

OHIO CAREGIVING

OH

2020 Behavioral Risk Factor Surveillance System (BRFSS) Data

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

1 in 5 adults are caregivers



CAREGIVING CAN BE

LENGTHY

Half have provided care for at least two years



INTENSE

Almost a third have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



80% manage household tasks

Nearly half assist with personal care



WHO ARE CAREGIVERS?

59% are women

23% are 65 years old or older

38% are caring for a parent or parent-in-law

23% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS



Nearly 1 in 9 NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years