

VIRGINIA CAREGIVING



2019 Behavioral Risk Factor Surveillance System (BRFSS) Data



1 in 5 adults are caregivers

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

CAREGIVING CAN BE

LENGTHY
Over 50% have provided care for at least two years



INTENSE
A third have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Over 75% manage household tasks

Over half assist with personal care



WHO ARE CAREGIVERS?

58% are women

25% are 65 years old or older

38% are caring for a parent or parent-in-law

26% of caregivers are providing care to someone with dementia



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

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