

# OHIO CAREGIVING



2021 Behavioral Risk Factor Surveillance System (BRFSS) Data



## Nearly 1 in 4 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?



**Over 80%** manage household tasks

**Half** assist with personal care



### WHO ARE CAREGIVERS?

**60%** are women

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

**36%** are caring for a parent or parent-in-law

**23%** of caregivers are providing care to someone with dementia



### FUTURE CAREGIVERS



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