

FACTSHEET

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Caregiver Data from the 2015-2017 BRFSS

The typical caregiver for a person with Alzheimer's or another dementia is a middle-aged working woman caring for a parent or parent-in-law.

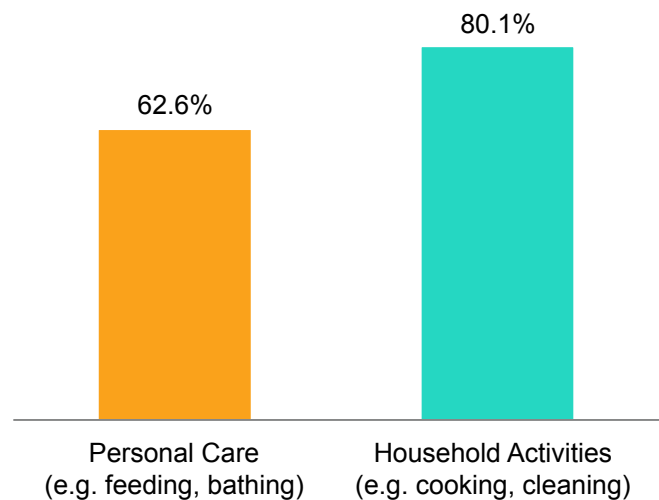
- Of all Alzheimer's caregivers:
 - 64.3% are women
 - 57% are between the ages of 35 and 64
 - 56.3% are currently employed or self-employed
 - 70.7% have been to college
 - 48.4% are caring for a parent or parent-in-law.
- More than one-fourth of Alzheimer's and dementia caregivers are “sandwich generation” caregivers — caring for someone with dementia and a child or grandchild at the same time.

What is the BRFSS?

The Behavioral Risk Factor Surveillance System (BRFSS) is a public health survey conducted among community-dwelling individuals each year by all states in coordination with the Centers for Disease Control and Prevention (CDC). The data presented here are from the 2015-2017 BRFSS Caregiver Module — a series of questions that ask about caregiving duties, the challenges faced by caregivers, and their greatest care needs.

The data here represent 44 states and the District of Columbia, and should not be interpreted as national data. All data were analyzed by the CDC's Alzheimer's Disease + Healthy Aging Program.

Percentage of Alzheimer's Caregivers Engaged in Specified Type of Care



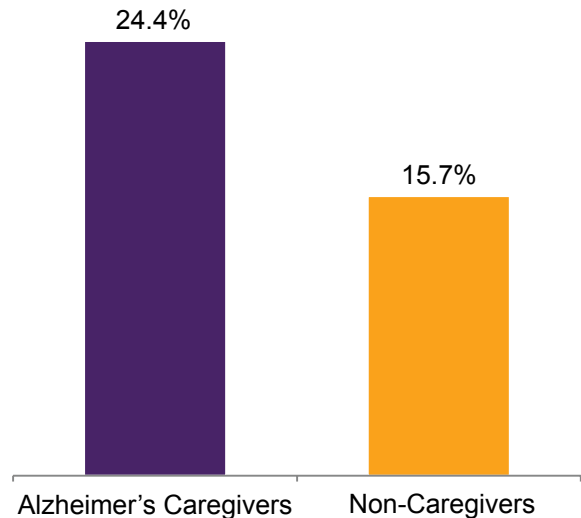
The care provided by Alzheimer's caregivers is often long, involved, and intimate.

- Nearly one-third of Alzheimer's and dementia caregivers provide 20 or more hours of care per week, and more than half have been providing care for at least two years.
- Among Alzheimer's and dementia caregivers, 62.6% help manage personal care — intimate tasks such as feeding, dressing, and bathing.
- More than 80% of dementia caregivers help manage household activities, such as cleaning, managing money, or preparing meals.

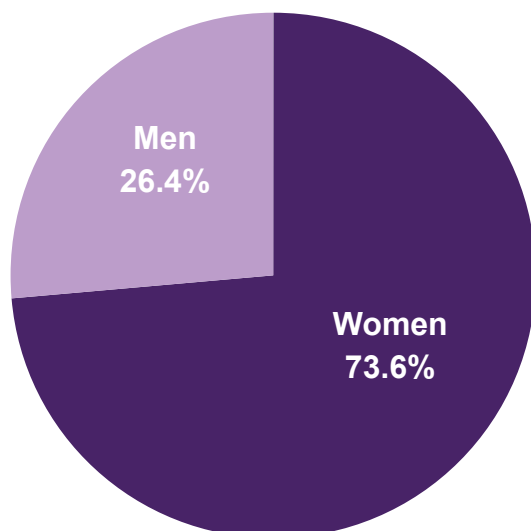
Caring for someone with Alzheimer's or another dementia creates physical and mental health problems for the caregivers themselves.

- More than 1 in 8 report frequent physical distress — spending at least 14 of the previous 30 days in poor physical health — and 16.5% report that their overall health is fair or poor. Nearly two-thirds are overweight or obese.
- Among dementia caregivers, nearly 1 in 4 are experiencing depression, a rate more than 55% higher than non-caregivers.
- Dementia caregivers are 78.8% more likely to report spending at least two weeks in the last month in poor mental health when compared with non-caregivers.
- In the past year, 1 in 8 dementia caregivers needed to see a doctor but could not afford it, and 1 in 7 have not had a routine checkup in the last 2 years.

Percentage Reporting Depression By Caregiver Status



Dementia Caregivers Providing 40 or More Hours of Care Per Week



The greater and longer the care provided to an individual with Alzheimer's, the more likely it is that a woman is providing that care.

- Among dementia caregivers who provide full-time care — 40 or more hours per week — 73.6% of them are women.
- Of those who have been providing care for more than five years, 62.5% are women.
- And women Alzheimer's caregivers do not always get the help they need. They are disproportionately more likely to say they need — but do not get — individual counseling and respite care.

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