

SNAPSHOT OF
Caregiving
in Alberta



Caring in Canada 2026

The Canadian Centre for Caregiving Excellence's report, *Caring in Canada 2026*, analyzes data collected in the 2025 National Caregiving Survey. Who cares in Alberta and what supports are needed to improve their experience?

Accessing Support

- 70% say their care recipient has not received services. 49% of caregivers said they had not attempted to access paid care services for their care recipient.
- 87% have not accessed supports for caregivers in the last 12 months. 52% did not know if they were eligible for supports for caregivers.

What supports would Albertan caregivers find helpful?

85%	Improved access to home care services
80%	Respite services
80%	Free counselling and other mental health supports

Financial Impacts

- 75% have experienced some financial hardship due to caregiving.
- Only 9% have used financial supports or other tax credits.
- 39% spend between \$200–\$1,000 a month on caregiving expenses and nearly a quarter (23%) of caregivers spend more than \$1,000 a month.

What would Alberta caregivers find the most helpful to decrease financial stress?

86%	Paying caregivers for some of the hours they provide care
84%	A monthly caregiving allowance
82%	Simplified and expanded access to the Disability Tax Credit and benefits

How are they doing?

“ I can only work part time due to caregiving. It would be very helpful if there was financial aid that would offset the hours I cannot work due to caregiving. I have 2 autistic daughters. It’s hard to make ends meet.

Albertan caregiver

70% experience some negative emotional impact due to caregiving

67% feel overwhelmed or anxious	23% experience depression
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Who are Alberta’s Caregivers?

