

SNAPSHOT OF

Caregiving in
Newfoundland
and Labrador

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 Newfoundland and Labrador and what supports are needed to improve their experience?

Accessing Support

- 75% say their care recipient has not received services and 43% of caregivers said they had not attempted to access paid care services for their care recipient.
- 92% have not accessed supports for caregivers in the last 12 months and 37% did not know if they were eligible for supports for caregivers.

What supports would Newfoundland's caregivers find helpful?

90%	Improved access to home care services
86%	Respite services
91%	Free counselling and other mental health supports

Financial Impacts

- 57% have experienced some financial hardship due to caregiving.
- Only 10% have used financial supports or other tax credits.
- 32% spend between \$200–\$1,000 a month on caregiving expenses, and 12% of caregivers spend more than 1,000\$ a month.

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

95%	Expanding the Canada Caregiver Credit
95%	Paying caregivers for some of the hours of care they provide
85%	A monthly caregiving allowance

How are they doing?

“ The biggest thing for me is the lack of a break that I can anticipate. I've burnt out now after years of not enough support. Access to consistent support, even if it's not 'big' would go a long way.

Newfoundland caregiver

73% experience some negative emotional impact due to caregiving

70% feel overwhelmed or anxious	23% experience depression
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Who are Newfoundland and Labrador's Caregivers?

