

UTAH CAREGIVING



2019 Behavioral Risk Factor Surveillance System (BRFSS) Data



1 in 5 adults are caregivers

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

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



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



FUTURE CAREGIVERS

1 in 6 NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years



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

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