1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

- **60%** are women
- **25%** are 65 years old or older
- **34%** are caring for a parent or parent-in-law
- **9%** of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

- **LENGTHY**: Over half have provided care for at least two years
- **INTENSE**: A fourth have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

- **Nearly 80%** manage household tasks
- **50%** assist with personal care

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

1 in 7 non-caregivers expect to become caregivers within 2 years

cdc.gov/aging

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