CAREGIVING


1 in 5 adults are caregivers

CAREGIVING CAN BE

LENGTHY
Half have provided care for at least two years

INTENSE
Almost 1/3 have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

Nearly 80% manage household tasks

Over 50% assist with personal care

WHO ARE CAREGIVERS?

58% are women

19% are 65 years old or older

37% are caring for a parent or parent-in-law

9% are providing care to someone with dementia

FUTURE CAREGIVERS

1 in 6 non-caregivers expect to become caregivers within 2 years

cdc.gov/aging

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