

# CAREGIVING

## AMONG LESBIAN, GAY, BISEXUAL, TRANSGENDER (LGBT) ADULTS

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from Lesbian, Gay, Bisexual, Transgender (LGBT) Adults in 20 States



**1 in 4** 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 40%** have provided care for at least two years



#### INTENSE

**30%** have provided care for at least 20 hours per week



### HOW DO CAREGIVERS HELP?



**8 in 10** manage household tasks

**Over half** assist with personal care



### WHO ARE CAREGIVERS?

**43%** are women

**less than 10%** are 65 years old or older

**43%** are caring for a parent or parent-in-law

**Nearly 10%** are providing care to someone with dementia



### FUTURE CAREGIVERS

**1 in 5** NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years



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

[cdc.gov/aging](https://cdc.gov/aging)