

Dementia Caregiving is not easy

There are

226,000

dementia caregivers
in Missouri, providing
354 MILLION hours of
unpaid care in a year.¹



30% are also
caring for a child.

Mental Health



More than 1 in 5
dementia caregivers
report frequent poor
mental health.



More than 1 in 4
dementia caregivers
report a history of
depression.



60% report at least
one chronic illness.²

Physical Health

More than HALF report
having 2 or more disease
risk factors.



- ✓ Poor nutrition
- ✓ Lack of exercise
- ✓ Obesity
- ✓ Smoking
- ✓ Heavy drinking
- ✓ High blood pressure
- ✓ High cholesterol
- ✓ Diabetes



Many report that there was a time when they
needed to see a doctor but could not afford it.

**The Missouri Caregiver Program
provides caregiver training and respite services!**



573.415.7343



Missouri Caregiver Program



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

1: Alzheimer's Association. 2025 Alzheimer's Disease Facts and Figures. Alzheimer's Dement 2025;21(5). Survey data comes from the Missouri Behavioral Risk Factor Surveillance System, 2021.
2: BRFSS, 2016 and 2021