

# CAREGIVING

2021-2022 Behavioral Risk Factor Surveillance System (BRFSS) Data from adults in 47 States and Puerto Rico



**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**  
**Over half** have provided care for at least two years



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



## HOW DO CAREGIVERS HELP?



Nearly **80%** manage household tasks

**Over Half** assist with personal care



## WHO ARE CAREGIVERS?

**59%** are women

**24%** are 65 years old or older

**35%** are caring for a parent or parent-in-law

**22%** are providing care to someone with dementia



## FUTURE CAREGIVERS

**1 in 7** 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](https://cdc.gov/aging)