

CAREGIVING AMONG RURAL ADULTS

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from Rural Adults in 47 States and the District of Columbia.



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 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



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



FUTURE CAREGIVERS

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

cdc.gov/aging