

CAREGIVING AMONG WOMEN

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from Women in 44 States, Puerto Rico, and the District of Columbia.



1 in 4 Women are caregivers

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

CAREGIVING CAN BE

LENGTHY

Half have provided care for at least two years



INTENSE

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



HOW DO CAREGIVERS HELP?



Over 80% manage household tasks

Nearly 60% assist with personal care



WHO ARE CAREGIVERS?

20% are 65 years old or older

37% are caring for a parent or parent-in-law

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