

COLORADO CAREGIVING



2016 Behavioral Risk Factor Surveillance System (BRFSS) Data



Nearly 1 in 5 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
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



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



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

cdc.gov/aging

