MARYLAND CAREGIVING

1 in 4 adults are caregivers

CAREGIVING CAN BE
LENGTHY
Nearly Half have provided care for at least two years

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

WHO ARE CAREGIVERS?
57% are women
23% are 65 years old or older
39% are caring for a parent or parent-in-law
22% of caregivers are providing care to someone with dementia

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

FUTURE CAREGIVERS
1 in 6 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