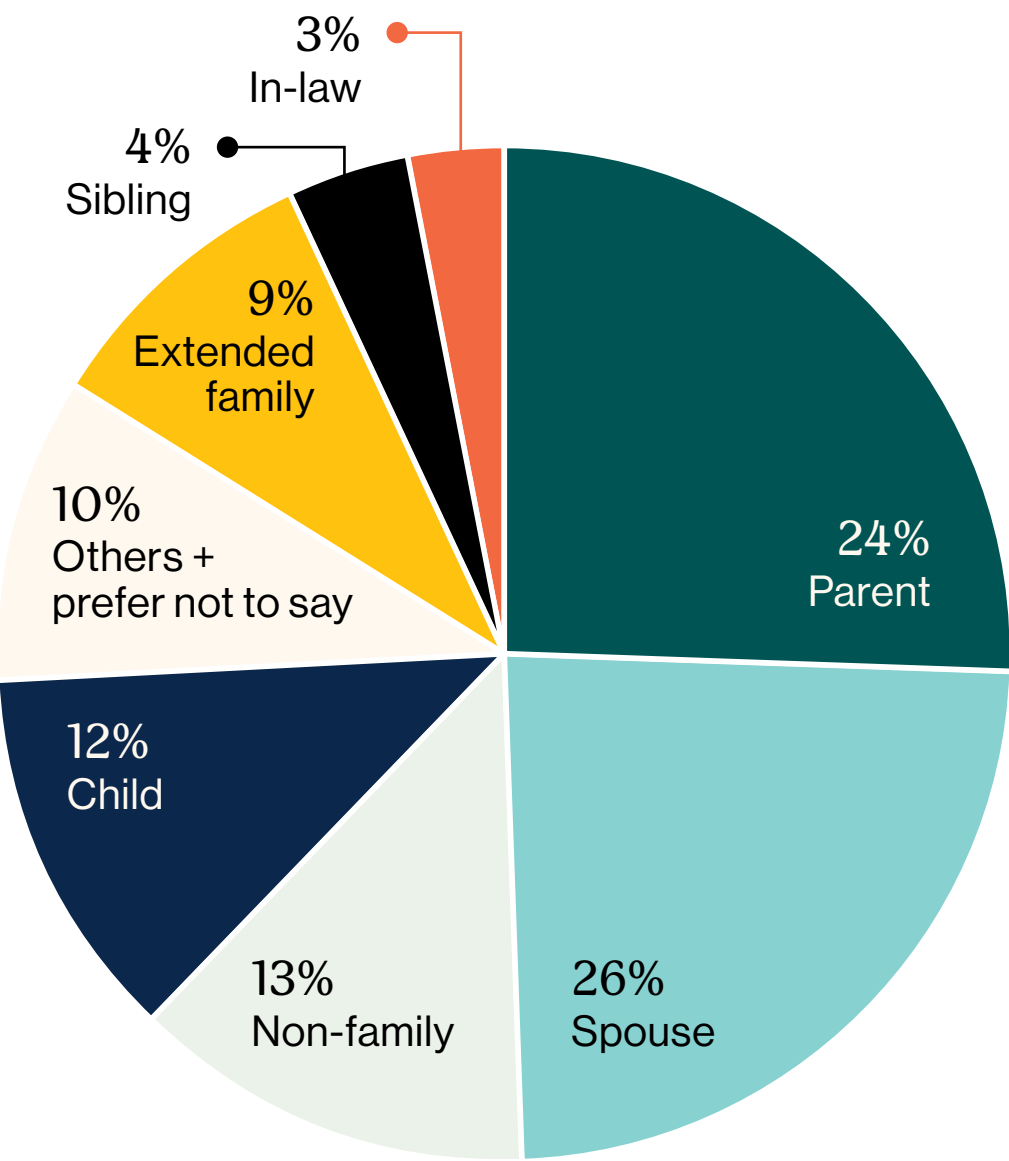
8.1 hours

Average hours of care per day

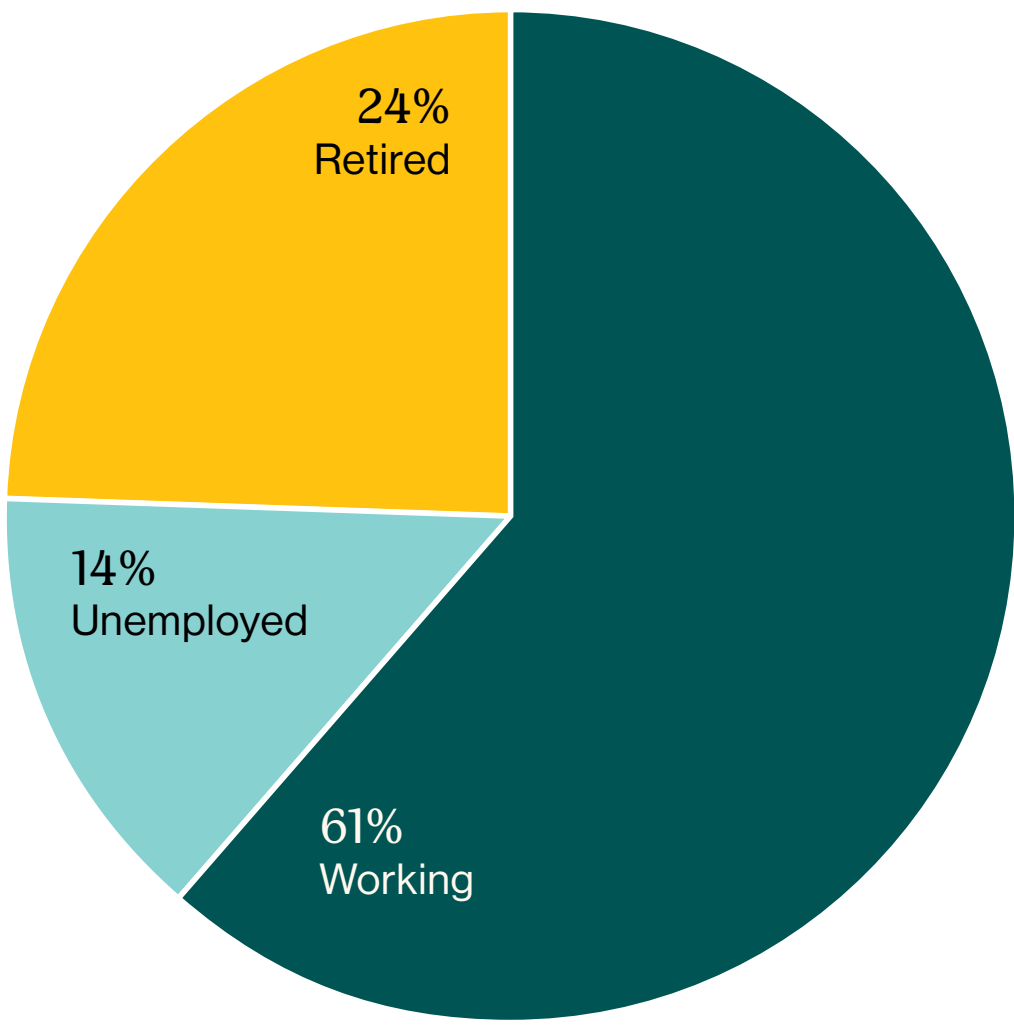
