

# NEW YORK CAREGIVING



2018 Behavioral Risk Factor Surveillance System (BRFSS) Data



**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 1/2**  
have provided care for at least two years



**INTENSE**  
**Almost 1/3** have provided care for at least 20 hours per week



## HOW DO CAREGIVERS HELP?



**Over 75%** manage household tasks

**Nearly 60%** assist with personal care



## WHO ARE CAREGIVERS?

**62%** are women

**20%** are 65 years old or older

**38%** are caring for a parent or parent-in-law

**12%** of caregivers are providing care to someone with dementia



## FUTURE CAREGIVERS

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



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

[cdc.gov/aging](https://cdc.gov/aging)