KENTUCKY CAREGIVING

2015 Behavioral Risk Factor Surveillance System (BRFSS) Data

Nearly 1 in 4 adults are caregivers

WHO ARE CAREGIVERS?

- 57% are women
- 17% are 65 years old or older
- 37% are caring for a parent or parent-in-law
- 8% of caregivers are providing care to someone with dementia

LENGTHY
Over Half have provided care for at least two years

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

HOW DO CAREGIVERS HELP?

- Over 80% manage household tasks
- Over 50% assist with personal care

FUTURE CAREGIVERS

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

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

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