1 in 6 adults are caregivers

WHO ARE CAREGIVERS?

- 56% are women
- 18% are 65 years old or older
- 35% 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: A Fourth have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

- Almost 80% manage household tasks
- Over 50% assist with personal care

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

cdc.gov/aging