1 in 5 adults are caregivers

**WHO ARE CAREGIVERS?**

- **59%** are women
- **24%** are 65 years old or older
- **35%** are caring for a parent or parent-in-law
- **24%** of caregivers are providing care to someone with dementia

**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

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

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