NEW JERSEY CAREGIVING

2016 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 5 adults are caregivers

WHO ARE CAREGIVERS?

- 58% are women
- 19% are 65 years old or older
- 41% are caring for a parent or parent-in-law
- 10% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

- LENGTHY
  - Over 50% have provided care for at least two years
- INTENSE
  - Almost 1/3 have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

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

FUTURE CAREGIVERS

- 1 in 7 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

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

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