1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

- **59%** are women
- **20%** are 65 years old or older
- **35%** are caring for a parent or parent-in-law
- **22%** of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

- **LENGTHY**: Half have provided care for at least two years
- **INTENSE**: Nearly a quarter have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

- **Over 80%** manage household tasks
- **Nearly 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