In Maine, 1 in 5 unpaid caregivers are providing care to a loved one with Alzheimer’s or another dementia.

More than half of dementia caregivers have been providing care for at least two years. More than 1 in 3 dementias caregivers provide 20 or more hours of care per week.

Nearly 1 in 4 dementia caregivers are in the “sandwich generation” — caring for both someone with dementia and a child or grandchild.

### Characteristics of Alzheimer’s and Other Dementias Caregivers

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Hours of Care per Week</th>
<th>Caring for Parent or Parent-in-law</th>
<th>Also Caring for Minor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>45-64</td>
<td>20+ 39.4%</td>
<td>47.2%</td>
<td>22.5%</td>
</tr>
<tr>
<td></td>
<td>65+</td>
<td>40+ 23.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>42.9%</td>
<td>28.3%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Impact of Alzheimer’s and dementia caregiving

- **Frequent Poor Mental Health**: 19.0%
- **Frequent Poor Physical Health**: 14.2%
- **History of Depression**: 31.1%

### Percent who manage personal care, such as feeding or bathing

- **60.6%**

### Percent who manage household care, such as cleaning or cooking

- **81.3%**

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This Fact Sheet is supported by Cooperative Agreement #5 NU58DP006115 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the Alzheimer’s Association and do not necessarily represent the official views of the CDC.