

ILLINOIS CAREGIVING



2015 Behavioral Risk Factor Surveillance System (BRFSS) Data



Nearly 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 Half

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 80% manage household tasks

Over 50% assist with personal care



WHO ARE CAREGIVERS?

58% are women

16% are 65 years old or older

40% are caring for a parent or parent-in-law

9% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS

Nearly 1 in 5
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