1 in 4 adults are caregivers

WHO ARE CAREGIVERS?

- 56% are women
- 18% are 65 years old or older
- 36% are caring for a parent or parent-in-law
- 9% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

- LENGTHY
  - Nearly 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 75% manage household tasks
- Over 50% assist with personal care

FUTURE CAREGIVERS

1 in 5 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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