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

1 in 5 adults are caregivers

CAREGIVING CAN BE

LENGTHY
Nearly 50% have provided care for at least two years

INTENSE
1/5 have provided care for at least 20 hours per week

WHO ARE CAREGIVERS?

60% are women

19% are 65 years old or older

34% are caring for a parent or parent-in-law

8% of caregivers are providing care to someone with dementia

HOW DO CAREGIVERS HELP?

Nearly 75% 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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