CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability.

1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

- 54% are women
- 21% are 65 years old or older
- 36% are caring for a parent or parent-in-law
- 12% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
Nearly 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?

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

FUTURE CAREGIVERS

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

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