

NEW YORK CAREGIVING



2016 Behavioral Risk Factor Surveillance System (BRFSS) Data



Nearly 1 in 5 adults are caregivers

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

CAREGIVING CAN BE

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



HOW DO CAREGIVERS HELP?



Nearly 80%
manage household tasks

Over 50% assist
with personal care



WHO ARE CAREGIVERS?

60% are women

18% are 65 years old or older

37% are caring for a
parent or parent-in-law

11% of caregivers are
providing care to someone
with dementia



FUTURE CAREGIVERS

1 in 6
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