Nearly 1 in 4 adults are caregivers

WHO ARE CAREGIVERS?

56% are women

14% are 65 years old or older

36% are caring for a parent or parent-in-law

10% 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 60% assist with personal care

Over 80% manage household tasks

FUTURE CAREGIVERS

Nearly 1 in 5 non-caregivers expect to become caregivers within 2 years

cdc.gov/aging

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