

CALIFORNIA CAREGIVING



2016 Behavioral Risk Factor Surveillance System (BRFSS) Data



1 in 6 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
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