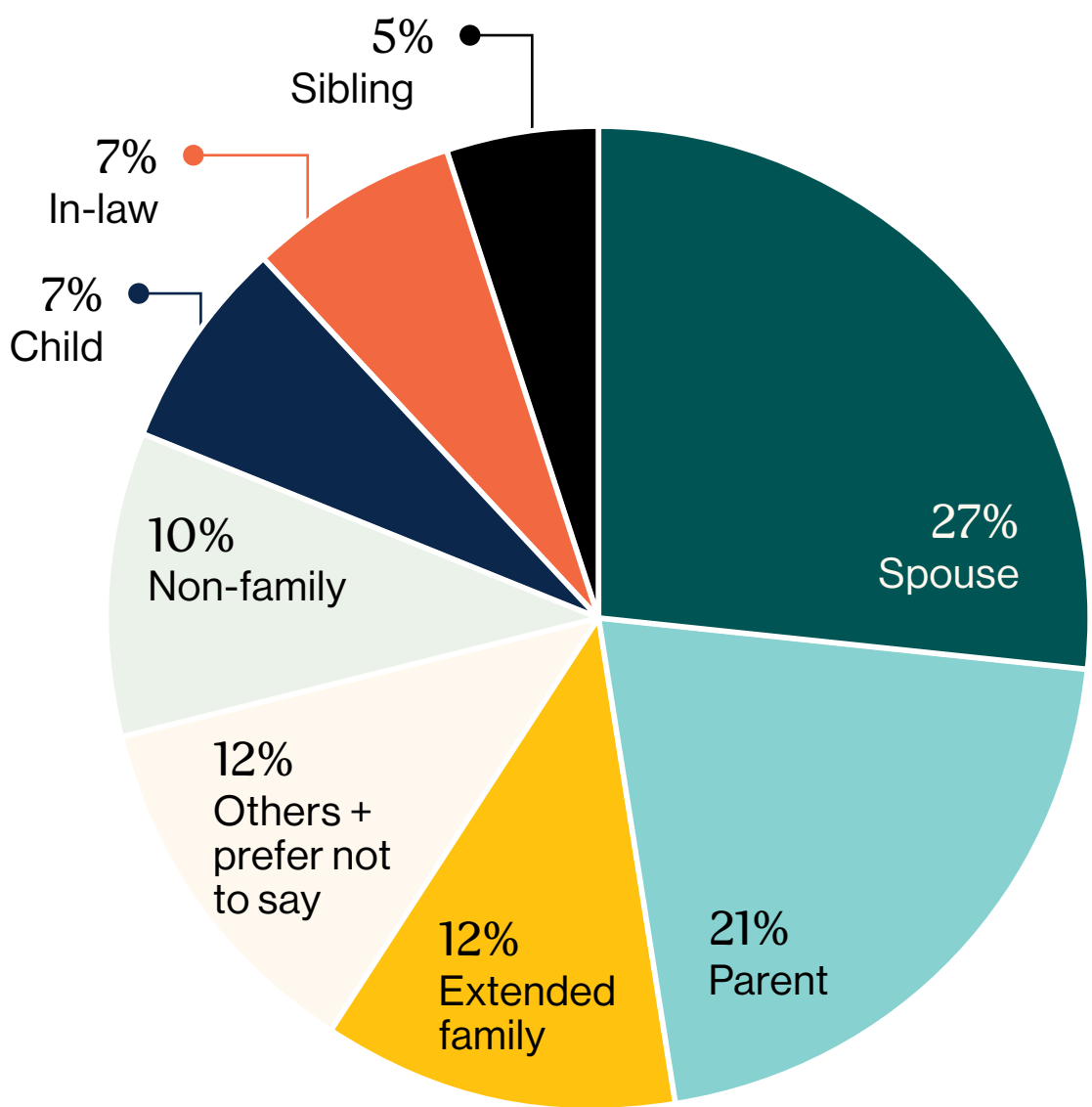
5.4 hours

Average hours of care per day

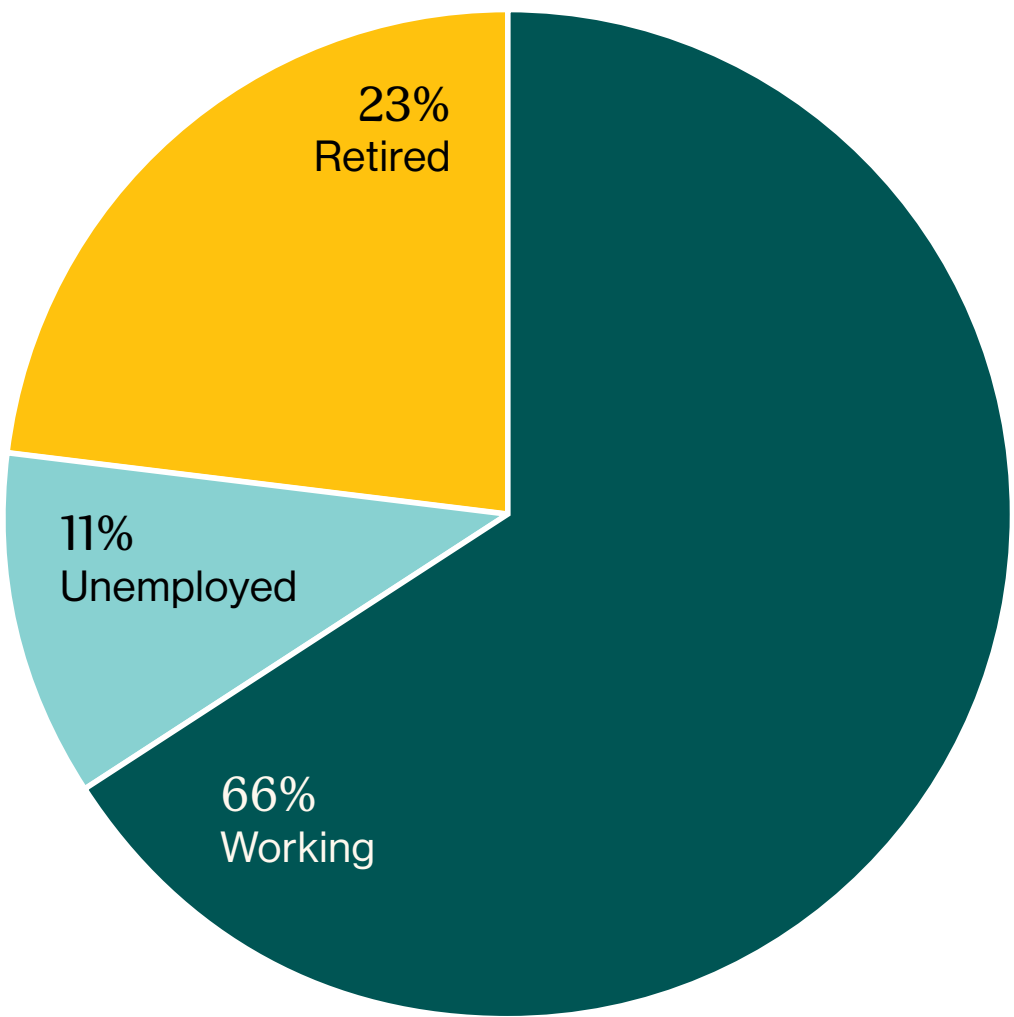
4.9 years

Average number of years providing care

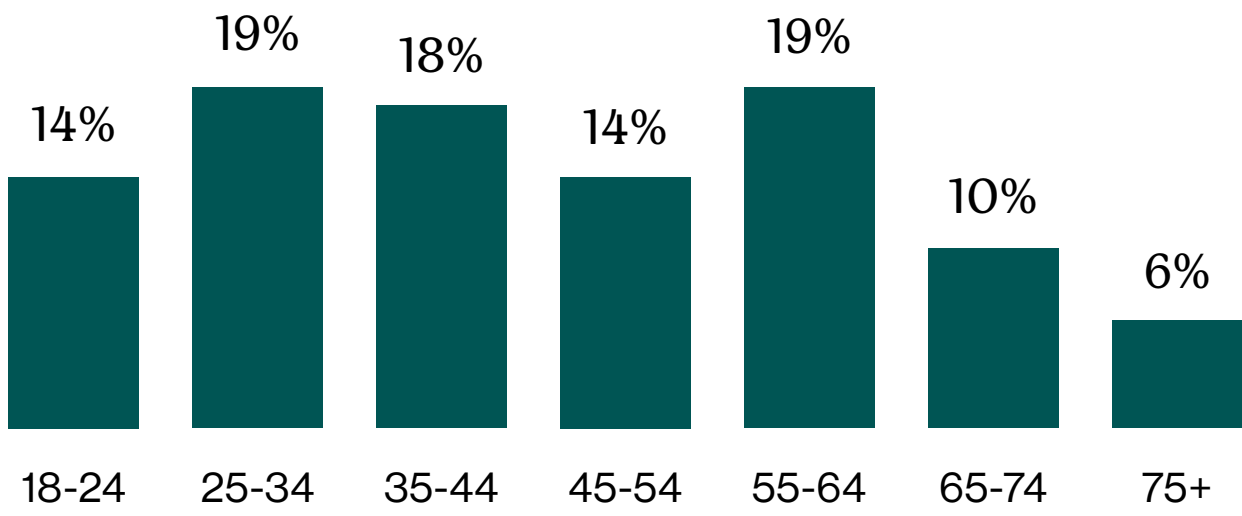
Who are they caring for?



