

# MISSISSIPPI CAREGIVING



2015 Behavioral Risk Factor Surveillance System (BRFSS) Data



## Nearly 1 in 4 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 Half** have provided care for at least two years



**INTENSE**  
**Nearly 1/3** have provided care for at least 20 hours per week



### HOW DO CAREGIVERS HELP?



**Over 80%** manage household tasks

**Nearly 60%** assist with personal care



### WHO ARE CAREGIVERS?

**56%** are women

**14%** are 65 years old or older

**36%** are caring for a parent or parent-in-law

**10%** of caregivers are providing care to someone with dementia



### FUTURE CAREGIVERS

**Nearly 1 in 5 NON-CAREGIVERS** expect to **BECOME CAREGIVERS** within 2 years



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

[cdc.gov/aging](http://cdc.gov/aging)