FACTS June 2018



Research on Aging Policies and Practice

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



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%).

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%).



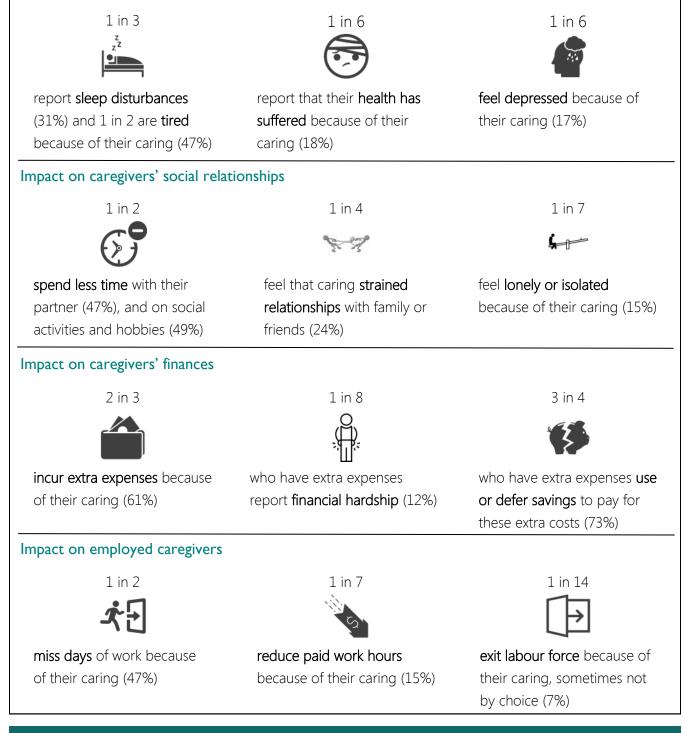
More than half of caregivers of older adults are **employed full-time** (56%), and 13% work parttime; almost 1/3 of caregivers of older adults (31%) are not currently employed.



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



This infographic was written by Jacquie Eales, Choong Kim and Janet Fast based on analyses of Statistics Canada's 2012 General Social Survey on Caregiving and Care Receiving. ¹Consequences questions are asked only of caregivers who provide 2 or more hours per week. Funding for this project was provided by AGE-WELL NCE Inc. through the project Assistive Technology that Cares for the Caregiver (WP2.4)

