

DISTRICT OF COLUMBIA CAREGIVING



2016 Behavioral Risk Factor Surveillance System (BRFSS) Data



Nearly 1 in 5 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 40%
have provided care for at least two years



INTENSE
1/5 have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Over 75% manage household tasks

Nearly 50% assist with personal care



WHO ARE CAREGIVERS?

59% are women

13% are 65 years old or older

30% are caring for a parent or parent-in-law

6% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS

1 in 7
NON-CAREGIVERS
expect to BECOME
CAREGIVERS within
2 years



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

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