



Caregivers in Quebec: economic costs and contributions

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

A caregiver is someone who assists a family member or friend with challenges resulting from illness, disability or aging. Over **1 in 4 Quebec residents** (26%) age 15+ is a caregiver.

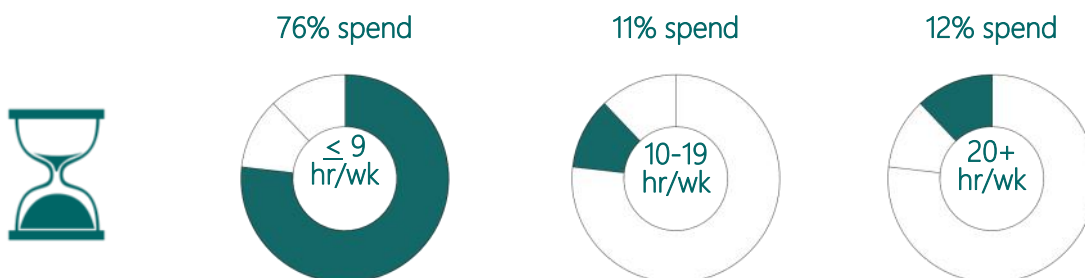


Assuming that the same proportion of Quebecers provided care in 2019 as did in 2012, that's about

1.9 million

caregivers in Quebec based on population growth since the 2012 national survey.

Caregivers in Quebec spend a lot of time providing care



Caregivers' labour is valuable and contributes to the economy

Caregivers in Quebec spend **9 hrs/wk** on average providing care to others. That's about

743 million hrs

of unpaid care in Quebec each year.

Caregivers' time saves the Quebec health care system a conservatively estimated

\$9.3 billion

each year based on hiring replacement workers at Quebec's minimum wage of \$12.50/hr.

Quebec caregivers surveyed said

"As a caregiver I wish I had increased financial aid from the government. We're alone in bearing all our responsibilities. We need time and money to properly fulfill our responsibilities, especially when caring for our spouses and children. When a spouse or child becomes physically unwell, it's financially draining and can ruin a family."

Caregiving impacts Quebec caregivers' lives



2 in 3 (68%) caregivers in Quebec are in their prime employment years (age 30-64).

69% of female



73% of male

caregivers are employed



More than half (56%) of caregivers in Quebec are **employed full-time**. Another **1 in 6** (15%) work less than 30 hrs/wk. More than **1 in 4** (29%) caregivers are retired or not employed for other reasons.

3 in 7



43% miss days of paid work because of their caregiving — the longest time off from their job being **6 days** on average.

1 in 7



14% reduce their paid work hours because of their caregiving — working **11 fewer hrs/wk** for pay on average reduces income.

1 in 10



9% exit paid labour force because of their caregiving — often not by choice.

IMPACT ON PAID JOBS¹



IMPACT ON QUEBEC'S ECONOMY

That's **56M** fewer hours of paid work per year, which impacts employers and governments.

73,539 caregivers in Quebec left the labour force because of their caring.

2 in 3



65% incur **extra expenses** because of their caring — **\$754 per year** on average, often on transportation, prescription and over-the-counter drugs, and home modifications.

1 in 6



16% of those who have extra care-related expenses report **financial hardship**, putting their current and future financial security at risk.

3 in 5



57% of those who have extra care-related expenses **use or defer savings** to pay for these extra costs, limiting their ability to save for their own retirement.

IMPACT ON FINANCES¹



Care-related expenditures are more problematic for lower income caregivers because these expenses comprise a higher proportion of their incomes. Nearly **1 in 7** caregivers in Quebec have annual household incomes of **less than \$30,000** (14%) while most have household incomes between **\$30,000 to \$79,999** (45%) or **\$80,000 or more** (41%). Care-related extra expenses add financial stress to making ends meet now and jeopardize caregivers' future financial security.

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