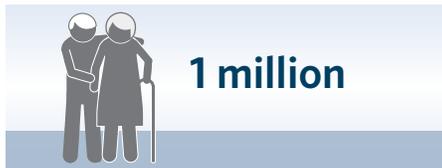




## Senior Caregivers in Canada

Caregiving is a part of family life, and family caregivers play a crucial role in providing, arranging and sometimes paying for care for their loved ones. While there has been progress over the past decade in recognizing the importance of family caregiving, **senior caregivers** are often overlooked despite accounting for more than 1 in 8 caregivers in 2012.<sup>1</sup> Senior caregivers make unique and valuable contributions to family caregiving, though they can also have unique needs resulting from their advanced age. It can be a complex caregiving experience, as many provide care while managing their other responsibilities in workplaces and communities across Canada.

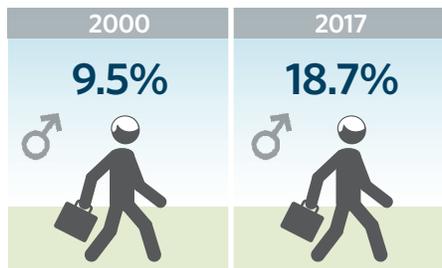
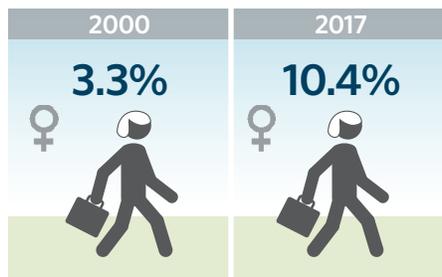
### Seniors make significant contributions to caregiving in Canada



In 2012, **nearly 1 million seniors** in Canada (966,000) provided care to a family member or friend with a long-term health condition, disability or aging need (12% of all caregivers).<sup>2</sup>

In 2012, senior caregivers were **most likely to spend the longest hours per week providing care**, partly due to their higher likelihood of caring for a spouse (spouses typically require greater time commitments for care).<sup>3</sup> Nearly one-quarter (23%) of senior caregivers provided **20 or more hours of care per week**, approximately twice the rate of carers aged 45 to 54 (13%) and young carers aged 15 to 24 (10%).<sup>4</sup>

### Many senior caregivers balance their caregiving with paid work and volunteering

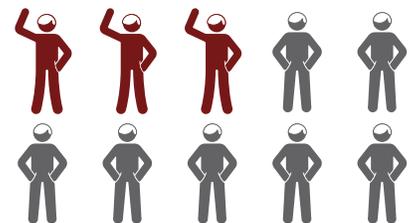


In 2017, 14.2% of seniors were in the **paid labour market** (18.7% of men, 10.4% of women), up from only 6% in 2000.<sup>5</sup>



One in five (19.8%) seniors in Canada (1.1 million) reported that they **worked at some point** in 2015 - nearly twice the rate recorded in 1995 (10.1%).<sup>6</sup>

In 2015, 5.9% of seniors **worked the full year, full-time**, up from 3.4% in 1995.<sup>7</sup>



In 2013, nearly 3 in 10 seniors aged 75 and older (27%) were **volunteers**.<sup>8</sup>

## Caregiving can have an impact on the well-being of senior carers



Research shows that caregiving can have a **positive impact on the well-being of caregivers themselves**, providing them with a sense of personal growth and renewed meaning and purpose in life, assurance and greater awareness of the care being provided, and a sense of “giving back” to someone who has cared for them.<sup>9</sup>



Caregiving can also have a **negative impact on the well-being of caregivers**. Nearly 3 in 10 people (28%) who provided care in 2012 said that they found it “somewhat or very” stressful, and 1 in 5 (19%) said that their “physical and emotional health suffered” as a result of their caregiving responsibilities.<sup>10</sup>



### Learn more about seniors and family relationships in Canada:

- A Snapshot of Population Aging and Intergenerational Relationships in Canada (statistical resource)
- A Snapshot of Grandparents in Canada (statistical resource)
- Grandparent Health and Family Well-Being (*Transition* article)

### Learn more about family caregiving in Canada:

- A Snapshot of Family Caregiving and Work in Canada (statistical resource)
- Women, Caregiving and Work in Canada (infographic)
- Family Caregiving in Canada: A Fact of Life and a Human Right (*Transition* article)

<sup>1</sup> Maire Sinha, “Portrait of Caregivers, 2012,” *Spotlight on Canadians: Results from the General Social Survey*, Statistics Canada catalogue no. 89-652-X (September 2013).  
Link: <http://bit.ly/1jxgAAm>.

<sup>2</sup> Sinha, 2012.

<sup>3</sup> Ibid.

<sup>4</sup> Ibid.

<sup>5</sup> Statistics Canada, *Labour Force Survey Estimates (LFS), by Sex and Detailed Age Group* (CANSIM Table 282-0002), page last updated January 4, 2018.  
Link: <http://bit.ly/2p38FWs>.

<sup>6</sup> Statistics Canada, “Census in Brief: Working Seniors in Canada,” *Analytical Products, 2016 Census*, Statistics Canada catalogue no. 98-200-X-2016027 (November 29, 2017).  
Link: <http://bit.ly/2AljwMn>.

<sup>7</sup> Ibid.

<sup>8</sup> Learn more in *Facts and Stats: Volunteering in Canada*.

<sup>9</sup> American Psychological Association, “Positive Aspects of Caregiving,” *Public Interest Directorate Reports* (January 2011). Link: <http://bit.ly/1KMUMRA>.

<sup>10</sup> Sinha, 2012.

*In Focus* explores diverse topics of relevance to families and family life, each providing a detailed exploration of several *key statistics* in a practical, single-page format. Each edition highlights select data on a specific subtopic in a concise and convenient format, and is intended for all who study, serve and support families in Canada.