

- PRESS
- Press Releases

## AARP Launches Major Effort to Raise Awareness on the Impact of Family Caregiving on U.S. Latinos

New AARP documentary starring TV personality Marco Antonio Regil showcases Latinos tackling the family caregiver role

**En español / WASHINGTON, DC**—AARP announced the launch of an effort to raise awareness of the daily challenges faced by many U.S. Latino family caregivers, anchored by the release of a Spanish-language documentary, titled *Cada Paso del Camino* (*Every Step of the Way*). The film showcases the powerful and emotional stories of four Latino family caregivers, including popular Spanish-language television personality and outspoken caregiver, Marco Antonio Regil. Ultimately, the documentary aims to start a conversation among Latinos on how to best plan for and manage the family caregiver role.



Latino family caregivers in the U.S. spend more of their time and money caring for a loved one when compared with the rest of the population. On average, Latino family caregivers spend 44 percent of their annual income on caregiving-related expenses and dedicate 52 percent more time per week giving care, according to an AARP Research Report, “**Family Caregiving and Out-of-Pocket Costs: 2016 Report.**”

As part of this effort, AARP is also highlighting the resources that are available to Latinos to help them as they take on the demands of this vital role. In particular, the documentary invites viewers to the refreshed AARP Family Caregiving website, [aarp.org/cuidar](http://aarp.org/cuidar) or [aarp.org/caregiving](http://aarp.org/caregiving) in English. There, visitors can gain access to helpful information, learn about local services, join an online community of family caregivers and connect with others who understand caregiving challenges.

“AARP is here to support Latinos who take care of a loved one, providing Spanish-language tools and resources tailored to specific topics and challenges, such as caring for a loved one with dementia, as well as other practical tips and tools,” said Yvette Peña, AARP Vice President of Multicultural Leadership, Latino Audience Strategy. “With *Cada Paso del Camino*, AARP wants to recognize Latino caregivers’ vital role and incredible labor of love.”

Latinos make up 21 percent of the estimated 40 million family caregivers in the U.S. providing unpaid care to their parents, spouses, partners and other adult loved ones. Many family caregivers, especially men, see themselves as just family members doing what loved ones do for each other. As a result, they are often unprepared to handle the more complex aspects of the role.

“Many people who are familiar with my work know how strongly I felt about caring for my mother who recently passed away. Caregiving is a precious act that touches the lives of every person regardless of gender, age, ethnicity or income level,” said Marco Antonio Regil. “By being a part of *Cada Paso del Camino*, it is my goal that, together with AARP, we reach every single Latino with this invaluable information.”

To see the free documentary (English subtitles provided) and access more information about caregiving resources visit [aarp.org/caregiving](http://aarp.org/caregiving) or call 1-877-333-5885. To see the free documentary and access caregiving resources in Spanish, visit [aarp.org/cuidar](http://aarp.org/cuidar) or call 1-888-971-2013.

# # #

### **About AARP**

*AARP is the nation’s largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully*

*chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the world's largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit [www.aarp.org/espanol](http://www.aarp.org/espanol) or follow @AARPenEspanol, @AARP and @AARPadvocates on social media.*

**For further information: Paola Torres-Cuervo, 202-434-2555, [ptorres@aarp.org](mailto:ptorres@aarp.org),**

---