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

1 in 4 adults are caregivers.

WHO ARE CAREGIVERS?

- 57% are women
- 25% are 65 years old or older
- 34% are caring for a parent or parent-in-law
- 27% of caregivers are providing care to someone with dementia

LENGTHY
Over 50% have provided care for at least two years

INTENSE
Over 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 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