1 in 5 adults are caregivers

CAREGIVING CAN BE

LENGTHY
Over Half have provided care for at least two years

INTENSE
Nearly 1/4 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

WHO ARE CAREGIVERS?

56% are women

24% are 65 years old or older

33% are caring for a parent or parent-in-law

12% of caregivers are providing care to someone with dementia

FUTURE CAREGIVERS

1 in 7 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

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