

# KENTUCKY CAREGIVING



2015 Behavioral Risk Factor Surveillance System (BRFSS) Data



## Nearly 1 in 4 adults are caregivers

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

### CAREGIVING CAN BE

**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



### 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



### 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

[cdc.gov/aging](http://cdc.gov/aging)