

CAREGIVING

AMONG AMERICAN INDIAN/ALASKA NATIVE ADULTS

2015–2017 Behavioral Risk Factor Surveillance System (BRFSS) Data from American Indian and Alaska Native adults in 44 States, Puerto Rico, and the District of Columbia



1 in 4 American Indian/Alaska Native 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 half have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Over 80% manage household tasks

Over 50% assist with personal care



WHO ARE CAREGIVERS?

56% are women

16% are 65 years old or older

35% are caring for a parent or parent-in-law

7% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS

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



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