

NEW JERSEY CAREGIVING

NJ

2016 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
Over 50%

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?



Nearly 80%
manage household tasks

Over 50% assist with personal care



WHO ARE CAREGIVERS?

58% are women

19% are 65 years old or older

41% are caring for a parent or parent-in-law

10% 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