

SNAPSHOT OF
Caregiving in
Saskatchewan

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 Saskatchewan and what supports are needed to improve their experience?

Accessing Support

- 72% said their care recipient has not received services and 47% said they had not attempted to access paid care services for their care recipient.
- 82% have not accessed supports for caregivers in the last 12 months and 39% did not know if they were eligible for supports for caregivers.

What supports would Saskatchewan's caregivers find helpful?

89%	Improved access to home care services
89%	Training on administering care/medications or managing finances
81%	Free counselling and other mental health supports

Financial Impacts

- 61% have experienced some financial hardship due to caregiving.
- Only 12% have used financial supports or other tax credits.
- 25% 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 Saskatchewan's caregivers find the most helpful to decrease financial stress?

88%	A monthly caregiving allowance
81%	Credit caregiving years in the Canada Pension Plan
80%	Paying caregivers for some of the hours of care they provide

How are they doing?

“ This is not how I expected to spend my retirement, caring for my spouse. I [retired early] to care for dying parents and did not expect to care for a husband so soon. I’m exhausted. Saskatchewan caregiver

73% experience some negative emotional impact due to caregiving

68% feel overwhelmed or anxious	21% experience depression
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How supported do they feel?

57% do not feel supported by the government

35% feel not at all supported

13% feel abandoned by government

Notable insights from Saskatchewan

1 in 5 caregivers in Saskatchewan receive care themselves

Half of all caregivers in Saskatchewan live with their care recipient

Who are Saskatchewan's Caregivers?

