

# GEORGIA CAREGIVING



2020 Behavioral Risk Factor Surveillance System (BRFSS) Data



## Nearly 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**  
Nearly half 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?



80% manage household tasks

Over half assist with personal care



### WHO ARE CAREGIVERS?

60% are women

20% are 65 years old or older

39% are caring for a parent or parent-in-law

23% of caregivers are providing care to someone with dementia



### FUTURE CAREGIVERS



Nearly 1 in 7 NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years