1 in 6 adults are caregivers

CAREGIVER VALUE

- 62,100 family caregivers
- 58 million hours of unpaid care valued at $860 million

WHO ARE CAREGIVERS?

- 60% are women
- 20% are 65 years old or older
- 32% are caring for a parent or parent-in-law
- 9% of caregivers are providing care to someone with dementia

POWERFUL TOOLS FOR CAREGIVERS CLASS

Over 60 Cass County residents have learned new “tools” to take care of themselves when in the caregiver role during this 6 week class.

PARTICIPANT QUOTES

“...This class has saved me! It helped me find the resources I needed so I can better care for my spouse and not be overwhelmed.”

“I learned I am not alone. There are others out there too and we can provide support for each other.”

“My spouse and I sat down and communicated about the changing needs in his disease. I wouldn’t have done that before the class. We now have a plan.”

FUTURE CAREGIVERS

1 in 9 NON-CAREGIVERS expect to BECOME CAREGIVERS within 2 years

Source: cdc.gov/aging