1 in 3 American Indian/Alaska Native adults are caregivers

WHO ARE CAREGIVERS?

- 60% are women
- 16% are 65 years old or older
- 32% are caring for a parent or parent-in-law

CAREGIVING CAN BE

LENGTHY

Over Half have provided care for at least two years

INTENSE

Nearly half have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

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

FUTURE CAREGIVERS

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

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