

Working Caregivers

Findings from *Caring in Canada 2026*

Many caregivers in prime working years cannot participate in the economy to their full potential, causing our economic growth to slow considerably. The policy choices we make or choose not to make will have lasting consequences for Canada's economic resilience as we face a time of uncertainty.

Working Caregiver Profile

64% of caregivers are in **employment or education**.

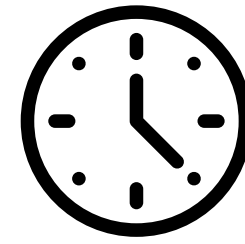
Average hours of care per day:

6.1 hours

Ages 25 to 34

5.6 hours

Ages 35 to 44



Time Challenges

Caregivers are caught in a vicious cycle of **needing to work more to meet the financial demands** of care while simultaneously **needing to work less to meet time constraints**.

17%

need to **work more hours**

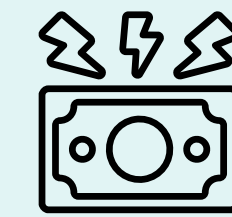
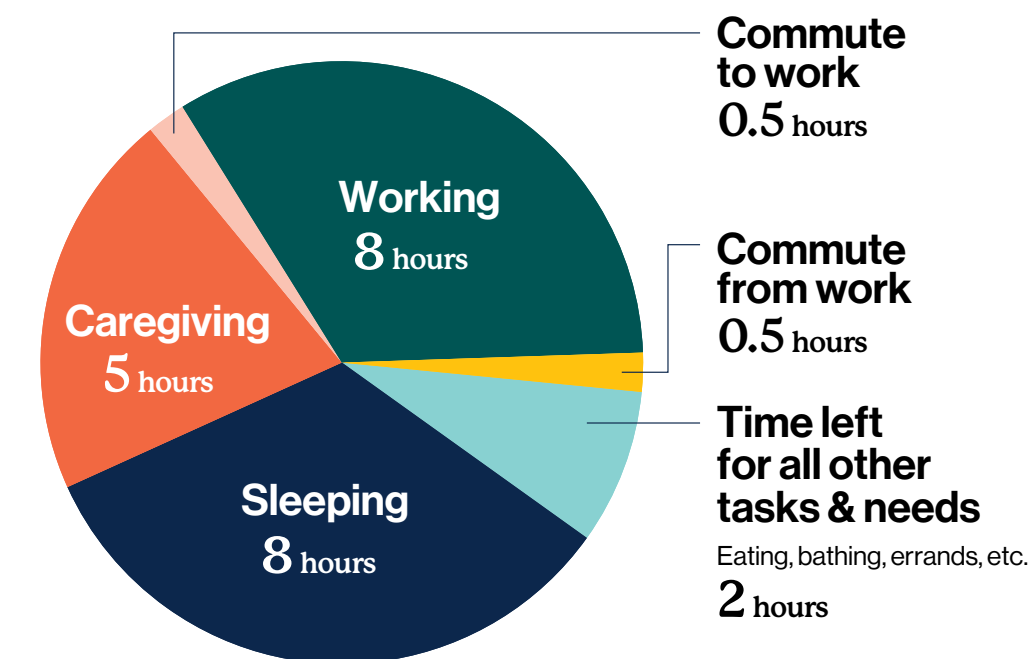
9%

pushed back when they plan to **retire**

36%

have had their **productivity affected** by care responsibilities

Average time spent daily on tasks for caregivers



Financial Impacts

49% of caregivers have **experienced financial strain** due to care responsibilities.

13% of caregivers are **working less than full-time hours and earn less** due to caregiving.

22% of caregivers have **had to stop saving** because of their caregiving duties.

Financial impacts are hardest for caregivers:

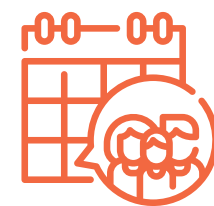
Aged 35 to 54.

Caring for a child with a medical condition or disability.



Benefits

More than 80% of caregivers feel:



It would be financially helpful to **have a partially paid leave of absence from work** as well as caregiving-specific paid leave days.



It is important to encourage employers to adopt **caregiver-friendly workplace policies**.



It is important to **credit caregiving years in the CPP** to protect retirement security for those who leave work to provide care.



Health & Well-being

19% of caregivers **feel burnt out** and unsure if they can keep going with their care responsibilities.

Rates of poor physical and mental health and burnout are highest among caregivers:

Of working-age.

Caring for a child with a medical condition or disability.