

NEW JERSEY CAREGIVING

NJ

2015 Behavioral Risk Factor Surveillance System (BRFSS) Data

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



1 in 5 adults are caregivers

CAREGIVING CAN BE

LENGTHY

Nearly 50%

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?



Nearly 80%

manage household tasks

Nearly 50% assist with personal care



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

WHO ARE CAREGIVERS?

57% are women

20% are 65 years old or older

44% are caring for a parent or parent-in-law

8% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS

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



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