CAREGIVING AMONG WOMEN


1 in 4 Women are caregivers

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

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

HOW DO CAREGIVERS HELP?

Over 80% manage household tasks

Nearly 60% assist with personal care

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