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

1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

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

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

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

HOW DO CAREGIVERS HELP?

Over 75% manage household tasks

Over half assist with personal care

FUTURE CAREGIVERS

1 in 7 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

cdc.gov/aging