In Virginia, more than 1 in 4 unpaid caregivers are providing care to a loved one with Alzheimer’s or another dementia.

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

More than 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+ 37.0%</td>
<td>43.4%</td>
<td>25.6%</td>
</tr>
<tr>
<td>Men</td>
<td>65+</td>
<td>40+ 25.0%</td>
<td>43.4%</td>
<td>25.6%</td>
</tr>
</tbody>
</table>

### Impact of Alzheimer’s and dementia caregiving

- 19.4% frequent poor mental health
- 14.7% frequent poor physical health
- 23.9% history of depression

- 86.5% percent who manage household care, such as cleaning or cooking
- 63.2% percent who manage personal care, such as feeding or bathing

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