

# PENNSYLVANIA 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**  
**Over 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?

**56%** are women

**21%** are 65 years old or older

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

**22%** of caregivers are providing care to someone with dementia



### FUTURE CAREGIVERS



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