CAREGIVING


1 in 5 adults are caregivers

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

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

LENGTHY
Half have provided care for at least two years

IN TENSE
30% have provided care for at least 20 hours per week

CAREGIVING CAN BE

HOW DO CAREGIVERS HELP?

4 in 5 manage household tasks

Over half assist with personal care

1 in 6 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

4 in 5 adults are caregivers

CDC.gov/aging

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

CS 294325-A August 2018