



A profile of caregivers of older adults (65+)

Making a meaningful difference in the lives of older adults and their families by bridging research, policies and practice

5.4M caregivers in Canada are caring for an older adult (aged 65 and over) with a long term health problem, disability or age-related condition—that's 2/3 of all caregivers. Less than 1 in 10 (8%) care for an older adult with dementia.

54% women  46% men 



Most live in the same household (18%) or within commuting distance (58%); 1 in 4 live at a distance

Caregivers of older adults are of **all ages**, from young adulthood to older adulthood.

1 in 6 are age 15-29 years (18%), 1 in 3 are age 30-49 years (31%), 1 in 3 are age 50-64 years (37%) and 1 in 7 are age 65 years and older (14%).



Most caregivers of older adults **care for close kin** (87%), although nearly 1 in 7 care for non-kin (13%).

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|-------------------------------|-------------------------------------|--------------------------------|
| 58% care for parents (in-law) | 0.3% care for adult child (in-law) | 7% care for close friend |
| 18% care for grandparents | 3% care for brother/sister (in-law) | 4% care for neighbor/co-worker |
| 5% care for spouse/partner | 3% care for other kin | 2% care for other people |



3 in 4 caregivers of older adults spend up to 9 hours per week providing care (78%), 1 in 10 spend 10-19 hr/wk (11%) and 20+ hr/wk (11%) providing care. The average time spent is 8.5 hrs/wk. Collectively, these caregivers spend at least **44.2 million hours** in an average week on care.

Family, education and employment compete with care demands



Most caregivers of older adults are **married** (69%), 22% are single and 9% are widowed, separated or divorced.



1 in 4 caregivers of older adults **have children under 15 years at home** (24%), but most (76%) do not have young children.



While most caregivers of older adults have completed high school (27%) or post-secondary education (60%), 12% have not completed high school. Of note, **1 in 10 are still in school** (11%).



More than half of caregivers of older adults are **employed full-time** (56%), and 13% work part-time; almost 1/3 of caregivers of older adults (31%) are not currently employed.

Caring for older adults impacts caregivers' well-being

Two-thirds of caregivers of older adults feel that providing care has strengthened their relationship with the care receiver (68%). While the majority report being in good, very good or excellent physical (89%) and mental (93%) health, caregiving takes a significant toll on their well-being¹.

Impact on caregivers' health and wellness

1 in 3



report **sleep disturbances** (31%) and 1 in 2 are **tired** because of their caring (47%)

1 in 6



report that their **health has suffered** because of their caring (18%)

1 in 6



feel depressed because of their caring (17%)

Impact on caregivers' social relationships

1 in 2



spend less time with their partner (47%), and on social activities and hobbies (49%)

1 in 4



feel that caring **strained relationships** with family or friends (24%)

1 in 7



feel **lonely or isolated** because of their caring (15%)

Impact on caregivers' finances

2 in 3



incur extra expenses because of their caring (61%)

1 in 8



who have extra expenses report **financial hardship** (12%)

3 in 4



who have extra expenses **use or defer savings** to pay for these extra costs (73%)

Impact on employed caregivers

1 in 2



miss days of work because of their caring (47%)

1 in 7



reduce paid work hours because of their caring (15%)

1 in 14



exit labour force because of their caring, sometimes not by choice (7%)