Nearly 1 in 4 adults are caregivers

WHO ARE CAREGIVERS?

- 52% are women
- 16% are 65 years old or older
- 42% are caring for a parent or parent-in-law
- 8% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

- LENGTHY
  - Nearly Half have provided care for at least two years
- INTENSE
  - Nearly 1/3 have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

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

FUTURE CAREGIVERS

1 in 6 non-caregivers expect to become caregivers within 2 years

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