

Snapshot: Giving Care in Canada

Most Canadians will be a caregiver or need a caregiver at some point in their lives, but providing care can come at great emotional, physical, and financial cost. Policy solutions are urgently needed to support Canada's +8 million caregivers and care providers across the country.

What is a caregiver?

Caregivers are unpaid family members, chosen family, friends and other supports for someone who care due to illness, disability, or other. Caregivers provide care because of a relationship with the person who needs care.



1 in 4 people identify as a caregiver and **1 in 2** will become one in their lifetime



Lost economic productivity due to care responsibilities is estimated at **\$1.3 billion** annually



Caregivers spend **5.7 billion hours** supporting others every year, valued at **\$97.1B**

Caregivers provide **3 hours** of care for every **1 hour** in healthcare and social support systems

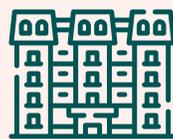
Caregivers provide the equivalent support of **2.8 million** full-time paid care providers each year



69% of caregivers report deterioration of **mental health**

What is a care provider?

Care providers are individuals who are trained and paid to provide care. Care providers include such professionals as Direct Support Professionals (DSPs), Personal Support Workers (PSWs) and respite workers.



In 2020, long-term care facilities were **1 to 2 staff short** every shift

Most PSWs and DSPs are **women of colour**



Only **50 per cent** of PSWs remain in the sector for more than five years



High demand and shortage of workers has increased pressures to work **unreasonably long hours, cover additional shifts** and work **short-staffed**