CAREGIVING AMONG AMERICAN INDIAN/ALASKA NATIVE ADULTS


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

1 in 4 American Indian/Alaska Native adults are caregivers

WHO ARE CAREGIVERS?

LENETHY
Half have provided care for at least two years

INTENSE
Almost half have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

Over 80% manage household tasks

Over 50% assist with personal care

FUTURE CAREGIVERS

Nearly 1 in 5 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

56% are women

16% are 65 years old or older

35% are caring for a parent or parent-in-law

7% of caregivers are providing care to someone with dementia

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