

# FACTSHEET

APRIL 2024

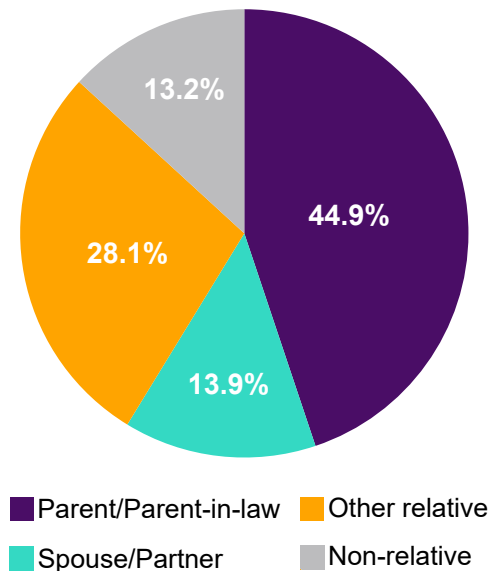
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## Caregiver Data from the 2021-2022 BRFSS

**The typical caregiver for a person with Alzheimer's or another dementia is a middle-aged working woman caring for a parent or parent-in-law.**

- One in five adults are caregivers — and dementia caregivers account for 21.8% of all caregivers.
- Of all dementia caregivers:
  - 63.3% are women;
  - 58.5% are between the ages of 35 and 64;
  - 44.9% are caring for a parent or in-law.
  - 27.3% are also caring for a child;
  - 68.4% have been to college;
  - 51.7% are currently employed or self-employed;
  - 42.5% have a household income under \$50,000.

**Care Recipient Relationship to Dementia Caregiver**



### What is the BRFSS?

The Behavioral Risk Factor Surveillance System (BRFSS) is a public health survey conducted among community-dwelling individuals each year by all states in coordination with the Centers for Disease Control and Prevention (CDC). The data presented here are from the 2021-2022 BRFSS Caregiver Module — a series of questions that ask about caregiving duties and the challenges faced by caregivers.

The data here represent 47 states and should not be interpreted as national data. All data were analyzed by the CDC's Alzheimer's Disease Team.

**Dementia caregivers undertake a wide range of personal and health care responsibilities.**

- Among dementia caregivers, 66.1% help manage personal care — intimate tasks such as feeding, dressing, and bathing — compared with 45.8% of non-dementia caregivers.
- Nearly 85% of dementia caregivers help manage household activities — cleaning, managing money, or preparing meals.

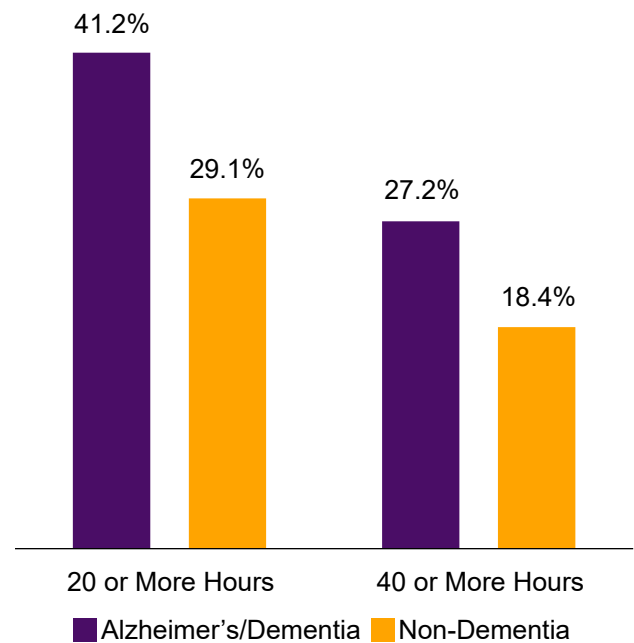
**Dementia caregiving involves many hours over a long period of time. Women shoulder most of this burden.**

- More than one quarter of Alzheimer's and dementia caregivers provide full-time care — 40 or more hours per week.
- More than 60% of dementia caregivers have been providing care for at least two years, and nearly one-third have been providing care for at least five years.
- Among the dementia caregivers providing 40 or more hours of care per week, more than two-thirds are women. Similarly, of those who have been providing care for at least five years, nearly two-thirds are women.

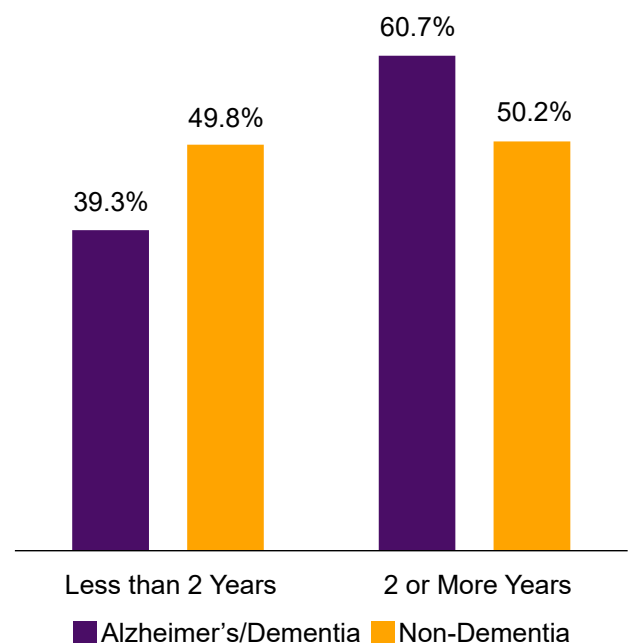
**The demands of dementia caregiving often result in physical and mental health problems among caregivers themselves.**

- Nearly one in five dementia caregivers report their overall health is fair or poor.
- Among dementia caregivers, 14.7% report frequent physical distress (spending at least 14 of the previous 30 days in poor physical health).
- More than two-thirds of dementia caregivers are overweight or obese.
- Among dementia caregivers, 21.7% report frequent poor mental health (spending at least 14 of the previous 30 days in poor mental health).
- More than one in four dementia caregivers have been diagnosed with depression.
- In the past year, more than 1 in 8 dementia caregivers needed to see a doctor but could not afford the cost.

**Weekly Hours of Care**



**Duration of Caregiving**



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