

OREGON CAREGIVING

OR

2015 Behavioral Risk Factor Surveillance System (BRFSS) Data



Nearly 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 50%

have provided care for at least two years



INTENSE

1/3 have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Over 80% manage household tasks

Nearly 50% assist with personal care



WHO ARE CAREGIVERS?

62% are women

24% are 65 years old or older

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

10% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS

1 in 6
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