

VIRGINIA CAREGIVING

VA

2022 Behavioral Risk Factor Surveillance System (BRFSS) Data



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 Half have provided care for at least two years



INTENSE
Over a third have provided care for at least 20 hours per week



HOW DO CAREGIVERS HELP?



80% manage household tasks

Over half assist with personal care



WHO ARE CAREGIVERS?

60% are women

25% are 65 years old or older

38% are caring for a parent or parent-in-law

25% of caregivers are providing care to someone with dementia



FUTURE CAREGIVERS



1 in 7
NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years