Nearly 1 in 5 adults are caregivers

CAREGIVING CAN BE

LENGTHY
Nearly 40% 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?

- Over 75% manage household tasks
- Nearly 50% assist with personal care

WHO ARE CAREGIVERS?

- 59% are women
- 13% are 65 years old or older
- 30% are caring for a parent or parent-in-law
- 6% of caregivers are providing care to someone with dementia

FUTURE CAREGIVERS

- 1 in 7 non-caregivers expect to become caregivers within 2 years

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