

CAREGIVING

ASIAN, HAWAIIAN, OR PACIFIC ISLANDER ADULTS

2021-2022 Behavioral Risk Factor Surveillance System (BRFSS) Data from Asian, Hawaiian, or Pacific Islander adults in 47 States and Puerto Rico



1 in 8 Asian, Hawaiian, or Pacific Islander 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

Half have provided care for at least two years



INTENSE

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



HOW DO CAREGIVERS HELP?



Over 70% manage household tasks

Half assist with personal care



WHO ARE CAREGIVERS?

50% are women

14% are 65 years old or older

41% are caring for a parent or parent-in-law

23% are providing care to someone with dementia



FUTURE CAREGIVERS

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



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

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