



# dementia caregiving in maine

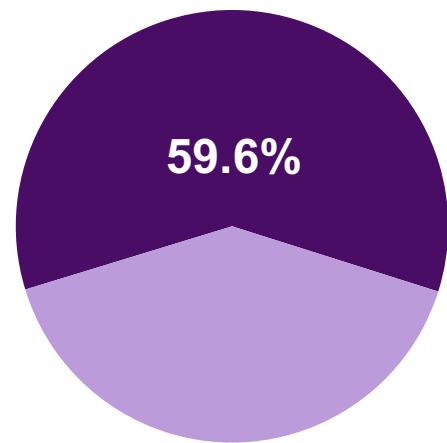
DATA FROM THE 2019 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

In Maine, 1 in 5 unpaid caregivers are providing care to a loved one with Alzheimer's or another dementia.

More than half of dementia caregivers have been providing care for at least two years. More than 1 in 3 dementias caregivers provide 20 or more hours of care per week.

Nearly 1 in 4 dementia caregivers are in the "sandwich generation" — caring for both someone with dementia and a child or grandchild.

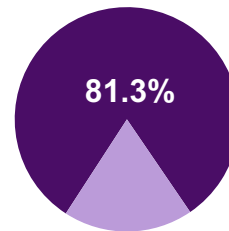
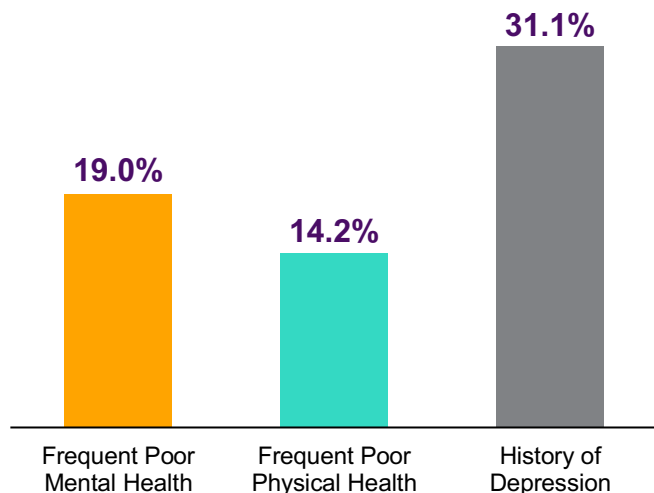
Percent of dementia caregivers providing care for at least 2 years



Characteristics of Alzheimer's and Other Dementias Caregivers

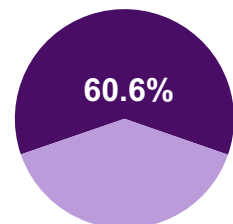
Gender		Age		Hours of Care per Week		Caring for Parent or Parent-in-law	Also Caring for Minor
Women	Men	45-64	65+	20+	40+	47.2%	22.5%
64.5%	35.5%	42.9%	28.3%	39.4%	23.8%		

Impact of Alzheimer's and dementia caregiving



Percent who manage household care, such as cleaning or cooking

Percent who manage personal care, such as feeding or bathing



This Fact Sheet is supported by Cooperative Agreement #5 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.