

OREGON CAREGIVING

OR

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 6 adults are caregivers

CAREGIVING CAN BE

LENGTHY

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 40% assist with personal care



WHO ARE CAREGIVERS?

54% are women

25% are 65 years old or older

37% are caring for a parent or parent-in-law

26% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS



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