1 in 5 adults are caregivers

WHO ARE CAREGIVERS?
- 58% are women
- 19% are 65 years old or older
- 41% are caring for a parent or parent-in-law
- 8% of caregivers are providing care to someone with dementia

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?
- More Than 80% manage household tasks
- Over 50% assist with personal care

FUTURE CAREGIVERS
- 1 in 7 non-caregivers expect to become caregivers within 2 years

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