NEW YORK CAREGIVING

2018 Behavioral Risk Factor Surveillance System (BRFSS) Data

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

1 in 5 adults are caregivers

CAREGIVING CAN BE

LENGTHY
Nearly 1/2 have provided care for at least two years

INTENSE
Almost 1/3 have provided care for at least 20 hours per week

WHO ARE CAREGIVERS?

62% are women

20% are 65 years old or older

38% are caring for a parent or parent-in-law

12% of caregivers are providing care to someone with dementia

HOW DO CAREGIVERS HELP?

Over 75% manage household tasks

Nearly 60% assist with personal care

FUTURE CAREGIVERS

1 in 7 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

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