

SNAPSHOT OF
Caregiving in
British Columbia



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 British Columbia (BC) and what supports are needed to improve their experience?

Accessing Support

- 75% said their care recipient has not received services and 43% said they had not attempted to access paid care services for their care recipient.
- 86% have not accessed supports for caregivers in the last 12 months and 41% did not know if they were eligible for supports for caregivers.

What supports would BC's caregivers find helpful?

85%	Improved access to home care services
79%	Respite services
79%	Free counselling and other mental health supports

Financial Impacts

- 65% have experienced some financial hardship due to caregiving.
- Only 12% have used financial supports or other tax credits.
- 39% spend between \$200–\$1,000 a month on caregiving expenses and 1 in 5 (20%) caregivers spend more than \$1,000 a month.

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

80%	Affordable paid care
80%	A monthly caregiving allowance
78%	Simplified and expanded access to the Disability Tax Credit and benefits

How are they doing?

“As a caregiver it is really 24 hours a day, 7 days a week job. [Help is only offered] during the day; that doesn't stop the interruption of sleep throughout the night. This leads to physical and mental exhaustion.

BC caregiver

77% experience some negative emotional impact due to caregiving

74%

feel overwhelmed or anxious

18%

experience depression

Who are British Columbia's Caregivers?

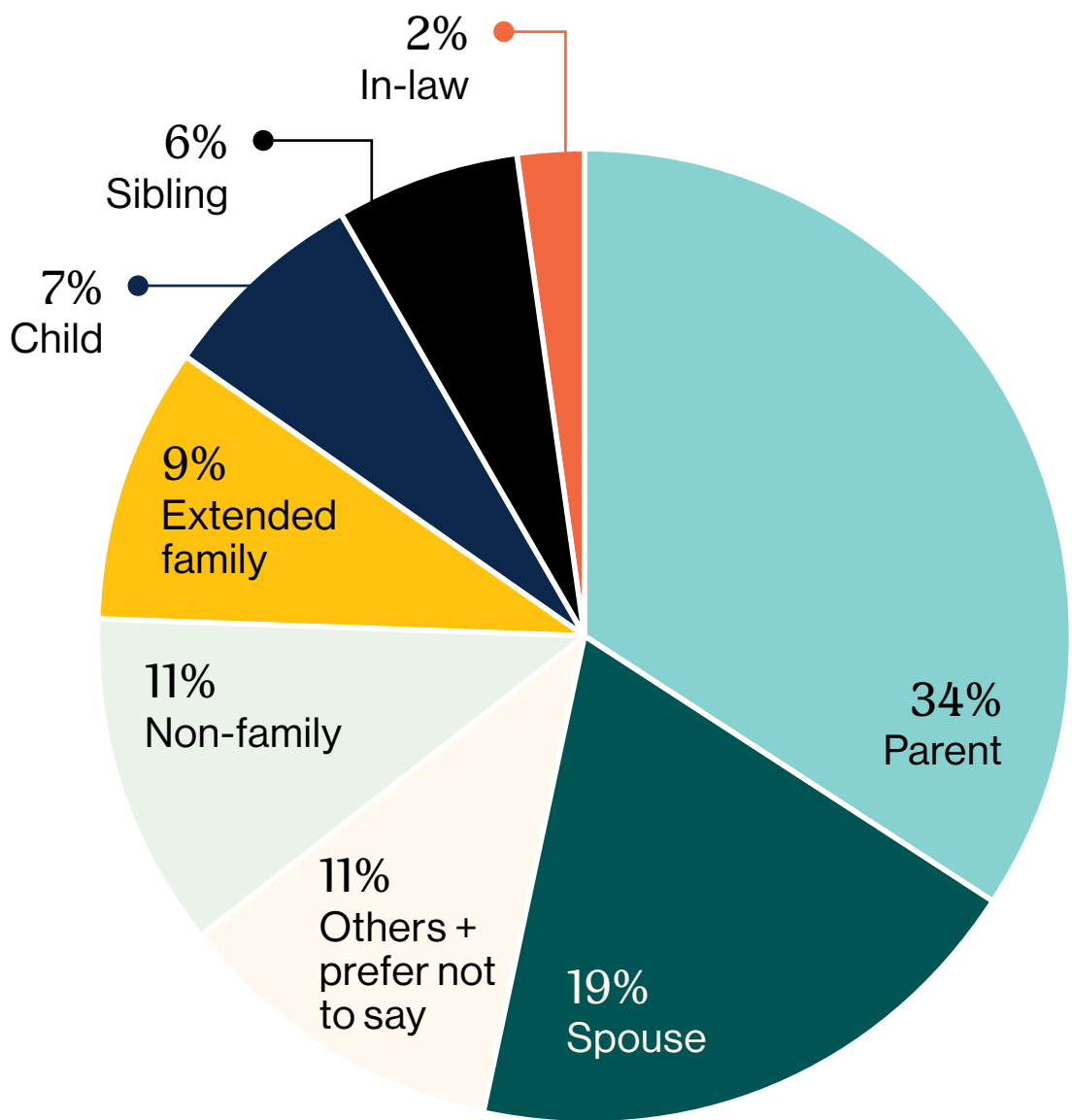
5.9 hours

Average hours of care per day

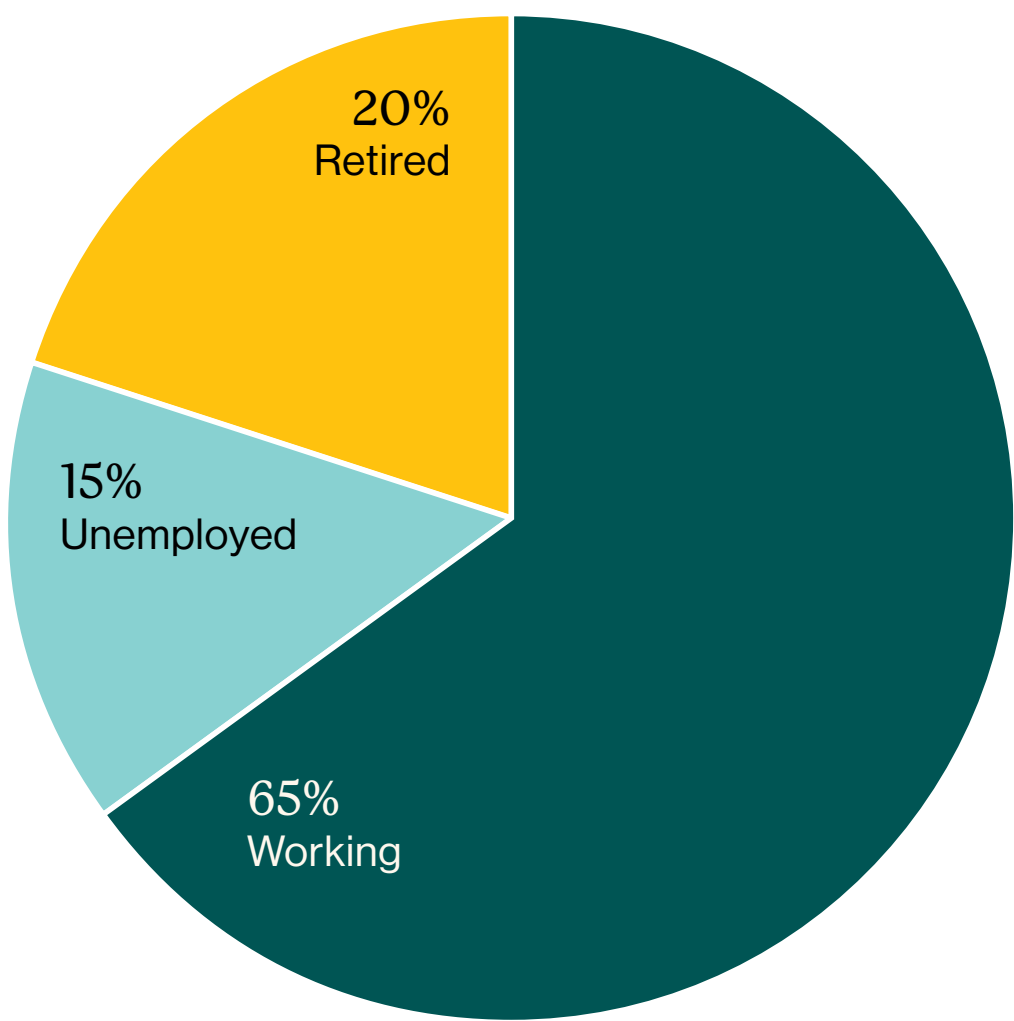
5.4 years

Average number of years providing care

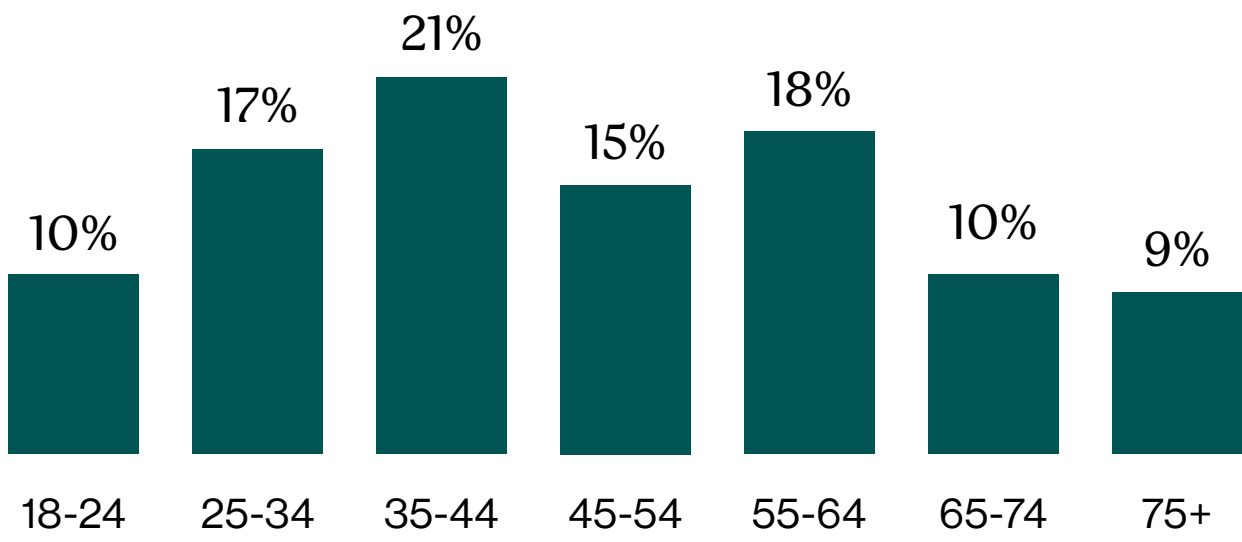
Who are they caring for?



