

FACTSHEET

FEBRUARY 2018

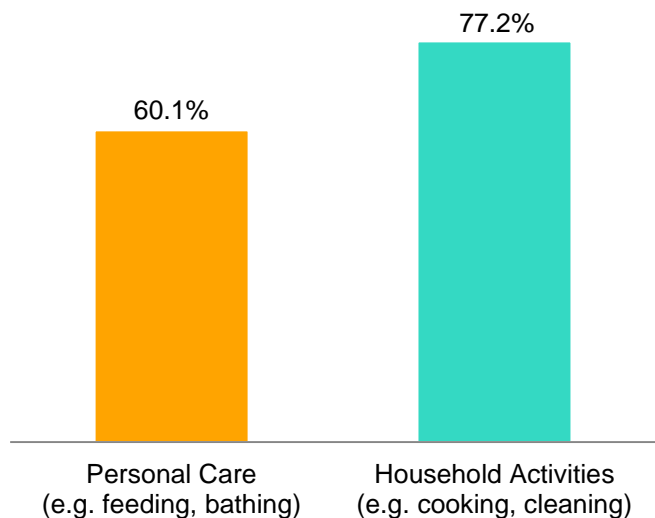
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Caregiver Data from the 2016 BRFSS

The typical caregiver for a person with Alzheimer's or another dementia is a middle-aged working woman caring for a parent or parent-in-law.

- Of all Alzheimer's caregivers:
 - 67.7 percent are women
 - 52.2 percent are between the ages of 35 and 64
 - 56.8 percent are currently employed or self-employed
 - 76 percent have been to college
 - 43.2 percent are caring for a parent or parent-in-law
- More than one-fourth of Alzheimer's and dementia caregivers are "sandwich generation" caregivers – caring for someone with dementia and a child or grandchild at the same time.

Percentage of Alzheimer's Caregivers Engaged in Specified Type of Care



The care provided by Alzheimer's caregivers is often long, involved, and intimate.

- Nearly 30 percent of Alzheimer's and dementia caregivers provide 20 or more hours of care per week, and more than half have been providing care for at least two years.
- Among Alzheimer's and dementia caregivers, 60 percent help manage personal care – intimate tasks such as feeding, dressing, and bathing.
- More than 77 percent of dementia caregivers help manage household activities, such as cleaning, managing money, or preparing meals.

What is the BRFSS?

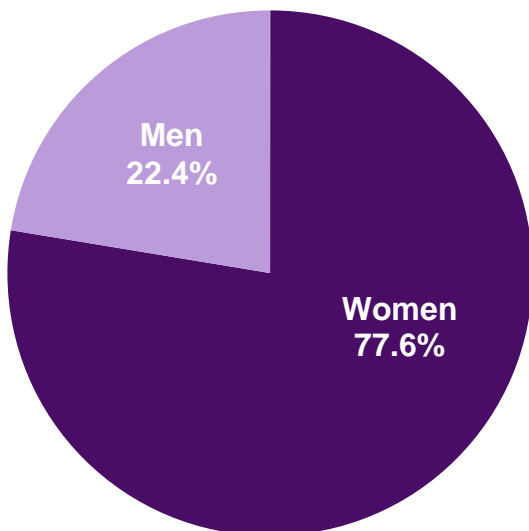
The Behavioral Risk Factor Surveillance System (BRFSS) is a public health survey conducted each year by all states, in coordination with the Centers for Disease Control and Prevention (CDC). The data presented here come from the 2016 BRFSS Caregiver Module – a series of questions that ask about caregiving duties, the challenges faced by caregivers, and their greatest care needs. All data were analyzed by the CDC's Alzheimer's Disease + Healthy Aging Program.

Because different states used the Module in 2016, some data reported here may be different than in 2015. Any differences should *not* be interpreted as a change, nor should either year's data be interpreted as national data.

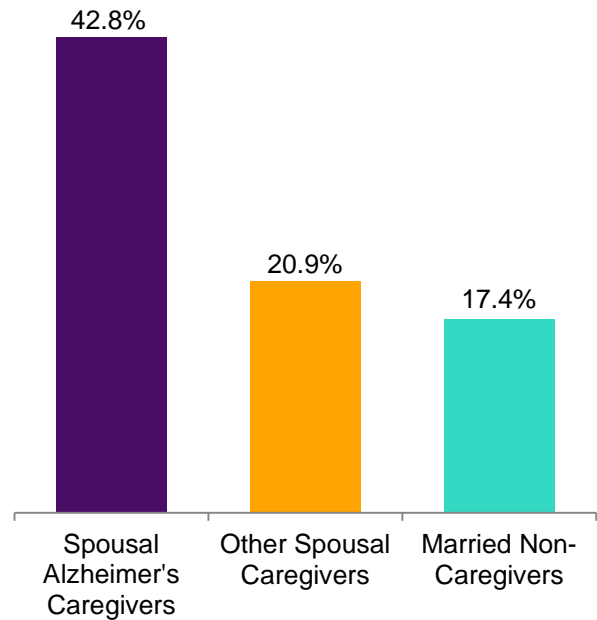
Caring for someone with Alzheimer's or another dementia creates physical and mental health problems for the caregivers themselves.

- One in 8 report frequent physical distress – spending at least 14 of the previous 30 days in poor physical health – and 13.7 percent report their overall health is fair or poor. Nearly two-thirds are overweight or obese.
- Among dementia caregivers, 22.9 percent are experiencing depression, and 1 in 5 report spending at least two weeks in the last month in poor mental health.
- Caregivers aged 60 and older who are caring for a spouse with Alzheimer's are twice as likely as other spousal caregivers – and 2.5 times more likely than married non-caregivers of the same age – to have cardiovascular disease.
- In the past year, 1 in 11 dementia caregivers needed to see a doctor but could not afford it.

Dementia Caregivers Providing 40 or More Hours of Care Per Week



Cardiovascular Disease Among Caregivers Aged 60 and Older



The greater and longer the care provided to an individual with Alzheimer's, the more likely it is that a woman is providing that care.

- Among dementia caregivers who provide full-time care – 40 or more hours per week – 77.6 percent of them are women.
- Of those who have been providing care for more than five years, 67.8 percent are women.
- And women Alzheimer's caregivers do not always get the help they need. They are disproportionately more likely than men to say they need – but do not get – individual counseling and respite care.

This fact sheet is supported by Cooperative Agreement #5 NU58DP0016115 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.