In New Jersey, more than half of all adults providing unpaid care to loved ones with Alzheimer’s or another dementia have been doing so for at least two years.

Nearly one-third of Alzheimer’s and dementia caregivers provide 20 or more hours of care per week.

One in four dementia caregivers are in the “sandwich generation” – caring for both someone with dementia and a child or grandchild.

### Characteristics of Alzheimer’s and Other Dementias Caregivers

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Hours of Care per Week</th>
<th>Caring for Parent or Parent-in-law</th>
<th>Also Caring for Minor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>45-64</td>
<td>20+ 32.1%</td>
<td>64.8%</td>
<td>25.5%</td>
</tr>
<tr>
<td>Men</td>
<td>65+</td>
<td>40+ 20.4%</td>
<td>64.8%</td>
<td>25.5%</td>
</tr>
</tbody>
</table>

### Impact of Alzheimer’s and dementia caregiving

- **Frequent Poor Mental Health**: 17.6%
- **Frequent Poor Physical Health**: 7.7%
- **History of Depression**: 12.2%

### Percent of dementia caregivers providing care for at least 2 years

53.7%

### Percent who manage household care, such as cleaning or cooking

72.3%

### Percent who manage personal care, such as feeding or bathing

62.2%

This Fact Sheet is supported by Cooperative Agreement #NU58DP006115 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the Alzheimer’s Association and do not necessarily represent the official views of the CDC.