

SNAPSHOT OF

Caregiving in the North

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 Canada's north and what supports are needed to improve their experience?

Data from the Yukon, Northwest Territories, and Nunavut have been combined due to limited sample size.

Accessing Support

- 65% said their care recipient has not received services and 34% said they had not attempted to access paid care services for their care recipient.
- 84% have not accessed supports for caregivers in the last 12 months and 51% did not know if they were eligible for supports for caregivers.

What supports would Northern caregivers find helpful?

92%	Improved access to home care services
92%	Caregiver-friendly workplace policies
91%	Free counselling and other mental health supports

Financial Impacts

- 69% have experienced some financial hardship due to caregiving.
- Only 8% have used financial supports or other tax credits.
- 44% spend between \$200–\$1,000 a month on caregiving expenses and more than 1 in 5 caregivers (21%) spend more than 1,000\$ a month.

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

88%	Expanding the Canada Caregiver Credit
94%	Paying caregivers for some of the hours of care they provide
86%	A monthly caregiving allowance

How are they doing?

“The patient and caregiver have no idea what to ask for when we don't know what help there is. And because we are in a territory, we don't receive the same help as the rest of Canada.”

Northern caregiver

85%

experience some negative emotional impact due to caregiving

54%	26%
feel anxious	experience depression

Who are the North's Caregivers?

