1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

56% are women
20% are 65 years old or older
38% are caring for a parent or parent-in-law
11% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
Nearly Half have provided care for at least two years

INTENSE
1/5 have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

Nearly 80% manage household tasks
Over 45% 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

cdc.gov/aging