TENNESSEE CAREGIVING



2016 Behavioral Risk Factor Surveillance System (BRFSS) Data



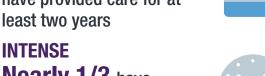
1 in 4 adults are caregivers

CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

CAREGIVING CAN BE

LENGTHY Over 50%

have provided care for at least two years



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





WHO ARE CAREGIVERS?

58% are women

20% are 65 years old or older

35% are caring for a parent or parent-in-law

10% of caregivers are providing care to someone with dementia



HOW DO CAREGIVERS HELP?



Over 80% manage household tasks

Over 50% assist with personal care





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

FUTURE CAREGIVERS



cdc.gov/aging