



Caring at Home

NATIONAL CARERS DAY
RECOGNIZING CARING CANADIANS

WHO IS A CARER?

A carer (also referred to as a caregiver or family caregiver) is a person who takes on an unpaid caring role for someone who needs help because of a physical or cognitive condition, an injury or a chronic life-limiting illness.

WHAT IS HOME CARE?

Home care provides health and support services in homes, retirement communities, group homes, and other community settings to people with acute, chronic, palliative, or rehabilitative health care needs. Home care programs are designed to complement, not replace, the efforts of individuals to care for themselves, with the support of carers.

CARERS CONTRIBUTE

\$25 billion

in unpaid labour to our health care system or **11%** of 2009 public health care spending

8.1 million Canadians = **1 in 4** are carers

Statistics Canada, 2013

90%

of Canadians say it is important to be able to age at home

Carers provide **7 hours** of help to family and friends for every **2 hours** of professional home care



28%

of carers look after a loved one with age-related conditions

60%

of home care clients are **65+**

More than **2 million** Canadians can live safely in their homes because of the support of carers



Only **4%**

of publicly funded health care dollars are spent on home care services



90%

of patients with chronic conditions receiving home care have a carer who provides **70%** of the home support services

How caring impacts carers' lives

WORK

44% miss days of work

15% reduce work hours

10% leave the labour force (quit, fired or retired early)

FINANCES

Carers spend **\$100 to 300/month** on expenses directly related to caring

HEALTH & WELL-BEING

Carers can experience an array of negative emotional and health outcomes



· Canadian Home Care Association. 2013. Portraits of Home Care in Canada.

· Fast, J., Keating, N., Lero, D., Eales, J., & Duncan, K. 2013. The Economic Costs of Care to Family/Friend Caregivers: A Synthesis of Findings. UAlberta: RAPP.

· Hollander, J. M., Liu, G., & Chappell, N. 2009. Who Cares and How Much. Healthcare Quarterly, 12(2), 42-49.

· Research on Aging, Policies, and Practice. 2014. Combining Care Work and Paid Work: Is it Sustainable?

· Statistics Canada. 2013. Portrait of Caregivers.

· Statistics Canada. 2014. Receiving Care at Home.



CARERS CANADA
PROCHES AIDANTS au CANADA

Carers Canada (formerly known as Canadian Caregiver Coalition), established in 2000, is an alliance of diverse partner organizations that work collectively and autonomously, to identify and respond to the needs of carers in Canada. Carers Canada's mission is to enhance the quality of life for carers through synergistic partnerships and global advocacy that strengthens and honors the voice of carers. www.carerscanada.ca