

UTAH 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
Nearly half have provided care for at least two years



INTENSE
A quarter have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Over 80% manage household tasks

Nearly half assist with personal care



WHO ARE CAREGIVERS?

58% are women

19% are 65 years old or older

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

22% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS



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