



# **Are Americans Talking with Their Parents About Independent Living: A 2007 Study Among Boomer Women**

## **Introduction**

It is important to consider the various types of assistance we may need to be able to live independently as we get older. Having family conversations about these issues is difficult yet it is important that these discussions take place so families can plan ahead.

In October 2007, AARP commissioned ICR to conduct a telephone survey among women age 45+ who had at least one living parent to determine if women are having conversations with their parents about independent living.

Respondents were asked whether or not they have had a conversation with their parents about their ability to live independently as they get older. They were also asked about their opinions towards their parents' financial preparedness for independent living assistance and their awareness towards community resources. Lastly, we looked at whether or not boomer women are thinking about any independent living assistance that they may need when they get older.

## **Key Findings**

- Two-thirds of women said they are concerned about their parents' ability to live independently as they get older, with 43% being very concerned and 26% somewhat concerned.
- When asked whether or not they are having conversations with their parents about their ability to live independently as they get older, two-thirds (69%) said they have had these types of conversations with their parents. However, only 40% of respondents said they or their parents have begun to plan for any independent living assistance their parents may need as they get older.
- Two-thirds of respondents (68%) feel that their parents are financially prepared for any independent living assistance that they may need.
- Respondents were asked whether or not they have considered various living arrangements for their parents if they are unable to continue to live by themselves when they get older. The most commonly cited living arrangement was having their parents move in with them. Less than a quarter said they have considered the possibility of their parents moving into a nursing home if they were unable to live independently.
- Awareness towards community resources is very high. The majority of respondents were familiar with community services such as assisted

transportation, meal services, adult day care, assistance with every day activities, and assisted living facilities.

- Boomers are beginning to think about their own ability to live independently. More than half (56%) said they were concerned about living independently when they get older. Half of the respondents (51%) also said they have begun to think about how they would pay for any independent living assistance that they may need as they get older.

### **For More Information**

The full report is available at [www.aarp.org/boomerwomen](http://www.aarp.org/boomerwomen)

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