Nearly 1 in 4 adults are caregivers

WHO ARE CAREGIVERS?
- 58% are women
- 22% are 65 years old or older
- 39% are caring for a parent or parent-in-law
- 6% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE
- LENGTHY: Half have provided care for at least two years
- INTENSE: 1/3 have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?
- Over 80% manage household tasks
- Nearly 60% assist with personal care

FUTURE CAREGIVERS
- Nearly 1 in 5 non-caregivers expect to become caregivers within 2 years

CDC.gov/aging

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