NATIONAL CAREGIVER AWARENESS DAY
Feb 16, 2024

DEFINITION
According to the CDC, caregivers are defined as “family members or friends who typically provide unpaid, long-term, community-based care and assistance to older adults with chronic health conditions or disabilities.”

CAREGIVER DEMOGRAPHICS
In 2020, an estimated 53M caregivers provided care for an adult or child without getting paid for it.
- 58% of caregivers are women.
- 1/3 of caregivers provide >20 hours of care per week.
- Many caregivers learn as they go and don’t receive any formal training.
- Nearly 1 in 4 US caregivers say caregiving has made their health worse.

CAREGIVER BURNOUT
State of exhaustion when dedicating time and energy to managing the health of others. Presents similarly to depression and anxiety.
- Estimated that 60% of caregivers experience symptoms of burnout.
- Causes include role confusion, lack of control, and too many responsibilities.

ALZHEIMER’S ASSOCIATION DIRECT PROGRAM
Alzheimer’s and Dementia are among the most common conditions requiring caregiver support.
- Provides free support for all types of dementia.
- Provides personal support to help families manage everyday challenges.
- Connects caregivers to support groups.

24/7 HELPLINE 800.272.3900

Read more at https://www.alz.org/help-support/caregiving

References