CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

55% are women
25% are 65 years old or older
35% are caring for a parent or parent-in-law
23% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
Over 50% 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?

Over 75% manage household tasks
Over half assist with personal care

FUTURE CAREGIVERS

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

cdc.gov/aging

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