ARIZONA CAREGIVING

2016 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 5 adults are caregivers

WHO ARE CAREGIVERS?

60% are women
22% are 65 years old or older
37% are caring for a parent or parent-in-law
10% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
More Than Half have provided care for at least two years

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

HOW DO CAREGIVERS HELP?

Over 80% manage household tasks
More Than 50% assist with personal care

FUTURE CAREGIVERS

1 in 7 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

cdc.gov/aging

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