1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

- 57% are women
- 28% are 65 years old or older
- 33% are caring for a parent or parent-in-law
- 24% 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 81% 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