1 in 5 adults are caregivers

CAREGIVING CAN BE

LENGTHY
Nearly 50% have provided care for at least two years

INTENSE
Nearly 1/3 have provided care for at least 20 hours per week

WHO ARE CAREGIVERS?

58% are women

19% are 65 years old or older

36% are caring for a parent or parent-in-law

6% of caregivers are providing care to someone with dementia

HOW DO CAREGIVERS HELP?

Nearly 80% manage household tasks

Over 50% assist with personal care

FUTURE CAREGIVERS

1 in 7 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

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