Caregiving among rural adults

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from Rural Adults in 41 States and the District of Columbia.

1 in 4 adults are caregivers

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

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

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

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