5.9 years

Average number of years providing care

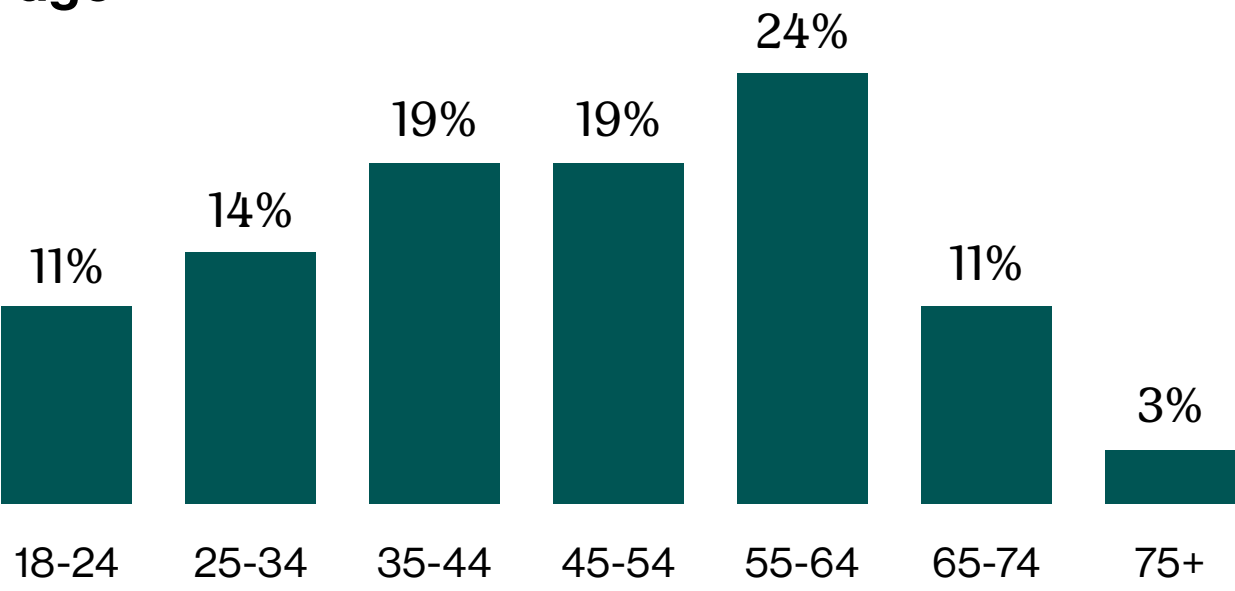
Who are they caring for?



