



Caregivers in Quebec: impact of caregiving on well-being

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

Caregivers in Quebec

A caregiver is someone who assists a family member or friend with challenges resulting from illness, disability or aging.

58% are female



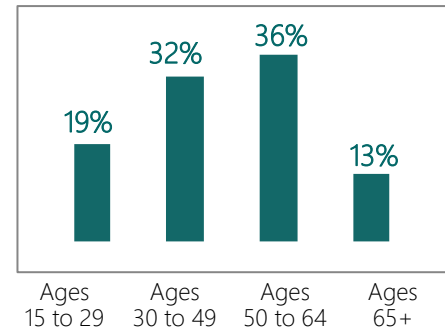
42% are male

Nearly **half** of Quebec residents (45%) have already been a caregiver at some point in their life—that's over 3 million people!



Caregivers in Quebec are **all ages**.

Note: there are no national data on caregivers younger than 15.



Most caregivers in Quebec support people living with:

43%



Physical or neurological conditions

27%



Aging-related needs

14%



Cancer

8%



Dementia or cognitive disabilities

8%



Mental illness or addictions



6 in 7 (86%) care for family members like parents (in-law), grandparents, spouse/partner, siblings and children.

1 in 7 (14%) care for friends, neighbours, co-workers and other non-kin.

Most caregivers live with or near the care receiver, but some live at a distance.

1 in 4



24% same household

2 in 3



66% < 1 hour drive

1 in 10



9% ≥ 1 hour drive

Caregiving impacts caregivers' own health and wellness¹

1 in 2



50% feel **overwhelmed, short-tempered or irritable** because of their caring.

1 in 2



53% are **tired** and 2 in 5 (38%) report **sleep disturbances** because of their caring.

1 in 4



29% report that their **health has suffered** because of their caring.

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

FAMILY LIFE¹



2 in 3 (67%) caregivers in Quebec are married or partnered. To accommodate their caregiving duties, **1 in 5** say that their **spouse/partner modified their life and work arrangements** (19%) and that **extended family members also provided them with help** (18%).



Nearly 1 in 4 (25%) caregivers in Quebec have children under 15 years at home. To accommodate their caregiving duties, **2 in 5** (20%) say their **children helped them**.

While 7 in 10 (70%) caregivers in Quebec say that caregiving strengthened their relationship with the person receiving care, caring may strain other relationships or leave caregivers feeling isolated.

SOCIAL LIFE¹

1 in 2



49% **spend less time** with their partner and on social activities and hobbies (53%).

1 in 4



27% feel that caring **strained relationships** with other family or friends.

1 in 4



26% feel **depressed** and 21% feel **lonely or isolated** because of their caring.

EDUCATION¹



While most caregivers in Quebec have completed high school (24%) or post-secondary education (60%), some have not yet completed school. **1 in 7** (13%) **are still attending school, college or university**. Caregiving has been shown to impact young caregivers' studies as well as school-to-work transitions; long lasting cumulative impacts are largely unknown.

Quebec caregivers say they need more supports

1 in 3



33% need **financial support** or **government assistance**.

1 in 4



24% need **Home Care** and 26% need **help from health care professionals**.

1 in 5



19% need **respite** and 14% need **information and advice**.

Quebec caregivers surveyed said

"I'd like to have more support and services at home. We're often left to our own devices. Care falls into the hands of caregivers who find themselves completely spent between their jobs and managing medical appointments, rehabilitation and home care. I'm left with the impression of not having been supported in the whole process and feel concerned about the repercussions on my own health."