

SNAPSHOT OF
Caregiving in
Nova Scotia



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 Nova Scotia and what supports are needed to improve their experience?

Accessing Support

- 73% say their care recipient has not received services. 40% of caregivers 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. 35% did not know if they were eligible for supports for caregivers.

What supports would Nova Scotian caregivers find helpful?

87%	Improved access to home care services
80%	Respite services
85%	Free counselling and other mental health supports

Financial Impacts

- Over half (55%) of caregivers have experienced some financial hardship due to caregiving.
- Only 7% have used financial supports or other tax credits.
- 30% spend between \$200–\$1,000 a month on caregiving expenses, and a quarter (24%) of caregivers spend more than \$1,000 a month.

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

90%	A monthly caregiving allowance
87%	Making the Canada Caregiver Credit refundable
87%	Paid leaves of absence from work for caregivers

How are they doing?

“ There is a disconnect between the statement saying these services are available when in fact there is no availability and far too much red tape to go through to even bother.
Nova Scotian caregiver

72% experience some negative emotional impact due to caregiving

76%	19%
feel overwhelmed or anxious	experience depression

Who are Nova Scotia’s Caregivers?

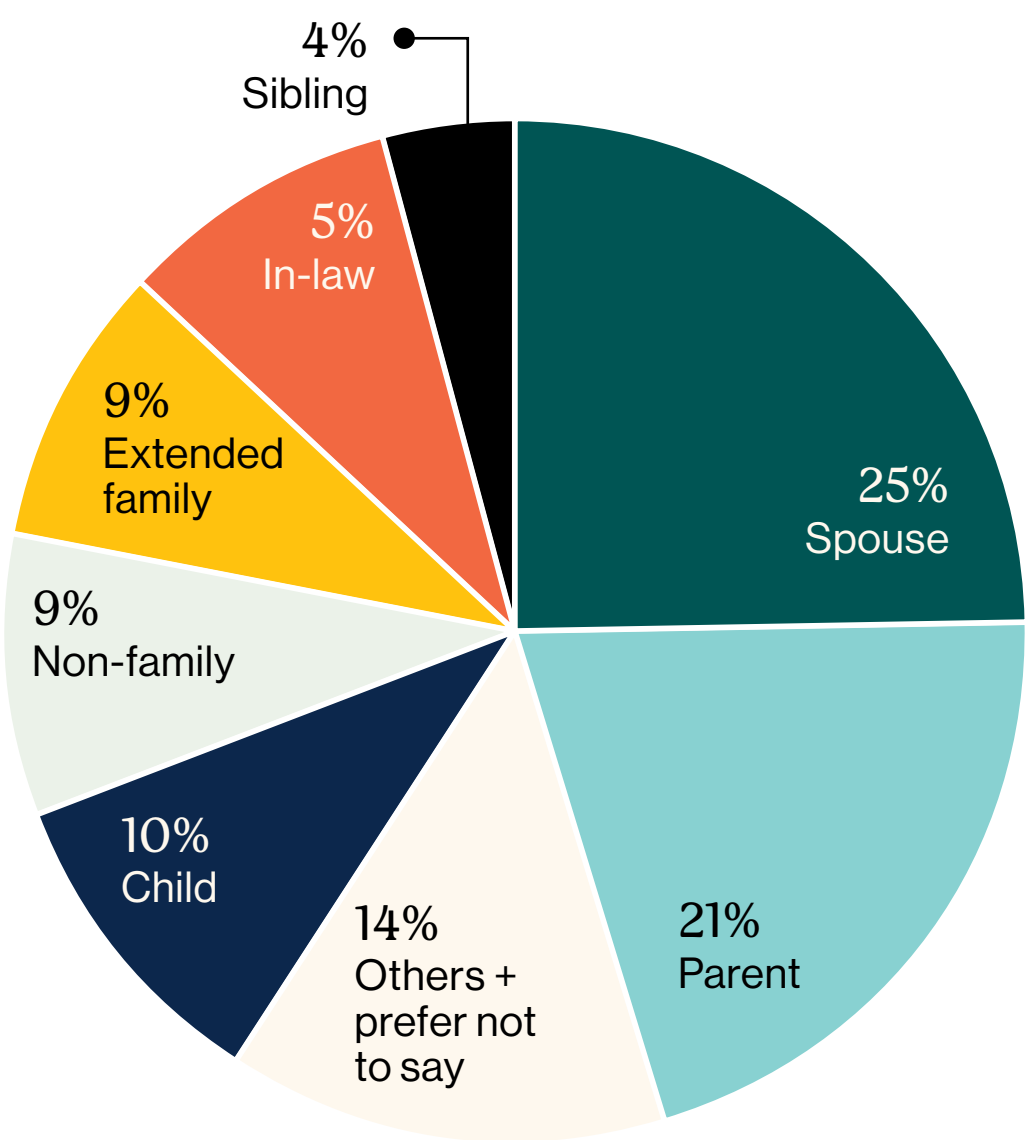
6.2 hours

Average hours of care per day

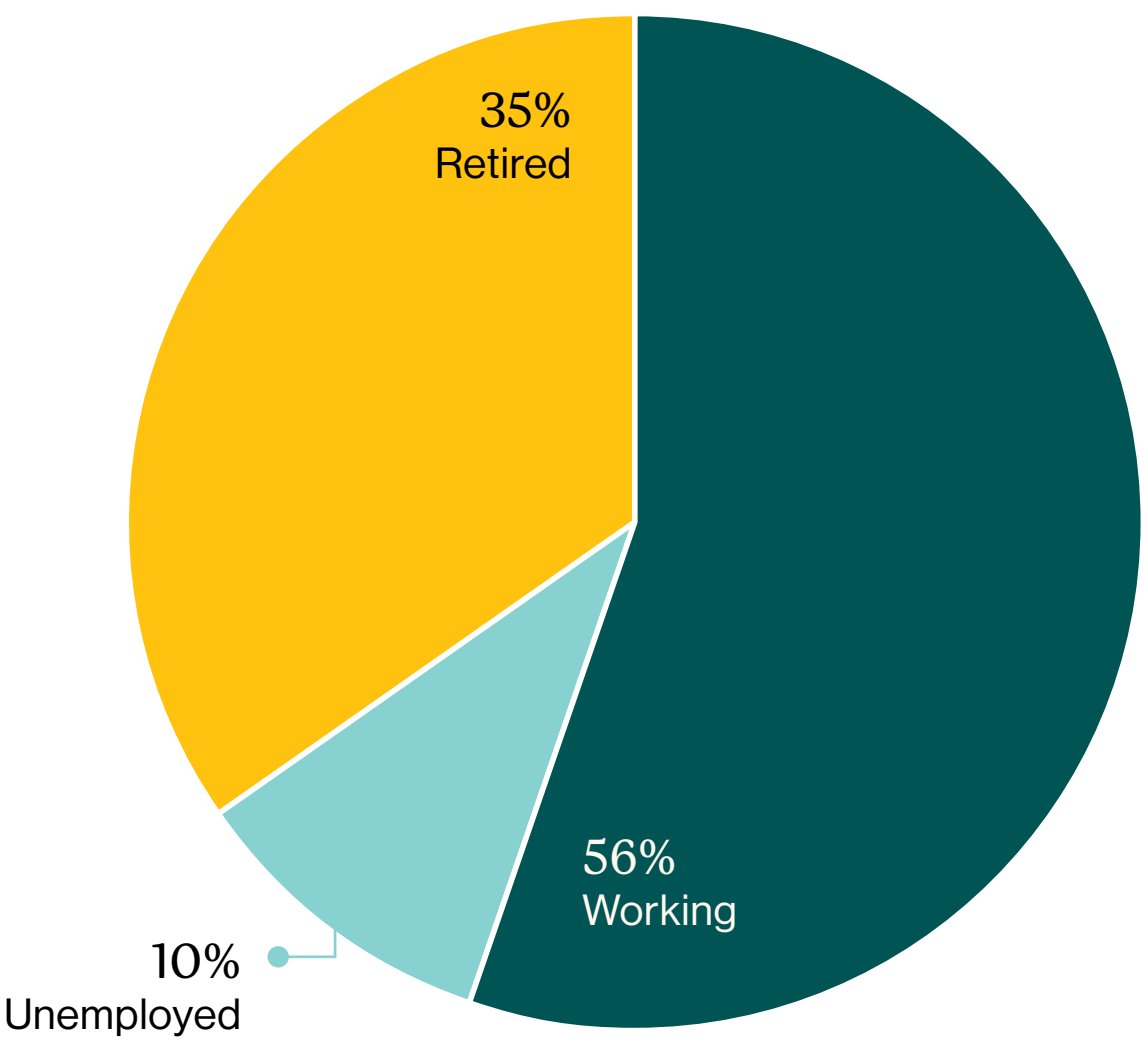
4.2 years

Average number of years providing care

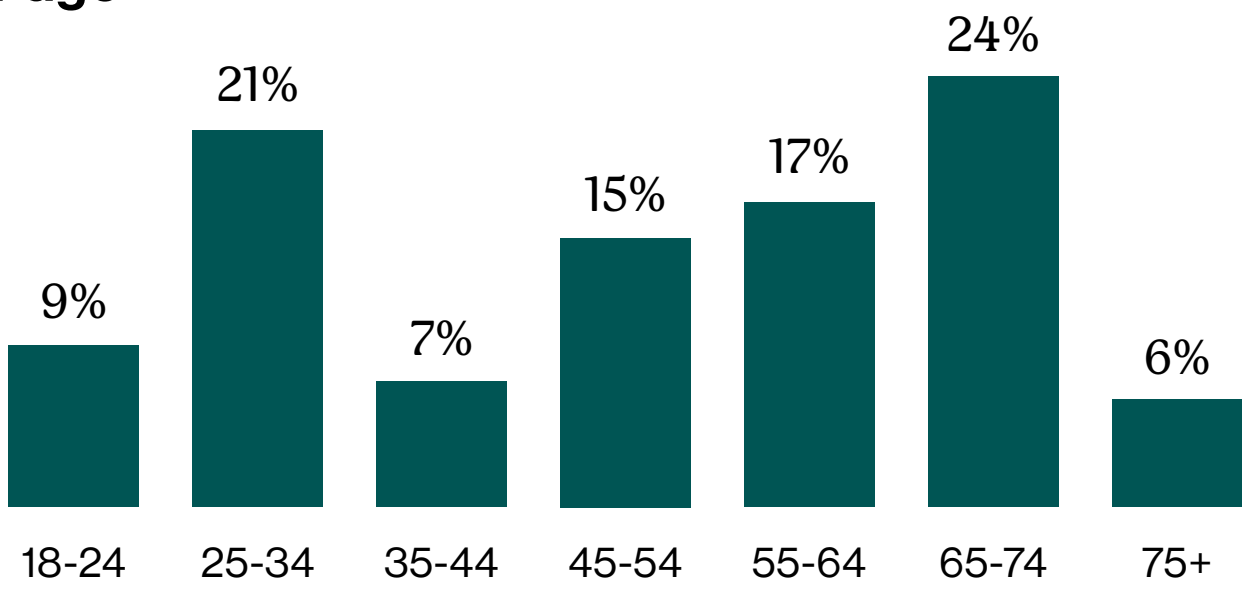
Who are they caring for?



