Nearly 1 in 4 caregivers in Idaho (23.4%) is providing care to an individual with Alzheimer's or other form of dementia.

### Who are dementia caregivers?

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>65.2%</td>
</tr>
<tr>
<td>Male</td>
<td>34.8%</td>
</tr>
<tr>
<td>Urban</td>
<td>87.5%</td>
</tr>
<tr>
<td>Rural</td>
<td>12.5%</td>
</tr>
<tr>
<td>Also caring for a child</td>
<td>28.3%</td>
</tr>
</tbody>
</table>

### Health Effects

- In frequent poor physical health: 13.4%
- In frequent poor mental health: 20.4%
- History of depression: 31.1%

### What does dementia caregiving entail?

#### Length of Care

- Providing 20 or more Hours of Care/Week
  - Dementia Caregivers: 40.8%
  - Non-dementia Caregivers: 27.9%
- Providing Care for 2 or more Years
  - Dementia Caregivers: 62.4%
  - Non-dementia Caregivers: 54.5%

#### Type of Assistance Provided

- Personal Care (e.g. bathing, feeding)
  - Dementia Caregivers: 56.7%
  - Non-dementia Caregivers: 45.4%
- Household Tasks (e.g. managing money)
  - Dementia Caregivers: 87.5%
  - Non-dementia Caregivers: 82.3%

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