

# INDIANA CAREGIVING

IN

2015 Behavioral Risk Factor Surveillance System (BRFSS) Data



**Nearly 1 in 4**  
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**

**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



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

## WHO ARE CAREGIVERS?

**60%** are women

**18%** are 65 years old or older

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

**8%** of caregivers are providing care to someone with dementia



## FUTURE CAREGIVERS

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



[cdc.gov/aging](http://cdc.gov/aging)