



CAREGIVING

BY THE HOURS, 2018

The 2018 General Social Survey on Caregiving and Care Receiving collects information on Canadians who provide care to family and friends with a long-term health condition, disability or problems related to aging. The survey also covers individuals who receive this care and about the challenges both groups face.

Taking on the responsibility of an informal caregiver often means balancing other competing demands of life, such as working at a paid job, raising children and maintaining healthy interpersonal relationships. This infographic explores how the number of hours per week spent on caregiving activities affects the overall well-being of informal caregivers and their participation in daily and social activities.

While most caregivers (**40%**) reported having spent **1 to 3 hours per week** on caregiving responsibilities, for others caregiving was a larger part of their life.

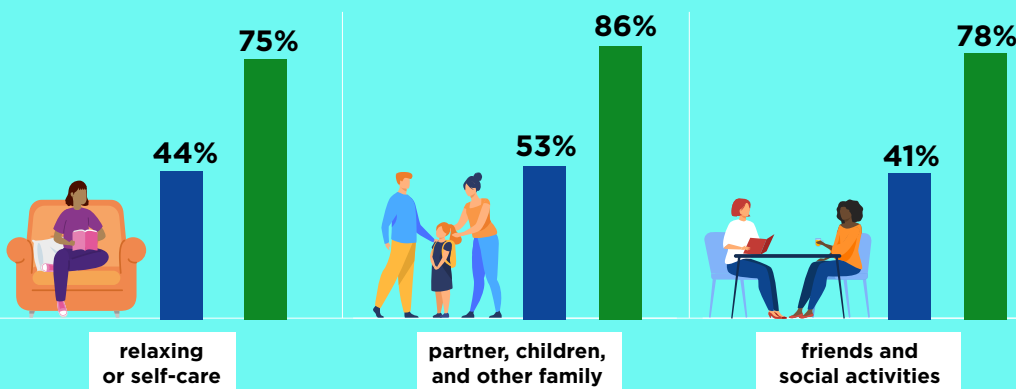
Approximately **21%** of caregivers reported spending **20 or more hours per week** on caregiving responsibilities.



Women represented the majority of caregivers providing **20 hours or more** of care per week.

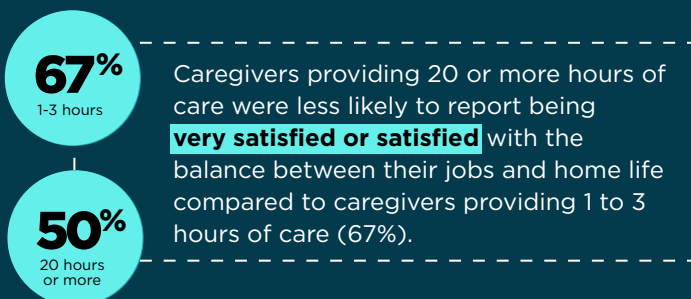
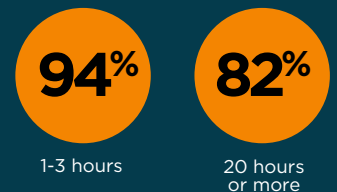
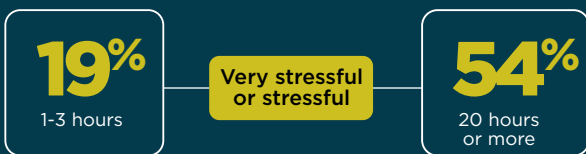


As a result of their caregiving responsibilities, caregivers reported having **less time** for...



Caregivers providing **20 hours of care or more** are more likely to report their caregiving responsibilities to be **very stressful or stressful**.

Most caregivers reported coping **very well or generally well** with their caregiving responsibilities.



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.

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

©Her Majesty the Queen in Right of Canada, as represented by the Minister of Industry, 2021



ISBN: 978-0-660-40387-8
Catalogue number: 11-627-M