

A snapshot of caregivers of older adults



A caregiver of an older adult (aged 65 and over) is someone who provides assistance to an individual with a chronic health condition, disability or age-related needs.

2 out of 3 caregivers in Canada are caring for an older adult.*

That's
5.4 million
caregivers.

8% of caregivers are caring for an older adult with dementia

54% of caregivers are women

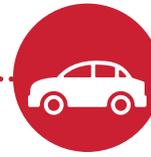


46% of caregivers are men

Most caregivers live in the same household or within commuting distance. The rest live at a distance from the care receiver.



18%

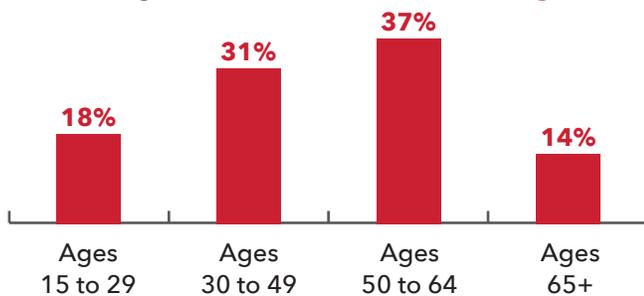


58%



24%

Caregivers of older adults are **all ages**



87% of caregivers of older adults care for family members like parents, grandparents, spouse/partner, siblings and children.

13% care for close friends, neighbours or co-workers.



Time providing care

The average time spent is **8.5 hours a week**.

Collectively, caregivers spend at least **44.2 million hours per week** on care.

That's worth
\$23.2-44.8 billion
annually.

Caring for older adults impacts caregivers

68% of caregivers feel that providing care has strengthened their relationship with the care receiver.

While the majority report being in good or better physical health (**89%**) and mental health (**93%**), caregiving takes a significant toll on their overall well-being.

Caregiving takes a significant toll on caregivers



Health and wellness



Finances



Employment



Social relationships

Findings provided by AGE-WELL researcher Dr. Janet Fast and her team at the University of Alberta.
*Data are from Statistics Canada's 2012 General Social Survey on Caregiving and Care Receiving.

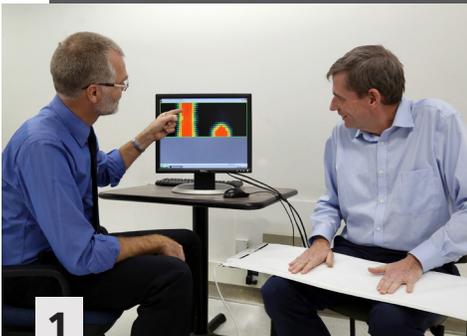
Supporting caregivers of older adults with technology



About AGE-WELL

AGE-WELL is Canada's technology and aging network. We bring together researchers, older adults, caregivers, partner organizations and future leaders to accelerate the delivery of technology-based solutions that make a meaningful difference in the lives of Canadians. AGE-WELL researchers are producing technologies, services, policies and practices that improve quality of life for older adults and caregivers, and generate social and economic benefits for Canada.

How we're helping caregivers



1

Wandering Detection and Diversion System

Caring for older adults with dementia is challenging, especially if they wander during the night. This system can detect when a person gets out of bed and link with other technologies. A light can come on to show the way to the bathroom. A voice recording of the caregiver can be played to encourage the person to return to bed. Sensor data can be analyzed to determine nighttime wandering patterns, which can lead to better strategies and support for both caregivers and care receivers.



2

Huddol

Huddol is an online, bilingual community dedicated to all topics relating to caregiving and health. Talk with experts and meet other caregivers like you. Learn, share and connect with others in the largest caregiver support and knowledge exchange network in Canada. Huddol provides real-life insights, encouragement and understanding to caregivers from all backgrounds. With help from AGE-WELL, artificial intelligence is being introduced to Huddol to take the platform to the next level.



3

PostureCoach

Doing caregiving tasks, such as repeated lifting or supporting the care receiver, can put caregivers at high risk for back injury. PostureCoach is a lightweight wearable device that provides caregivers with real-time feedback when they are in a posture that may cause injuries. A vibration or audio signal alerts the caregiver, allowing the caregiver to adjust their physical position and behaviour appropriately to reduce the risk of injury or pain.

For more examples, visit our website

Get involved

Do you want to join our community of engaged older adults and caregivers?

- Participate in a research project
- Provide feedback on the relevancy of research proposals
- Share your lived expertise at an AGE-WELL event

Sign up online at www.agewell-nce.ca/join

Get in touch

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🌐 www.agewell-nce.ca

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