

# MAINE CAREGIVING

ME

2015 Behavioral Risk Factor Surveillance System (BRFSS) Data



**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**  
**Over Half** have provided care for at least two years



**INTENSE**  
**Nearly 1/4** have provided care for at least 20 hours per week



## HOW DO CAREGIVERS HELP?



**Nearly 80%** manage household tasks

**Almost 50%** assist with personal care



## WHO ARE CAREGIVERS?

**56%** are women

**24%** are 65 years old or older

**33%** are caring for a parent or parent-in-law

**12%** of caregivers are providing care to someone with dementia



## FUTURE CAREGIVERS

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



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

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