

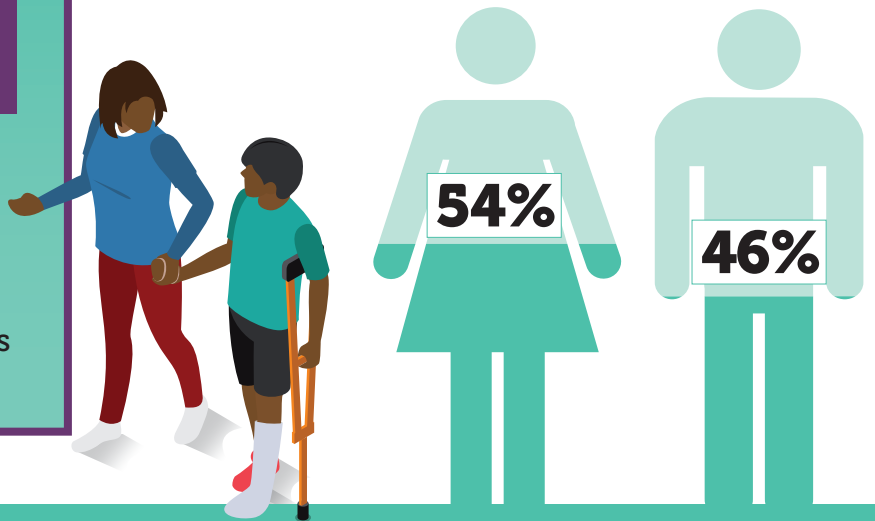


Caregivers in Canada, 2018

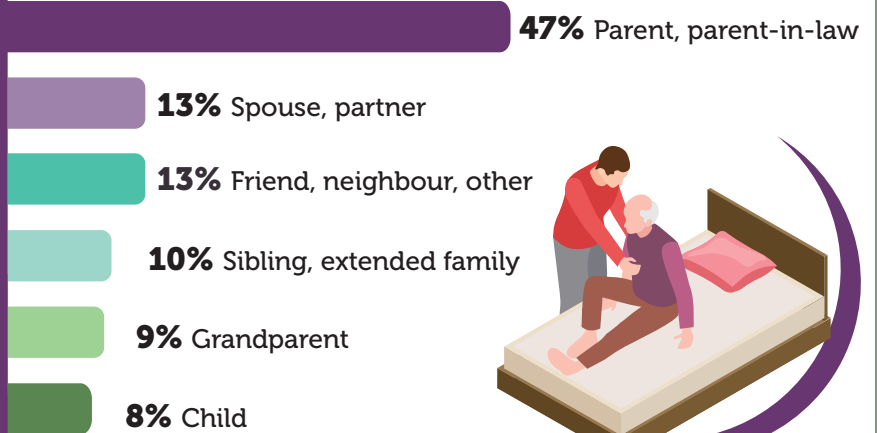
1 in 4

people in Canada provided care or help to a family member or a friend with a long-term health condition, a physical or mental disability, or aging-related needs and almost two-thirds of caregivers were 45 years or older

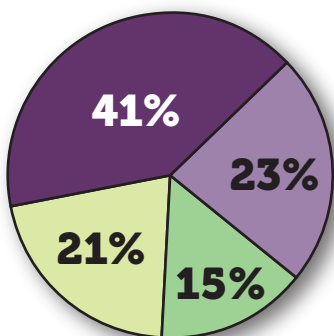
Women represented the majority of caregivers in Canada



Close to half of caregivers primarily cared for a parent or parent-in-law



Most caregivers provided **1 to 3 hours** of care per week



Hours of care per week

- 1 to 3
- 4 to 9
- 10 to 19
- 20 or more

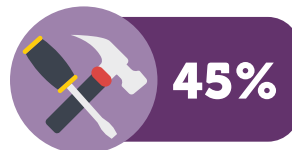
The top four types of care provided to family or friends were¹:



Transportation



Housework (e.g., meal prep, cleaning, laundry)



House maintenance and outdoor work



Scheduling and coordinating appointments

Note: Caregivers are defined as individuals aged 15 years and older who provide help or care to a family member or a friend with a long-term health condition, a physical or mental disability, or problems related to aging.

1. Caregivers could report providing more than one type of support.

Source: Statistics Canada, General Social Survey (Caregiving and Care Receiving), 2018.

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