1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

- 56% are women
- 20% are 65 years old or older
- 33% are caring for a parent or parent-in-law
- 6% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

- LENGTHY
  - Over Half have provided care for at least two years

- INTENSE
  - Almost 1/4 have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

- Over 80% manage household tasks
- Over 50% assist with personal care

FUTURE CAREGIVERS

- Nearly 1 in 5 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention