

PUERTO RICO CAREGIVING

PR

2021 Behavioral Risk Factor Surveillance System (BRFSS) Data



1 in 8 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
Over half have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Over 80% manage household tasks

Nearly 75% assist with personal care



WHO ARE CAREGIVERS?

62% are women

20% are 65 years old or older

48% are caring for a parent or parent-in-law

28% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS



1 in 6 NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years