

ALABAMA CAREGIVING



2015 Behavioral Risk Factor Surveillance System (BRFSS) Data



1 in 4 adults
are caregivers

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

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



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



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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