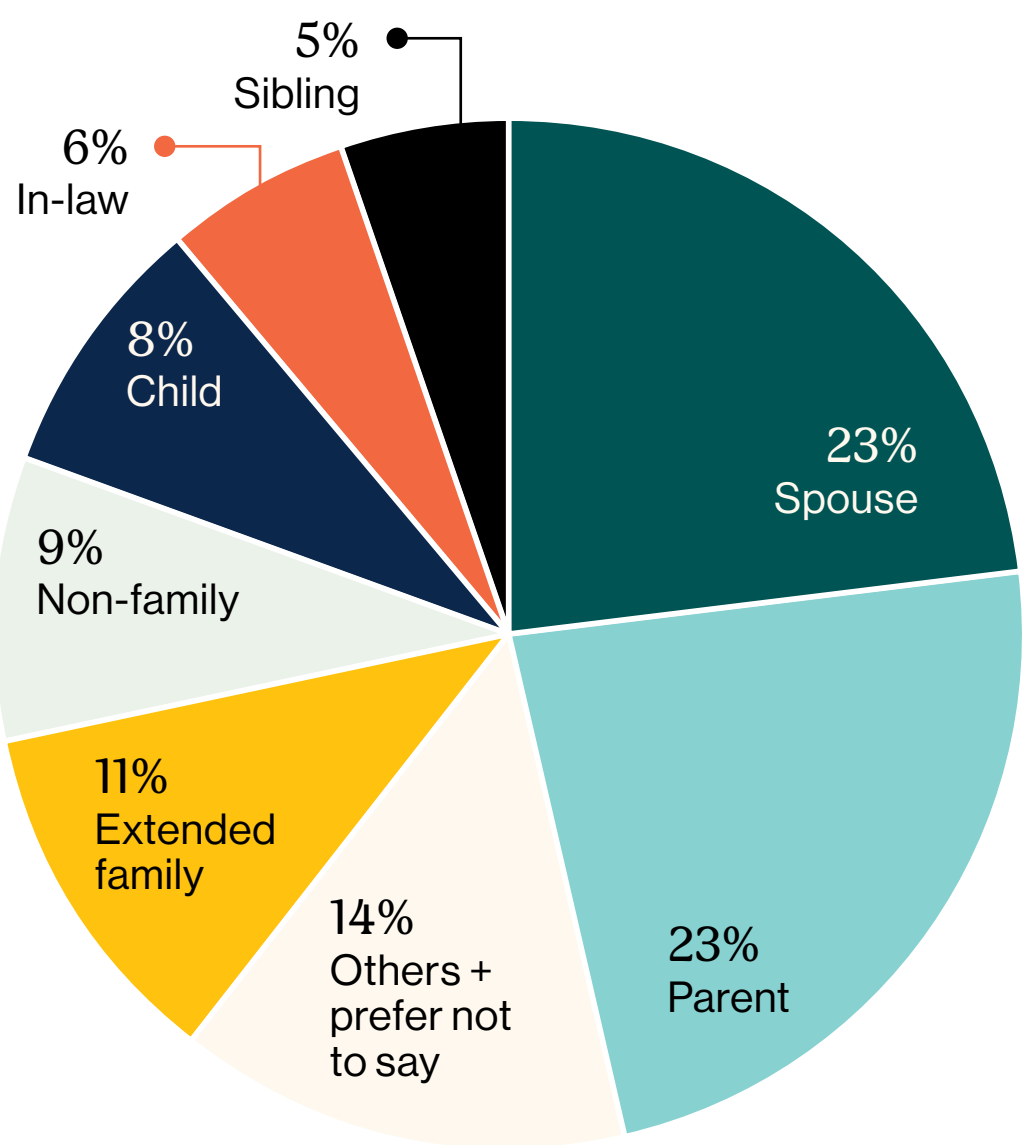
5.8 hours

Average hours of care per day

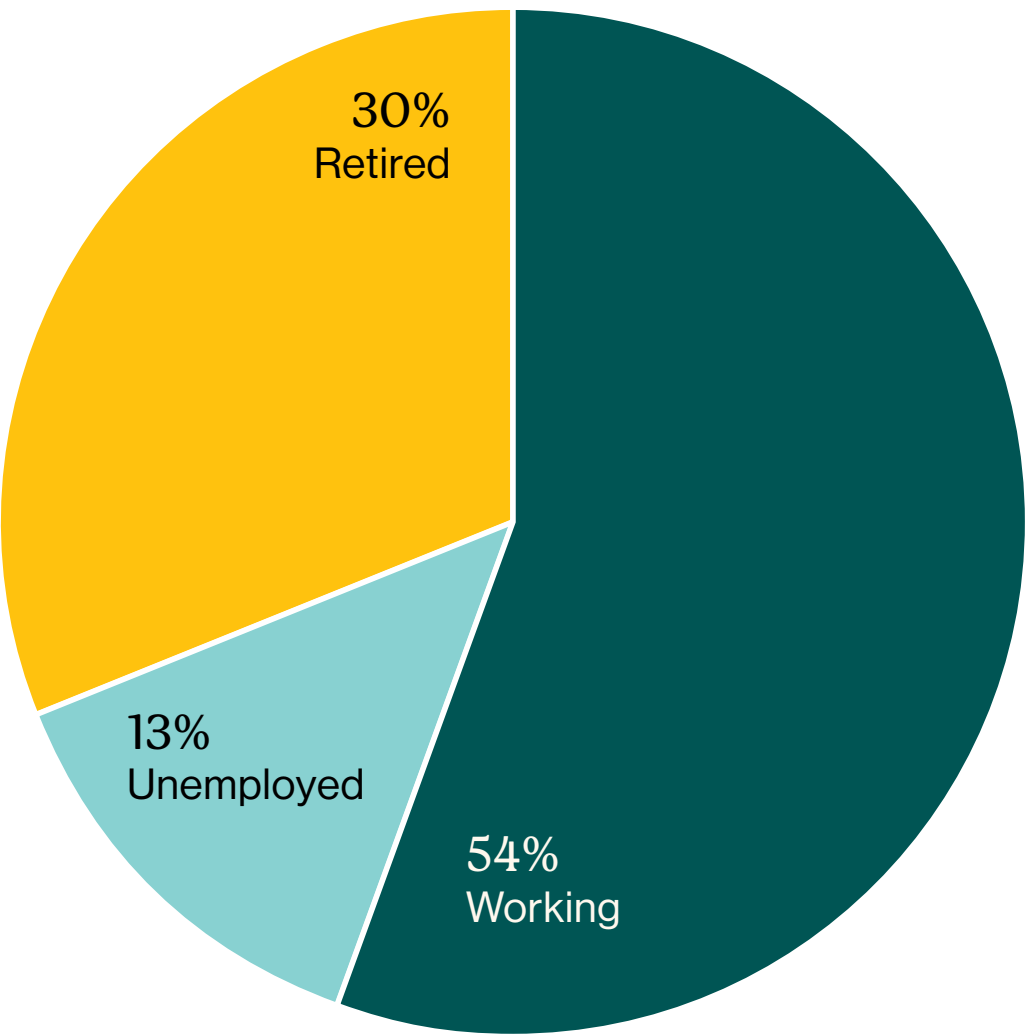
5.2 years

Average number of years providing care

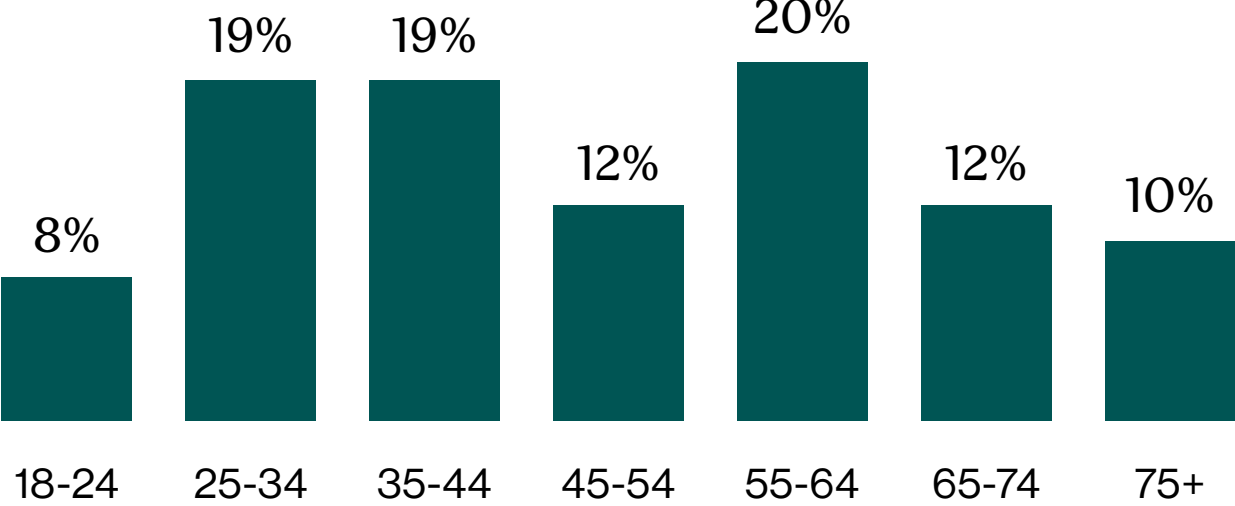
Who are they caring for?



Employment status



Caregiver age



Caring for people with

