1 in 7 adults are caregivers

WHO ARE CAREGIVERS?
- 60% are women
- 22% are 65 years old or older
- 37% are caring for a parent or parent-in-law
- 9% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE
- LENGTHY
  Over 50% 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
- Nearly 50% assist with personal care

FUTURE CAREGIVERS
- 1 in 9 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