

# ALASKA CAREGIVING

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2021 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



Nearly **1 in 4** adults are caregivers

## CAREGIVING CAN BE

### LENGTHY

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



### INTENSE

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



## HOW DO CAREGIVERS HELP?



**Nearly 80%** manage household tasks

**Nearly half** assist with personal care



## WHO ARE CAREGIVERS?

**54%** are women

**20%** are 65 years old or older

**28%** are caring for a parent or parent-in-law

**20%** of caregivers are providing care to someone with dementia



## FUTURE CAREGIVERS



**Nearly 1 in 7** NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years