

# ALABAMA CAREGIVING



2021 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

**Over half** have provided care for at least two years



### INTENSE

**Over a third** have provided care for at least 20 hours per week



## HOW DO CAREGIVERS HELP?



**Over 80%** manage household tasks

**Over half** assist with personal care



## WHO ARE CAREGIVERS?

**62%** are women

**21%** are 65 years old or older

**37%** are caring for a parent or parent-in-law

**24%** of caregivers are providing care to someone with dementia



## FUTURE CAREGIVERS



Nearly **1 in 8** NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years