAREGIVERS

Across North Dakota, family caregivers give their hearts every day, helping their parents, spouses, and other loved ones stay at home.



62,100
family caregivers

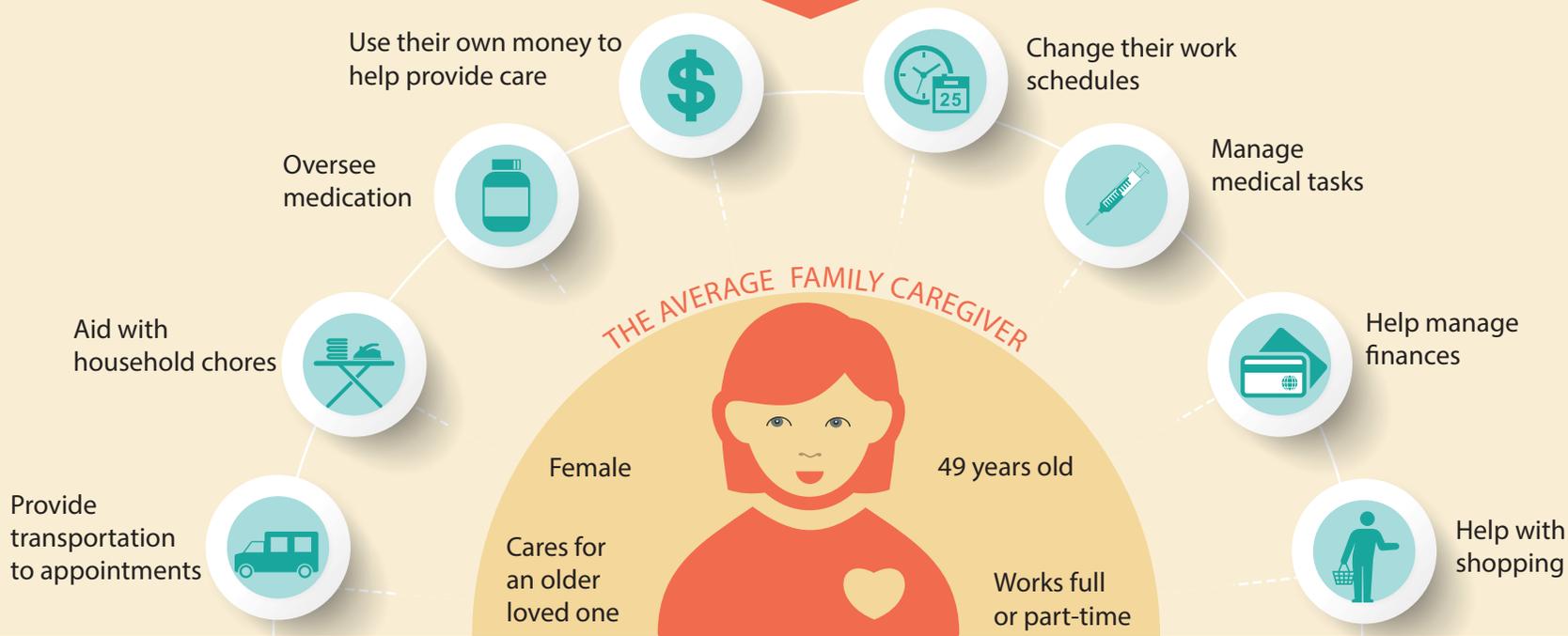


Provide 58 million hours
of unpaid care annually



Estimated at \$860 million
in unpaid care annually

While they wouldn't have it any other way, family caregiving is a huge job. They:



Heart-ing Family Caregivers Across North Dakota



I Heart Caregivers is an initiative from AARP to recognize the contribution and dedication of America's silent army of family caregivers who perform a great labor of love every day: caring for aging parents, spouses, brothers, sisters, aunts, uncles, friends and other loved ones so they can remain in their homes. To view stories – or share your own – visit: aarp.org/iheartcaregivers

Source: Valuing the Invaluable 2015 Update: Undeniable Progress, but Big Gaps Remain (PPI)