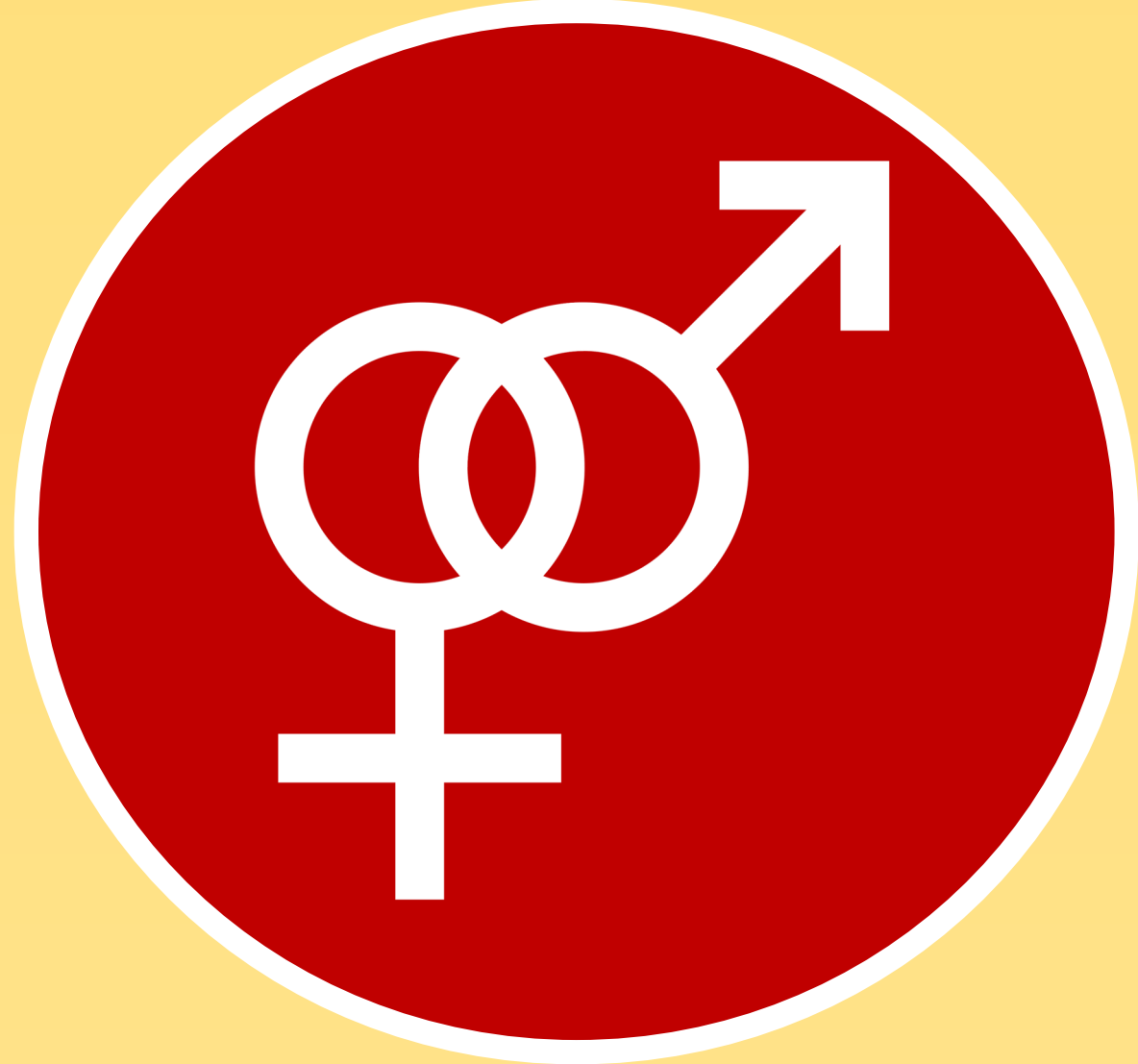


# A Closer Look at Caregivers



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



976,000 Maryland adults are caregivers. An additional 450,000 expect to become caregivers in the next 2 years.



28% of caregivers are living with a disability



1 in 10 caregivers report experiencing cognitive decline themselves

## Caregiving is a Commitment



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](http://marylandaccesspoint.info)

[alz.org/care](http://alz.org/care)



MARYLAND  
Department of Health

