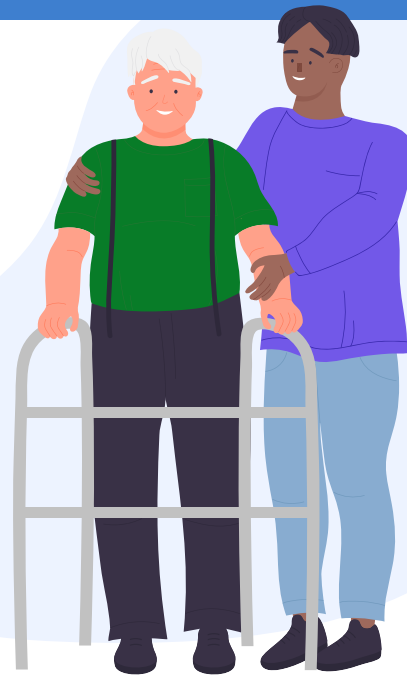


November Is National Family Caregiver Month

Caregiving is becoming more common among middle-aged and older adults across all demographics. As the population of older adults continues to grow, so will the need for caregivers. As we recognize National Family Caregiver Month, it provides us an opportunity to gain insights into this expanding group.

Key Facts on Family Caregivers



22.3% of adults reported providing care or assistance to a friend or family member in the past 30 days.

24.4% of adults aged 45 to 64 years are caregivers compared to 18.8% of adults aged 65 years and older.

33.0% of caregivers reported having a disability.

1 in 4 (25.4%) women are caregivers compared to **1 in 5 (18.9%)** men.

1 in 3 caregivers (31.3%) provided 20 or more hours per week of care and over half (**53.8%**) **have given care or assistance for 24 months or more.**

Source:
[cdc.gov](https://www.cdc.gov)

