ARKANSAS CAREGIVING

2016 Behavioral Risk Factor Surveillance System (BRFSS) Data

1 in 4 adults are caregivers

WHO ARE CAREGIVERS?

- 60% are women
- 18% are 65 years old or older
- 32% are caring for a parent or parent-in-law
- 7% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
Over 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?

- Nearly 85% manage household tasks
- Over 60% assist with personal care

FUTURE CAREGIVERS

1 in 7 non-caregivers expect to become caregivers within 2 years

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