CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

Nearly 1 in 4 adults are caregivers

WHO ARE CAREGIVERS?

55% are women
20% are 65 years old or older
30% are caring for a parent or parent-in-law
7% of caregivers are providing care to someone with dementia

CAREGIVING CAN BE

LENGTHY
Nearly 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?

Nearly 45% assist with personal care

Over 80% manage household tasks

FUTURE CAREGIVERS

1 in 7 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