1 in 5 adults are caregivers

WHO ARE CAREGIVERS?
- 61% are women
- 27% are 65 years old or older
- 35% are caring for a parent or parent-in-law
- 21% of caregivers are providing care to someone with dementia

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

HOW DO CAREGIVERS HELP?
- Nearly 75% manage household tasks
- Over 40% assist with personal care

FUTURE CAREGIVERS
- 1 in 9 non-caregivers expect to become caregivers within 2 years

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

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