

ALASKA CAREGIVING

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2017 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

Half have provided care
for at least two years



INTENSE

Almost a third
have provided care for at
least 20 hours per week



HOW DO CAREGIVERS HELP?



Over 80% manage
household tasks

50% assist with
personal care



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

WHO ARE CAREGIVERS?

53% are women

18% are 65 years old or older

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

5% of caregivers are
providing care to someone
with dementia



FUTURE CAREGIVERS

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



cdc.gov/aging