1 in 8 adults are caregivers

WHO ARE CAREGIVERS?

62% are women
13% are 65 years old or older
43% are caring for a parent or parent-in-law
12% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
Nearly 45% have provided care for at least two years

INTENSE
Nearly 1/2 have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

Over 80% manage household tasks
Over 75% assist with personal care

FUTURE CAREGIVERS

1 in 10 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