Nearly 1 in 5 adults are caregivers

**WHO ARE CAREGIVERS?**

- 58% are women
- 19% are 65 years old or older
- 40% are caring for a parent or parent-in-law
- 8% of caregivers are providing care to someone with dementia

**CAREGIVING CAN BE**

- **LENGTHY**
  - Nearly Half have provided care for at least two years

- **INTENSE**
  - Nearly 1/4 have provided care for at least 20 hours per week

**HOW DO CAREGIVERS HELP?**

- Nearly 80% manage household tasks
- Nearly 50% assist with personal care

**FUTURE CAREGIVERS**

1 in 8 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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