1 in 6 adults are caregivers

WHO ARE CAREGIVERS?

60% are women
20% are 65 years old or older
32% are caring for a parent or parent-in-law
9% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

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

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

HOW DO CAREGIVERS HELP?

Over 75% manage household tasks
Over 45% assist with personal care

FUTURE CAREGIVERS

1 in 9 non-caregivers expect to become caregivers within 2 years

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

cdc.gov/aging