MARYLAND CAREGIVING



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







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



HOW DO CAREGIVERS HELP?



Nearly 80% manage household tasks

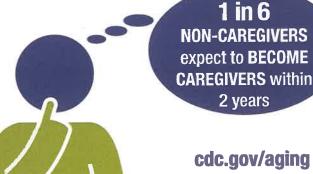
Nearly 50% assist with personal care





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

FUTURE CAREGIVERS



cdc.gov/aging

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