CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

Nearly 1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

54% are women
21% are 65 years old or older
40% are caring for a parent or parent-in-law
13% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
Nearly Half have provided care for at least two years

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

HOW DO CAREGIVERS HELP?

Almost 75% manage household tasks
Nearly 50% assist with personal care

1 in 6 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

FUTURE CAREGIVERS

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

cdc.gov/aging