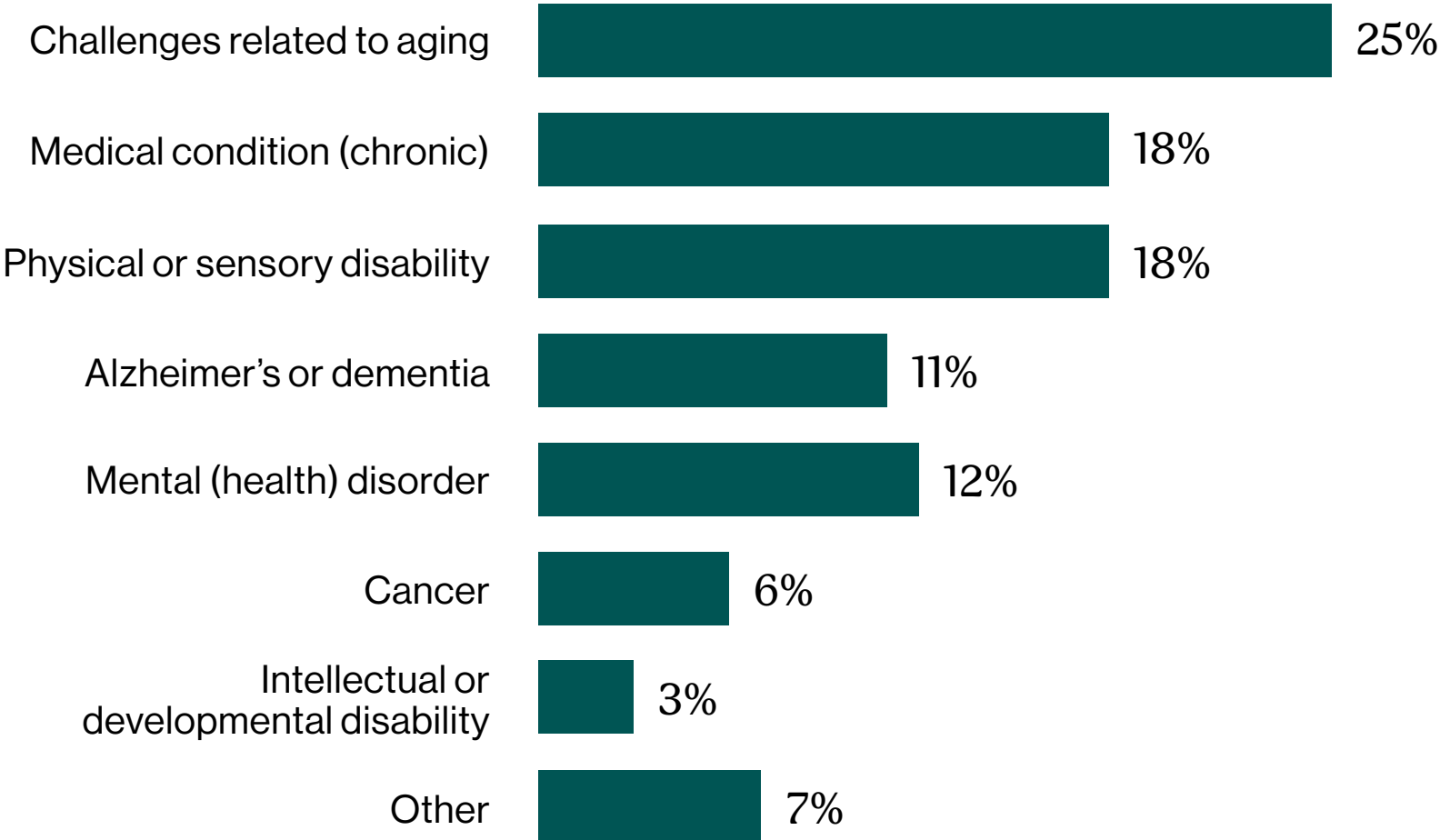
Employment status



Caregiver age



Caring for people with



How supported do they feel?

56% do not feel supported by the government

32% feel not at all supported

13% feel abandoned by government

Notable insights from Alberta

27% of Albertan caregivers have been providing care for less than one year

46% of caregivers work full-time, so it is unsurprising that many want workplace supports

