

# DELAWARE CAREGIVING



2021 Behavioral Risk Factor Surveillance System (BRFSS) Data



## Nearly 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**  
Over a quarter  
have provided care for at  
least 20 hours per week



### HOW DO CAREGIVERS HELP?



**80%** manage  
household tasks

Nearly half assist  
with personal care



### WHO ARE CAREGIVERS?

**61%** are women

**27%** are 65 years old or older

**34%** are caring for a  
parent or parent-in-law

**21%** of caregivers are  
providing care to someone  
with dementia



### FUTURE CAREGIVERS



**1 in 6**  
NON-CAREGIVERS  
expect to **BECOME**  
CAREGIVERS within  
2 years