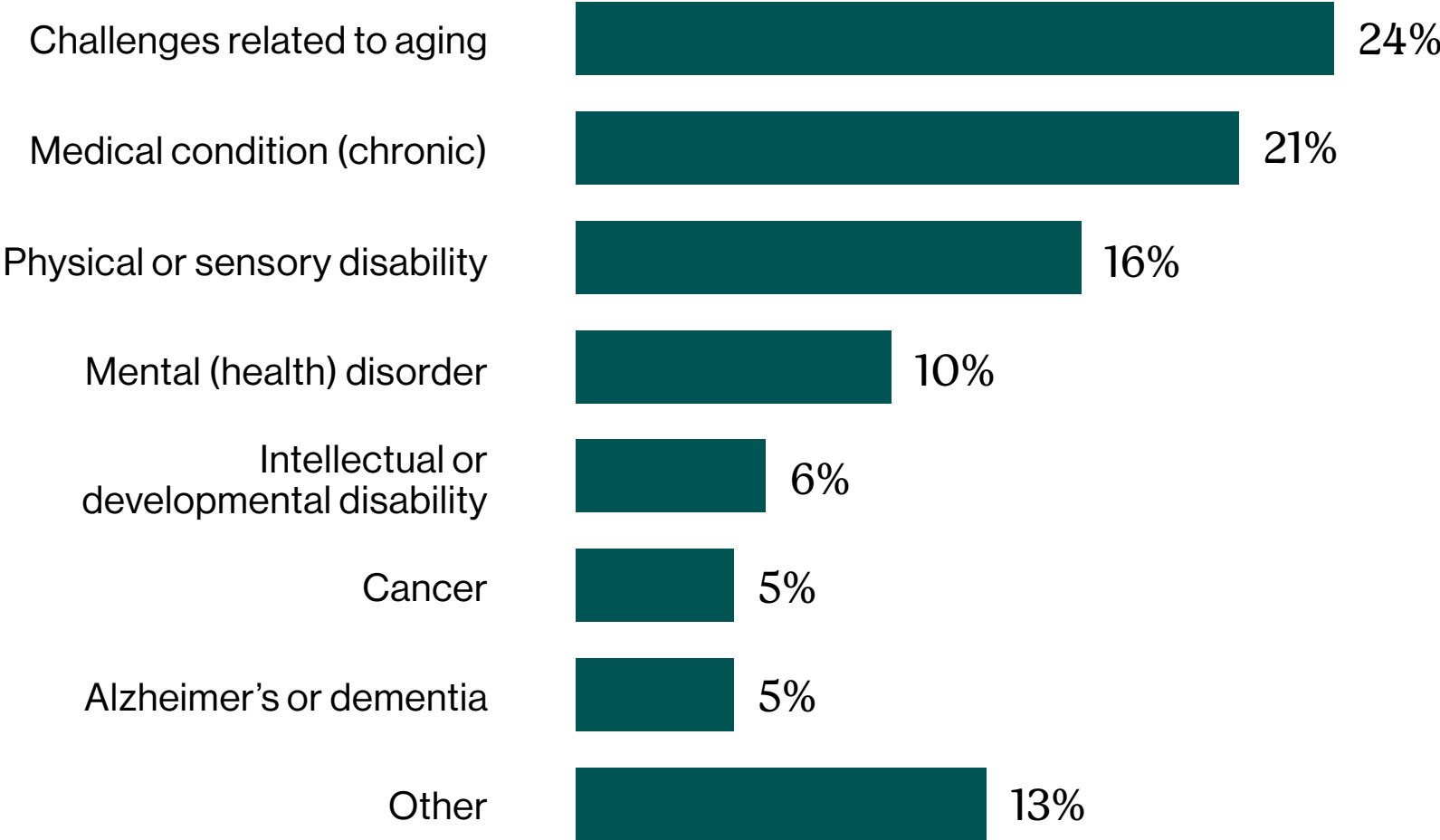
Employment status



Caregiver age



Caring for people with



How supported do they feel?

47% do not feel supported by the government

27% feel not at all supported

14% feel abandoned by government

Notable insights from the North

30% of caregivers in Nova Scotia are over 65, making them the oldest caregiver population in Canada

35% of caregivers are retired, the highest rate in the country

