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

1 in 6 adults are caregivers

WHO ARE CAREGIVERS?

LENGTHY
Over Half have provided care for at least two years

INTENSE
A Fifth have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

Nearly 80% manage household tasks

Almost 50% assist with personal care

FUTURE CAREGIVERS

1 in 7 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