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?

Nearly half assist with personal care

80% manage household tasks

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

For more information: www.alz.org/publichealth www.cdc.gov/aging

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