1 in 5 adults are caregivers

WHO ARE CAREGIVERS?

- 58% are women
- 20% are 65 years old or older
- 37% are caring for a parent or parent-in-law
- Nearly 10% are providing care to someone with dementia

CAREGIVING CAN BE

- LENGTHY: Half have provided care for at least two years
- INTENSE: 30% have provided care for at least 20 hours per week

HOW DO CAREGIVERS HELP?

- Over half assist with personal care
- 4 in 5 manage household tasks

FUTURE CAREGIVERS

1 in 6 non-caregivers expect to become caregivers within 2 years

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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention