TENNESSEE CAREGIVING

1 in 4 adults are caregivers

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

WHO ARE CAREGIVERS?

58% are women

20% are 65 years old or older

35% are caring for a parent or parent-in-law

10% of caregivers are providing care to someone with dementia

HOW DO CAREGIVERS HELP?

Over 80% manage household tasks

Over 50% assist with personal care

FUTURE CAREGIVERS

Nearly 1 in 5 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