

# factsheet

MARCH 2014

alz.org

## Women and Alzheimer's Disease

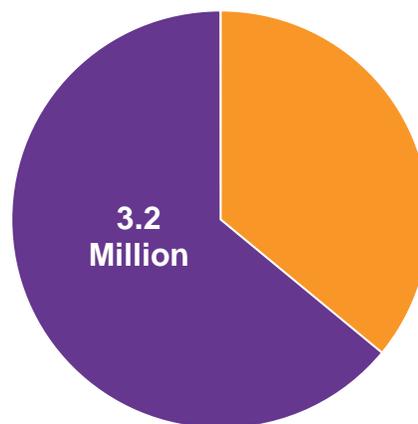
**Women are at the epicenter of the Alzheimer's crisis. Almost two-thirds of American seniors living with Alzheimer's disease are women.**

- An estimated 3.2 million women aged 65 and older are living with Alzheimer's.
- Among those aged 71 and older, 16 percent of women have Alzheimer's and other dementias, compared with 11 percent of men.
- At age 65, women without Alzheimer's have more than a one in six chance of developing Alzheimer's during the remainder of their lives, compared with a one in 11 chance for men.
- Women in their 60s are about two times more likely to develop Alzheimer's disease in the rest of their lives than they are to develop breast cancer.

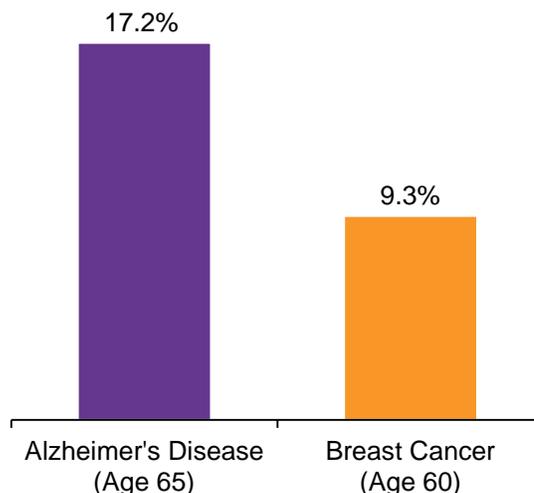
**Not only are women more likely to have Alzheimer's, they are also more likely to be caregivers of those with Alzheimer's.**

- The most recent data show that of all unpaid Alzheimer's and dementia caregivers, 63 percent are women. Studies have consistently shown that women make up 60 percent to 70 percent of Alzheimer's caregivers.
- This means that about 10 million women are currently providing unpaid care to someone with Alzheimer's or another dementia.

**Two-thirds of the 5 Million Seniors with Alzheimer's Disease Are Women**



**Remaining Lifetime Risk of Women Developing Alzheimer's Disease and Breast Cancer**



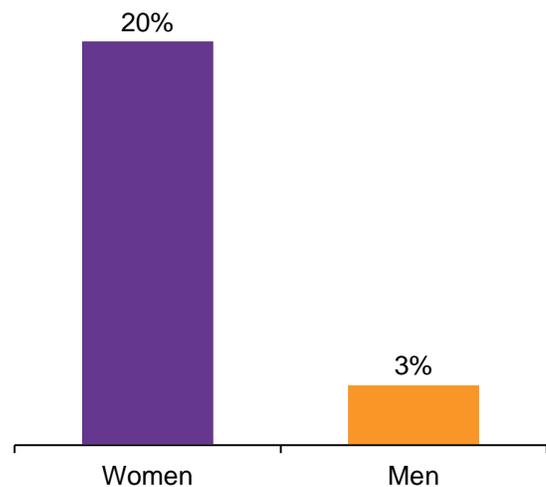
## Women caregivers provide more intense care for longer periods of time.

- There are 2.5 times more women than men who provide on-duty care 24-hours a day for someone with Alzheimer's.
- Similarly, there are 2.3 times more women than men who have been providing care to someone with Alzheimer's for more than five years.
- Women caregivers are more likely than men to help with the more intense, personal aspects of care, such as bathing, dressing, toileting, and managing incontinence.
- Studies show that female caregivers receive less caregiving support than male caregivers. Even women caring for husbands with advanced Alzheimer's disease received less support from family and friends than men caring for wives in similar situations.

## Caregiving responsibilities take a toll on women's health and well-being.

- Almost half of all women Alzheimer's caregivers say that their caregiving responsibilities are physically stressful. This is twice the rate as male Alzheimer's caregivers.
- In addition, 62 percent of women find caregiving to be emotionally stressful.
- While about one-third of both men and women Alzheimer's caregivers feel isolated as a result of their caregiving duties, for women, this feeling is much more commonly linked to depression.
- Nearly three-quarters of women caregivers express concern about the ability to maintain their own health since becoming a caregiver.

## Percentage of Working Alzheimer's Caregivers Who Have Gone from Full-Time to Part-Time Work



## Because of caregiving duties, women are likely to experience adverse consequences in the workplace.

- Nearly 19 percent of women Alzheimer's caregivers had to quit work either to become a caregiver in the first place or because their caregiving duties became too burdensome.
- Among working women caregivers, 20 percent have gone from working full time to part time, compared with only 3 percent of working male caregivers.
- Other employment effects on working women caregivers include:
  - 18 percent have taken a leave of absence from work
  - 10 percent have lost job benefits
  - 17 percent felt they had been penalized at work because of their caregiving duties