1 in 4 adults are caregivers

CAREGIVING CAN BE

LENGTHY
Over half have provided care for at least two years

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

HOW DO CAREGIVERS HELP?

Over 80% manage household tasks
Over 50% assist with personal care

WHO ARE CAREGIVERS?

61% are women
20% are 65 years old or older
35% are caring for a parent or parent-in-law
8% of caregivers are providing care to someone with dementia

FUTURE CAREGIVERS

1 in 8 non-caregivers expect to become caregivers within 2 years