

# CAREGIVING

2015–2016 Behavioral Risk Factor Surveillance System (BRFSS) Data  
from adults in 38 States, Puerto Rico, and the District of Columbia.



**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

**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?



**4 in 5** manage household tasks

**Over half** assist with personal care



## 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



## FUTURE CAREGIVERS

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



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

[cdc.gov/aging](http://cdc.gov/aging)