Nearly 1 in 4 African American adults are caregivers

CAREGIVING CAN BE

LENGTHY
Nearly half have provided care for at least two years

INTENSE
One third have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

80% manage household tasks

Over 50% assist with personal care

WHO ARE CAREGIVERS?

60% are women

14% are 65 years old or older

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

9% of caregivers are providing care to someone with dementia

FUTURE CAREGIVERS

1 in 6 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years