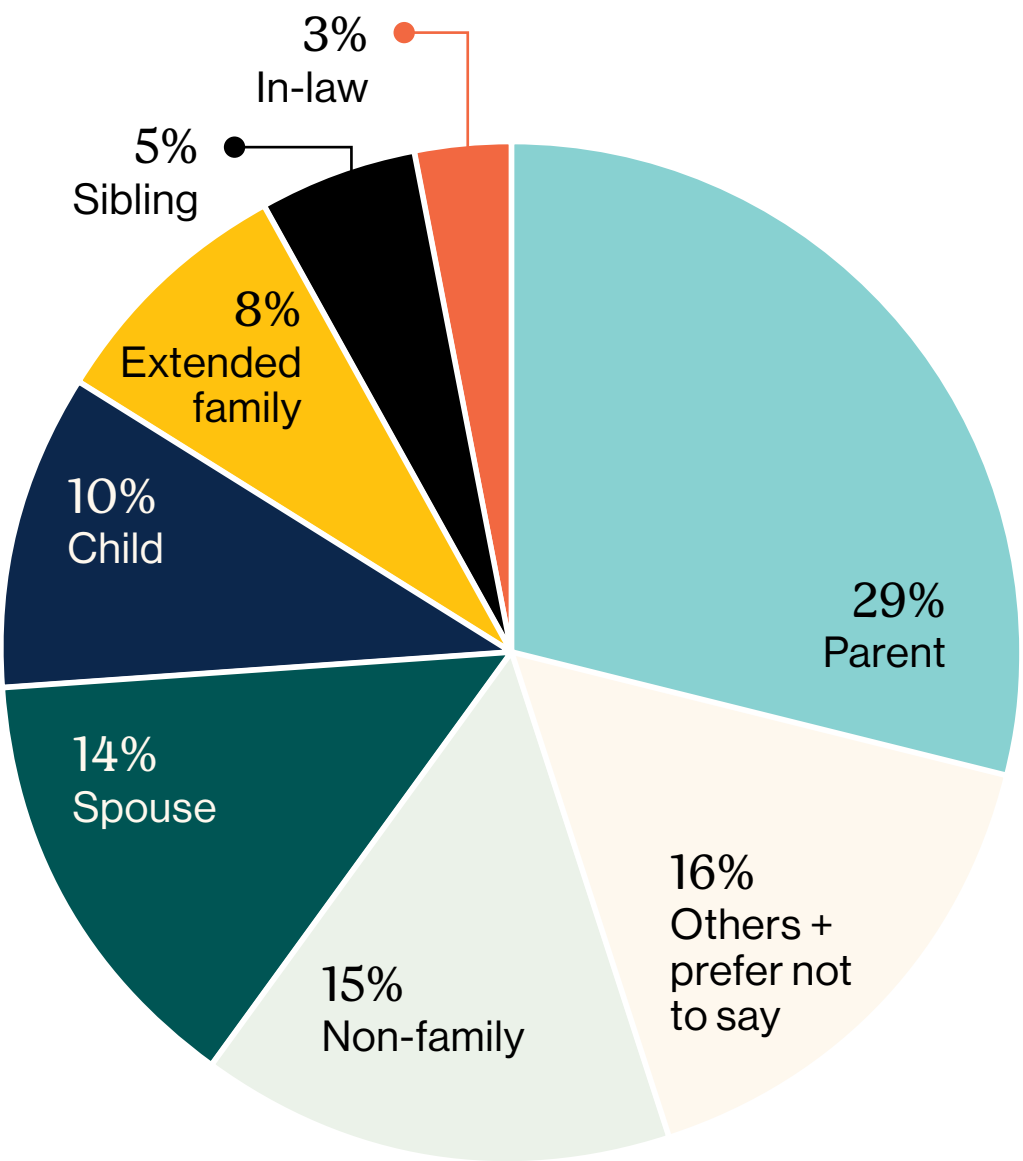
6 hours

Average hours of care per day

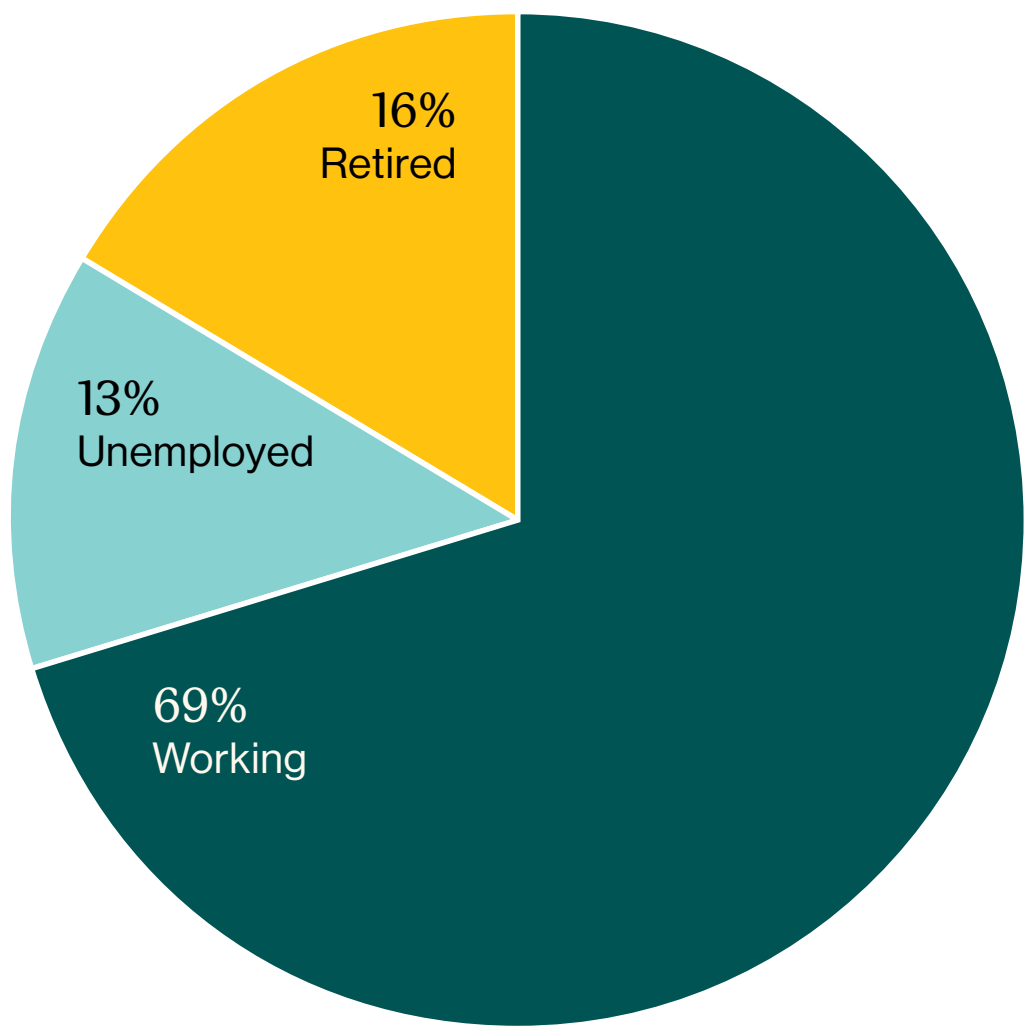
