In Montana, more than half of all adults providing unpaid care to loved ones with Alzheimer’s or another dementia have been doing so for at least two years.

One in three Alzheimer’s and dementia caregivers provide 20 or more hours of care per week.

Among Alzheimer’s and dementia caregivers, nearly half provide care to their parent or their parent-in-law.

### Characteristics of Alzheimer’s and Other Dementias Caregivers

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Hours of Care per Week</th>
<th>Caring for Parent or Parent-in-law</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>55-64</td>
<td>20+ 17.5%</td>
<td>33.4%</td>
</tr>
<tr>
<td>Men</td>
<td>65+</td>
<td>40+  46.9%</td>
<td>25.1%</td>
</tr>
</tbody>
</table>

### Percent of dementia caregivers providing help with specific tasks

- Manage household care, such as cleaning or cooking: 87.8%
- Manage personal care, such as feeding or bathing: 74.1%

### Percent of dementia caregivers with a history of depression

22.8%

This Fact Sheet is supported by Cooperative Agreement #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.