

Caregivers of a Person with Alzheimer's Disease or a Related Dementia

WHAT TO KNOW

- Family members or friends often become caregivers for adults with Alzheimer's disease and related dementias.
- While caregiving can be rewarding, it can also be hard on the caregiver's health.
- Over half of family caregivers provide care for four years or more.
- There are ways to care for yourself while caring for others.



Overview

People with Alzheimer's disease and related dementias are usually cared for by family members or friends. If you become a caregiver, it's important to take care of your own health too.

Facts

Caregiving for someone with Alzheimer's disease

People with Alzheimer's disease and related dementias are usually cared for by family members or friends.

- About 80% of adults with Alzheimer's disease and related dementias receive care in their homes.

Over 11 million U.S. adults provide unpaid care for someone with a form of dementia.

In 2023, caregivers provided about 18.4 billion hours of care to someone with dementia.

These caregivers often provide care longer than those caring for people with other conditions.

- Nearly 1 in 3 of family caregivers of people with Alzheimer's and related dementias provides care for four years or more.

Who are caregivers?

- Approximately two-thirds of dementia caregivers are women.
- About 1 in 3 caregivers (30%) is 65 or older.
- About one-quarter are "sandwich generation" caregivers. This means that they care for both an aging parent and at least one child under 18.

Spotlight

Caring for Yourself When Caring for Another

Caregiving can be rewarding. It can also be demanding and may make it hard for caregivers to take care of themselves.

Caregivers of people with Alzheimer's and related dementias are at greater risk for anxiety, depression, and a poorer quality of life than other caregivers.

[Self-care isn't selfish](#). It's crucial to look after your own health.

<https://www.cdc.gov/>

