

NEW YORK CAREGIVING

NY

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 5 adults are caregivers

CAREGIVING CAN BE

LENGTHY

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?



Over 75% manage household tasks

Over 40% assist with personal care



WHO ARE CAREGIVERS?

61% are women

21% are 65 years old or older

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

20% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS



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