

# VERMONT CAREGIVING



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**  
**Nearly 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

**Over 40%** assist with personal care



## WHO ARE CAREGIVERS?

**60%** are women

**29%** are 65 years old or older

**30%** are caring for a parent or parent-in-law

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



## FUTURE CAREGIVERS



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