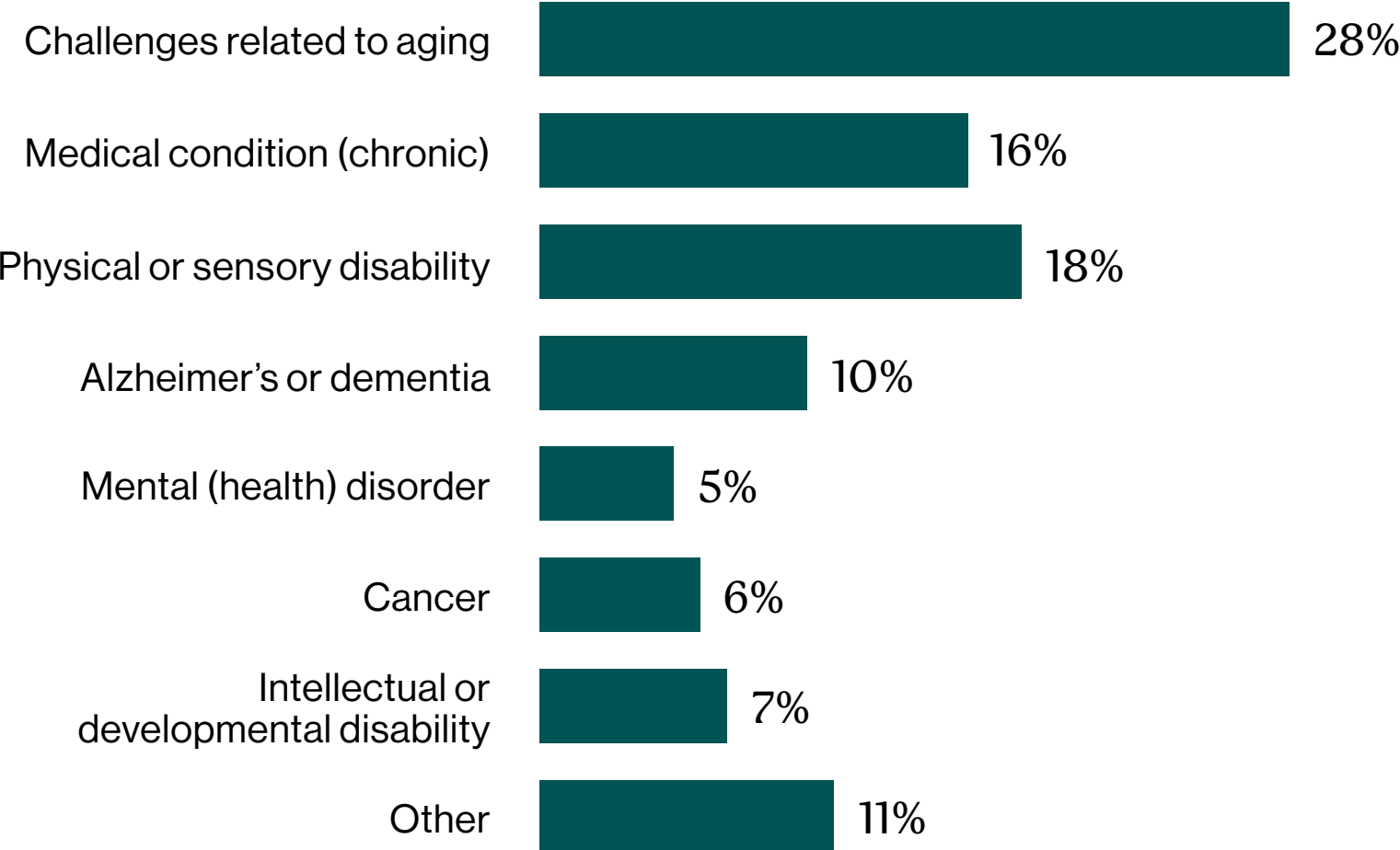
Employment status



Caregiver age



Caring for people with



How supported do they feel?

62% do not feel supported by the government

33% feel not at all supported

14% feel abandoned by government

Notable insights from British Columbia

37% of caregivers in BC are Black, Indigenous, or people of colour (BIPOC), 14% of whom are of East Asian descent—the highest proportion of racialized caregivers in Canada

8% BC caregivers are accessing public homecare at nearly half the rate (8%) of the rest of Canada (14%)

