1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

59% are women
16% are 65 years old or older
41% 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
1/3 have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

Over 80% manage household tasks
Over 60% assist with personal care

FUTURE CAREGIVERS

1 in 5 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

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

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