ALABAMA CAREGIVING

2015 Behavioral Risk Factor Surveillance System (BRFSS) Data

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

1 in 4 adults are caregivers

WHO ARE CAREGIVERS?

60% are women
17% are 65 years old or older
38% are caring for a parent or parent-in-law
9% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
Over Half have provided care for at least two years

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

HOW DO CAREGIVERS HELP?

Nearly 80% manage household tasks

Nearly 60% assist with personal care

FUTURE CAREGIVERS

Nearly 1 in 5 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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