Nearly 600 caregivers surveyed\(^1\) said their top-ranked goals were their physical health, mental and emotional health and their financial well-being.

Surprisingly, care-related, social well-being, employment and educational goals varied in priority across age groups behind these top 3 goals.

"Knowledge is power. In this day and age, power comes from digital technology."

~Employed Family Caregiver

**CAREGIVERS’ TOP 3 GOALS**

**Physical Health**

4.5 of 5 caregivers have goals about their physical health such as getting more sleep, exercise and eating healthier meals.

Like 3 of 5 caregivers, do you use technology to monitor your own health such as tracking fitness activity and monitoring vitals?

**Mental & Emotional Health**

More than 4 of 5 caregivers have goals about their mental and emotional health such as coping better, having a life outside of their care situation, feeling less guilty, and worrying less about who they care for.

Like 3 of 5 caregivers, do you use technology to help achieve peace of mind while providing care?

**Financial Well-being**

3 of 5 caregivers have goals about better managing the financial demands of care for themselves and their care receivers.

Like 3.5 of 5 caregivers, do you use technology to manage finances of the person you care for including banking, paying bills, and filing income tax?

In partnership with:
The findings presented in this infographic are from a pan-Canadian online survey of 600 family caregivers that collected data between May and September 2018. The study aimed to better understand caregivers' holistic goals throughout their care journeys, and the potential role of technology to help meet their goals.


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