6.5 years

Average number of years providing care

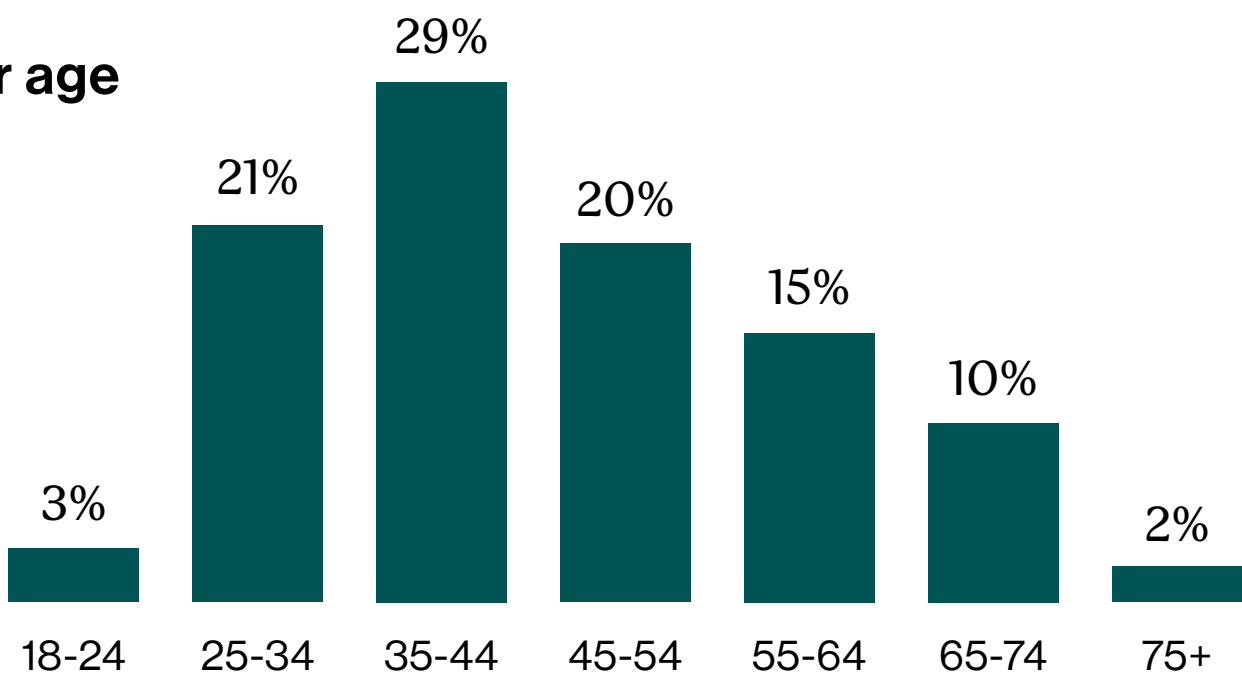
Who are they caring for?