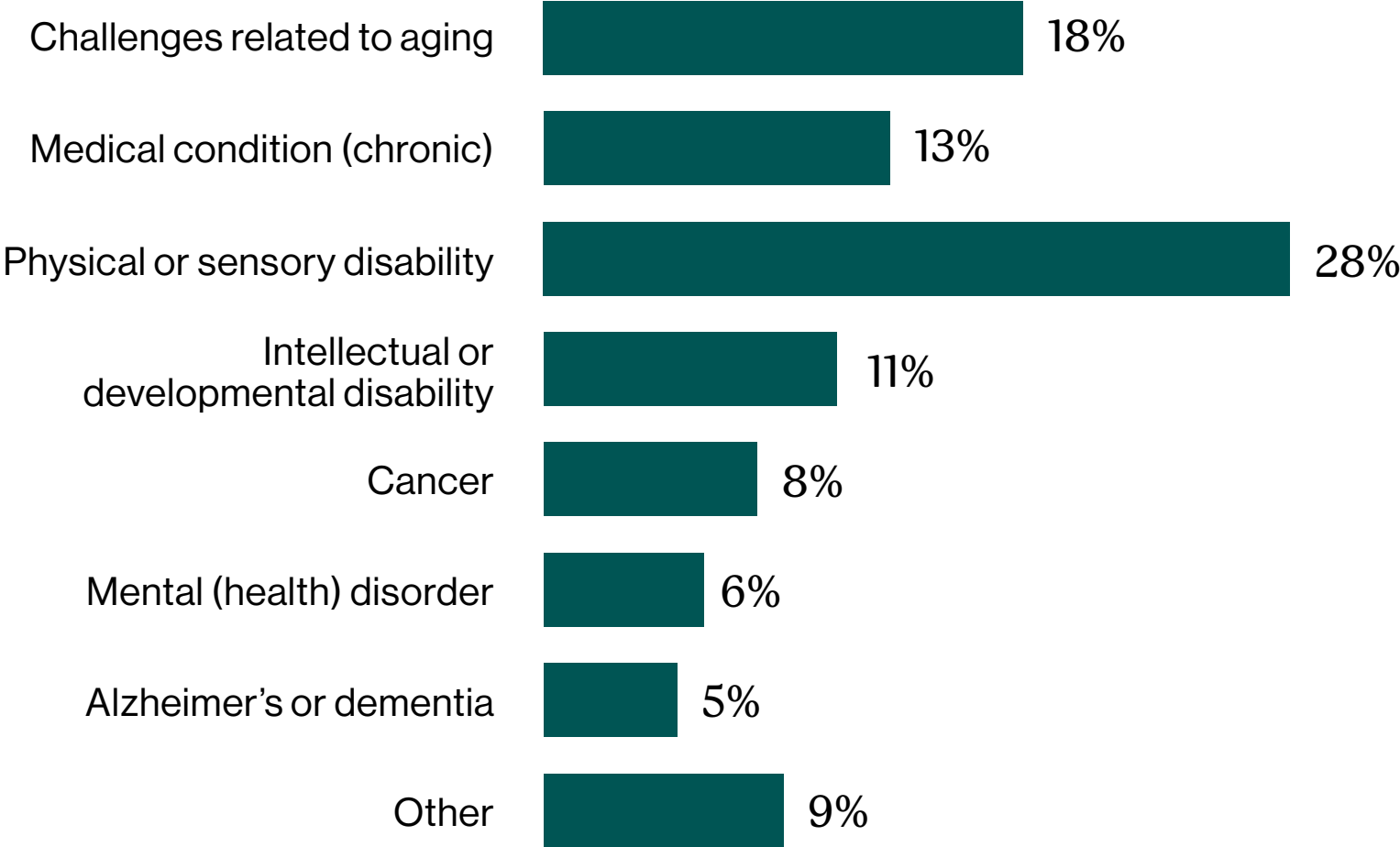
Employment status



Caregiver age



Caring for people with



How supported do they feel?

58% do not feel supported by the government

31% feel not at all supported

15% feel abandoned by government

Notable insights from Newfoundland

74% of caregivers identify as women, making Newfoundland the most female-dominated caregiving province in the country

21% of caregivers in Newfoundland and Labrador also receive care themselves, the highest proportion in the country. They also have the highest hours of care provided per day (8.1 hours)

