Nearly 1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

- 55% are women
- 20% are 65 years old or older
- 37% are caring for a parent or parent-in-law
- 10% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

- LENGTHY: Over Half have provided care for at least two years
- INTENSE: A Fourth 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 7 non-caregivers expect to become caregivers within 2 years

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