

MARYLAND CAREGIVING

MD

2015 Behavioral Risk Factor Surveillance System (BRFSS) Data



Nearly 1 in 4
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
Nearly Half
have provided care for at least two years



INTENSE
Nearly 1/3 have
provided care for at least
20 hours per week



HOW DO CAREGIVERS HELP?



Nearly 80%
manage household tasks

Nearly 50%
assist with personal
care



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

WHO ARE CAREGIVERS?

52% are women

16% are 65 years old or older

42% are caring for a
parent or parent-in-law

8% of caregivers are
providing care to someone
with dementia



FUTURE CAREGIVERS

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



cdc.gov/aging