1 in 6 adults are caregivers

WHO ARE CAREGIVERS?

- 56% are women
- 26% are 65 years old or older
- 34% are caring for a parent or parent-in-law
- 11% 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
- 40% assist with personal care

FUTURE CAREGIVERS

- 1 in 8 non-caregivers expect to become caregivers within 2 years

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

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