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

1 in 5 adults are caregivers

CAREGIVING CAN BE

LENGTHY
Over Half have provided care for at least two years

INTENSE
Nearly 1/3 have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

Over 80% manage household tasks

Over 50% assist with personal care

WHO ARE CAREGIVERS?

58% are women

18% are 65 years old or older

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

10% of caregivers are providing care to someone with dementia

FUTURE CAREGIVERS

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

cdc.gov/aging

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

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