

CAREGIVING

AMONG AMERICAN INDIAN/ALASKA NATIVE ADULTS

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from American Indian and Alaska Native adults in 44 States, Puerto Rico, and the District of Columbia



1 in 3 American Indian/Alaska Native adults are caregivers

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

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



WHO ARE CAREGIVERS?

60% are women

16% are 65 years old or older

32% are caring for a parent or parent-in-law



FUTURE CAREGIVERS

Nearly 1 in 6 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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