

# NEW YORK CAREGIVING



2020 Behavioral Risk Factor Surveillance System (BRFSS) Data



**1 in 6** 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?



Nearly 75% manage household tasks

Nearly half assist with personal care



## WHO ARE CAREGIVERS?

57% are women

24% are 65 years old or older

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

24% of caregivers are providing care to someone with dementia



## FUTURE CAREGIVERS



Nearly 1 in 8 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years