CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

Nearly 1 in 4 adults are caregivers

WHO ARE CAREGIVERS?

LENGTHY
Nearly Half have provided care for at least two years

INTENSE
Almost 1/3 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

1 in 6 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