1 in 6 Hispanic adults are caregivers

**WHO ARE CAREGIVERS?**

- 58% are women
- 9% are 65 years old or older
- 39% are caring for a parent or parent-in-law
- 8% of caregivers are providing care to someone with dementia

**LENGTHY**

Nearly half have provided care for at least two years

**INTENSE**

One third have provided care for at least 20 hours per week

**HOW DO CAREGIVERS HELP?**

- Nearly 80% manage household tasks
- Over 50% assist with personal care

**FUTURE CAREGIVERS**

Nearly 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