A caregiver is someone who assists a family member or friend with challenges resulting from illness, disability or aging. More than 1 in 4 Albertans (28%) age 15+ is a caregiver. That's about 965,000 caregivers in Alberta based on growth in the population since the 2012 national survey.

**Caregivers in Alberta spend considerable time providing care**

- 76% spend < 9 hr/wk
- 12% spend 10-19 hr/wk
- 12% spend 20+ hr/wk

**Caregivers’ time is valuable**

Caregivers in Alberta spend 8.7 hrs/wk on average helping others. That's about 388 million hours of unpaid care in Alberta each year.

Caregivers’ time saves the Alberta health care system billions and is estimated conservatively at $5.8 billion each year based on hiring replacement workers at Alberta’s minimum wage of $15/hr.

**Caregivers surveyed said**

- I wish I had more time and energy for the person I care for, for my job, for my friends and to take care of myself
- I worry that when I need to be a full-time caregiver, I will have to leave my job and will lose my income
- I would like compensation for the care I provide.

This infographic was co-created by Jacquie Eales, Choong Kim, Sandy Sereda, and Janet Fast based on analyses of Statistics Canada’s 2012 General Social Survey on Caregiving and Care Receiving; quotes are from a 2018 online survey of 700 caregivers in Canada about enhancing their well-being. Funding for this infographic was provided by AGE-WELL NCE Inc. (WP2.4 CRP Plus program).
Caregiving impacts caregivers’ employment and Alberta’s economy

2 in 3 caregivers in Alberta are in their prime employment years (age 30-64).

69% of female caregivers are employed

79% of male caregivers are employed

1 in 2 (56%) caregivers in Alberta are employed full-time. Nearly 1 in 5 (1.8%) work less than 30 hrs/wk. Over 1 in 10 (11%) Alberta caregivers who were unemployed said caregiving prevented them from working at a paid job.

2 in 5

41% miss days of paid work because of their caring — 7 days missed on average, and often unpaid

1 in 7

15% reduce paid work hours because of their caring — 10.4 fewer hrs/wk worked for pay on average reduces income

1 in 14

6% exit paid labour force because of their caring — often not by choice

IMPACT ON ALBERTA’S ECONOMY

36M fewer hours worked for pay per year impacts employers and governments

32,923 caregivers in Alberta left the labour force in 2012 because of their caring

Caregiving impacts caregivers’ financial security

3 in 5

61% incur extra expenses because of their caring — often on transportation, prescription and OTC drugs and home modifications

1 in 7

14% who have extra care-related expenses report financial hardship, putting their current and future financial security at risk

3 in 4

73% who have extra expenses use or defer savings to pay for these extra costs, limiting ability to save for retirement

Some Albertans cannot afford care-related expenses: 2 in 5 caregivers in Alberta have annual personal incomes of either less than $30,000 (40%) or $30,000 to $79,999 (38%) — adding financial stress to making ends meet and jeopardizing financial security, now and in later life.

1Consequences questions are asked only of caregivers who provide 2 or more hours per week.

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