

MAINE CAREGIVING

ME

2019 Behavioral Risk Factor Surveillance System (BRFSS) Data

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

1 in 5 adults are caregivers



CAREGIVING CAN BE

LENGTHY

Half have provided care for at least two years



INTENSE

A third have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



Nearly 75% manage household tasks

Over 40% assist with personal care



WHO ARE CAREGIVERS?

61% are women

27% are 65 years old or older

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

21% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS

1 in 9 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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