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

1 in 5 adults are caregivers

**WHO ARE CAREGIVERS?**

- **61%** are women
- **22%** are 65 years old or older
- **37%** are caring for a parent or parent-in-law
- **8%** of caregivers are providing care to someone with dementia

**CAREGIVING CAN BE**

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

- **INTENSE**
  - A Fourth have provided care for at least 20 hours per week

**HOW DO CAREGIVERS HELP?**

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

**FUTURE CAREGIVERS**

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

[cdc.gov/aging](http://cdc.gov/aging)