In Puerto Rico, nearly 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.

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

Nearly 1 in 5 dementia caregivers are in the “sandwich generation” – caring for both someone with dementia and a child or grandchild.

### 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>
<th>Also Caring for Minor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>45-64</td>
<td>20+ 50.0%</td>
<td>49.3%</td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td>65+</td>
<td>40+ 33.7%</td>
<td>19.3%</td>
<td></td>
</tr>
</tbody>
</table>

### Impact of Alzheimer’s and dementia caregiving

- Frequent Poor Mental Health: 17.9%
- Frequent Poor Physical Health: 20.3%
- History of Depression: 26.2%

### Percent who manage personal care, such as feeding or bathing

- 88.7%

### Percent who manage household care, such as cleaning or cooking

- 81.6%