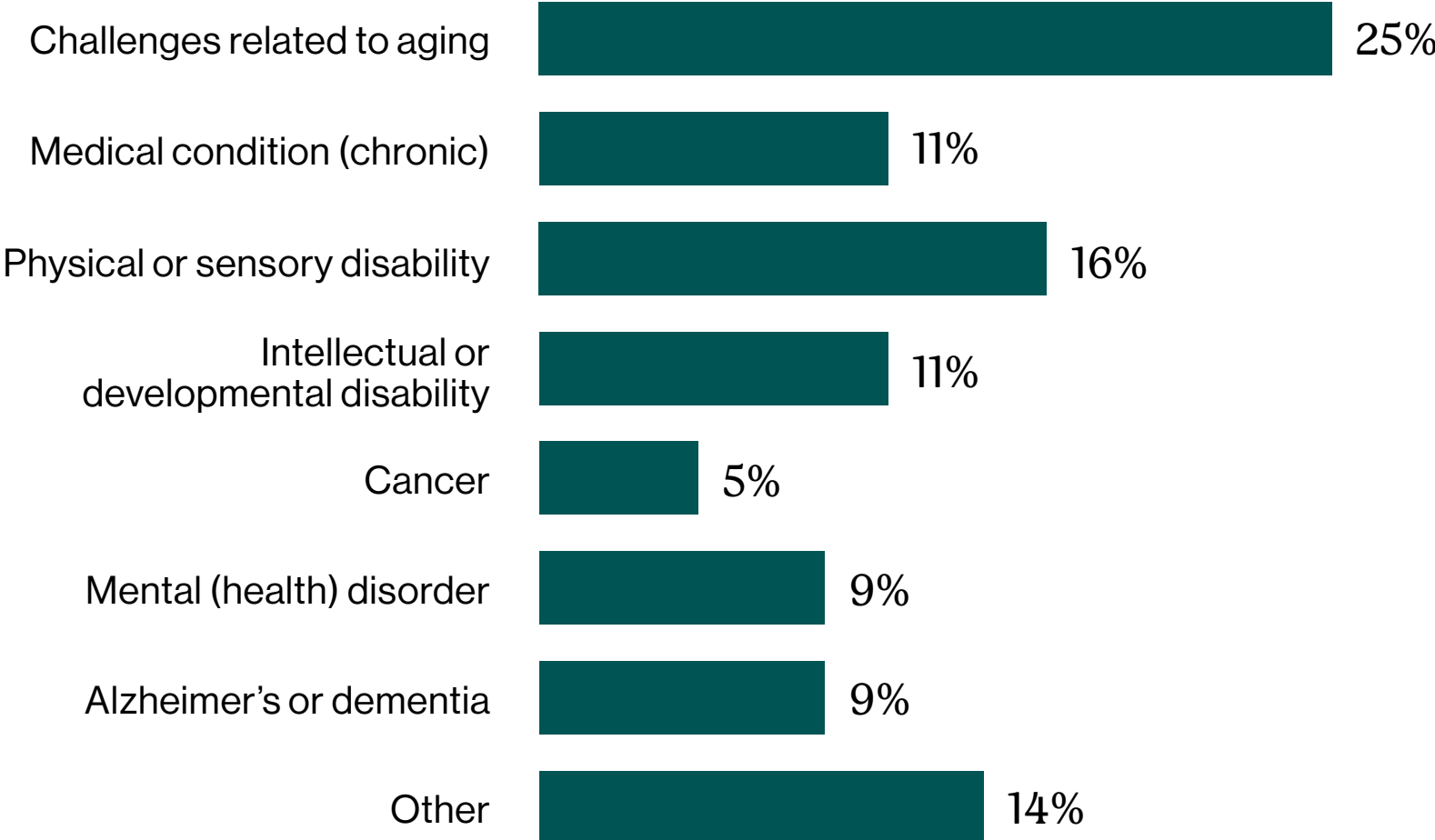
Employment status



Caregiver age



Caring for people with



How supported do they feel?

49%

do not feel supported by the government

26%

feel not at all supported

17%

feel abandoned by government

Notable insights from the North

69%

of caregivers in the North are juggling work and care, the highest proportion in the country. Only 16% are retired

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have had to stop saving, compared to the national average of 22%

