

NEW YORK CAREGIVING

NY

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

Nearly 50%

have provided care for at least two years



INTENSE

Almost 1/5 have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Nearly 80%

manage household tasks

Over 50% assist with personal care



WHO ARE CAREGIVERS?

55% are women

17% are 65 years old or older

40% are caring for a parent or parent-in-law

10% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS

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



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

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