

# CALIFORNIA CAREGIVING



2021 Behavioral Risk Factor Surveillance System (BRFSS) Data



**1 in 5** 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**  
**Nearly half** have provided care for at least two years



**INTENSE**  
**A quarter** have provided care for at least 20 hours per week



## HOW DO CAREGIVERS HELP?



**Over 75%** manage household tasks

**Nearly half** assist with personal care



## WHO ARE CAREGIVERS?

**59%** are women

**23%** are 65 years old or older

**31%** are caring for a parent or parent-in-law

**22%** of caregivers are providing care to someone with dementia



## FUTURE CAREGIVERS



**1 in 5** NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years