NEBRASKA CAREGIVING

2015 Behavioral Risk Factor Surveillance System (BRFSS) Data

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

Nearly 1 in 4 adults are caregivers

WHO ARE CAREGIVERS?

LENGTHY
Nearly Half have provided care for at least two years

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

58% are women
20% are 65 years old or older
38% 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
Over 40% assist with personal care

FUTURE CAREGIVERS

Nearly 1 in 5 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

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