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: 54% women, 46% men.

Close to half of caregivers primarily cared for a parent or parent-in-law: 47% parent, parent-in-law.

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

The top four types of care provided to family or friends were:
- Transportation: 72%
- Housework (e.g., meal prep, cleaning, laundry): 55%
- House maintenance and outdoor work: 45%
- Scheduling and coordinating appointments: 40%

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.