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

1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

- 58% are women
- 19% are 65 years old or older
- 1 in 3 are caring for a parent or parent-in-law
- 9% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

- LENGTHY
  Nearly half have provided care for at least two years
- INTENSE
  Almost a 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

FUTURE CAREGIVERS

- 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