1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

- **61%** are women
- **22%** are 65 years old or older
- **37%** are caring for a parent or parent-in-law
- **20%** of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

- **LENGTHY**
  - *Half* have provided care for at least two years

- **INTENSE**
  - *Over a quarter* have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

- **Over 75%** manage household tasks
- **Over 40%** assist with personal care

FUTURE CAREGIVERS

- **1 in 7** 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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