Nearly 1 in 4 adults are caregivers

**WHO ARE CAREGIVERS?**

- 58% are women
- 18% are 65 years old or older
- 40% are caring for a parent or parent-in-law
- 11% of caregivers are providing care to someone with dementia

**LENGTHY**

Nearly Half have provided care for at least two years

**INTENSE**

Almost 1/3 have provided care for at least 20 hours per week

**HOW DO CAREGIVERS HELP?**

- Nearly 75% manage household tasks
- Almost 50% assist with personal care

**FUTURE CAREGivers**

1 in 6 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

[cdc.gov/aging]