CAREGIVING AMONG RURAL ADULTS


1 in 4 adults are caregivers

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

WHO ARE CAREGIVERS?

62% are women
28% are 65 years old or older
35% are caring for a parent or parent-in-law
Nearly 10% are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
Over half 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

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