1 in 5 adults are caregivers

CAREGIVING CAN BE

LENGTHY
Half have provided care for at least two years

INTENSE
A third have provided care for at least 20 hours per week

WHO ARE CAREGIVERS?

59% are women

26% are 65 years old or older

35% are caring for a parent or parent-in-law

25% of caregivers are providing care to someone with dementia

HOW DO CAREGIVERS HELP?

75% manage household tasks

Nearly half assist with personal care

FUTURE CAREGIVERS

1 in 7 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention