1 in 6 adults are caregivers

WHO ARE CAREGIVERS?

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

INTENSE
Almost 1/3 have provided care for at least 20 hours per week

58% are women
24% are 65 years old or older
30% are caring for a parent or parent-in-law
5% of caregivers are providing care to someone with dementia

HOW DO CAREGIVERS HELP?

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

FUTURE CAREGIVERS

1 in 8 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

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