

MAINE CAREGIVING

ME

2021 Behavioral Risk Factor Surveillance System (BRFSS) Data



1 in 6 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

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?

59% are women

26% are 65 years old or older

32% are caring for a parent or parent-in-law

26% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS



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