A Closer Look at Caregivers

1 in 4 Maryland adults is a caregiver. Caregiving is common across the population.

EVERYONE is a Caregiver

- Interestingly, men and women provide care at the same rate
- Surprisingly, young adults provide care at the same rate as older adults

Caregiving is a Commitment

- 28% of caregivers are living with a disability
- 1 in 10 caregivers report experiencing cognitive decline themselves
- One-third of caregivers have been providing care to a friend or family member more than 5 years
- 1 in 4 caregivers provide care 20 hours or more per week

3/4 of caregivers manage household tasks

Over half of caregivers manage personal care

Source: 2015 Maryland Behavioral Risk Factor Surveillance System

If you would like more information on caregiving please visit:
marylandaccesspoint.info
alz.org/care