

GLOBAL CARER WELL-BEING INDEX CANADA OVERVIEW

RECOGNIZING, UNDERSTANDING AND SUPPORTING CAREGIVERS HAS NEVER BEEN MORE IMPORTANT.

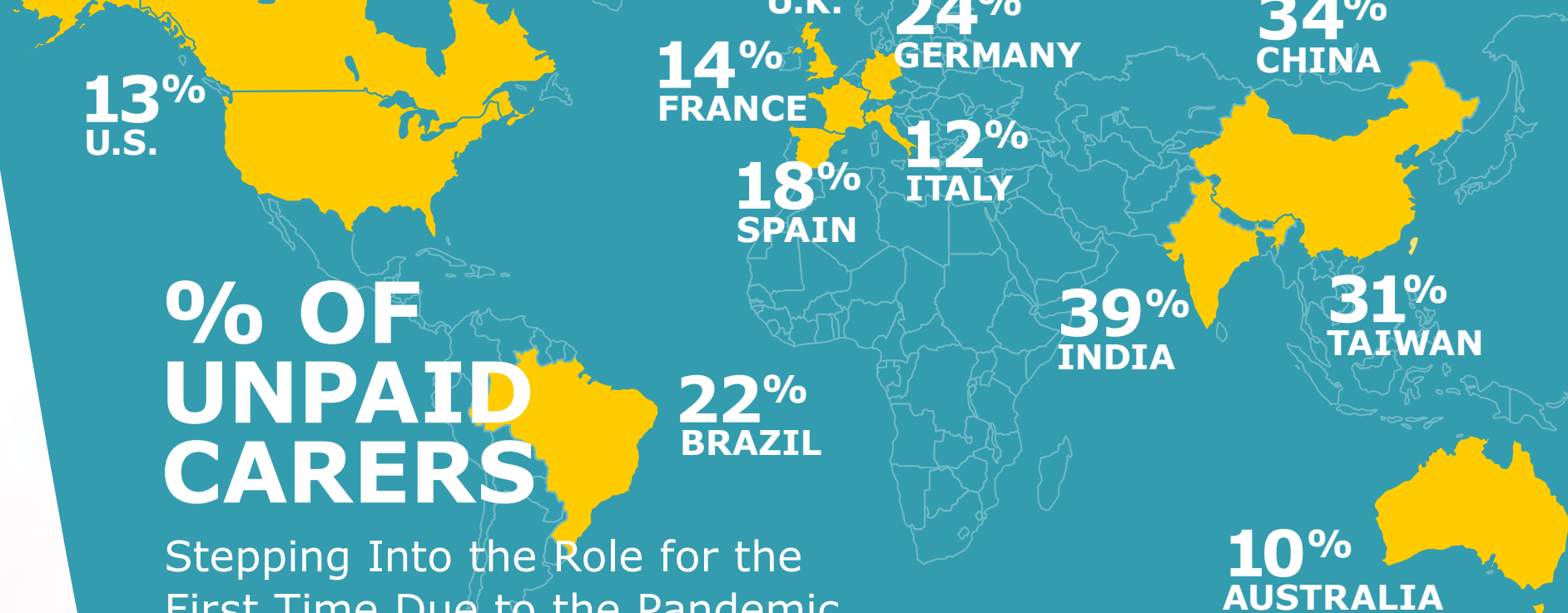
Individuals caring for their friends, family, neighbours and loved ones, have unique and personal experiences. **What they think, how they feel and what they do has been impacted by the global pandemic.**

"Please keep in mind all the people out there that give selflessly to so many people. We are not loud... but we do have voices and we do need help! Financially, medically and emotionally".

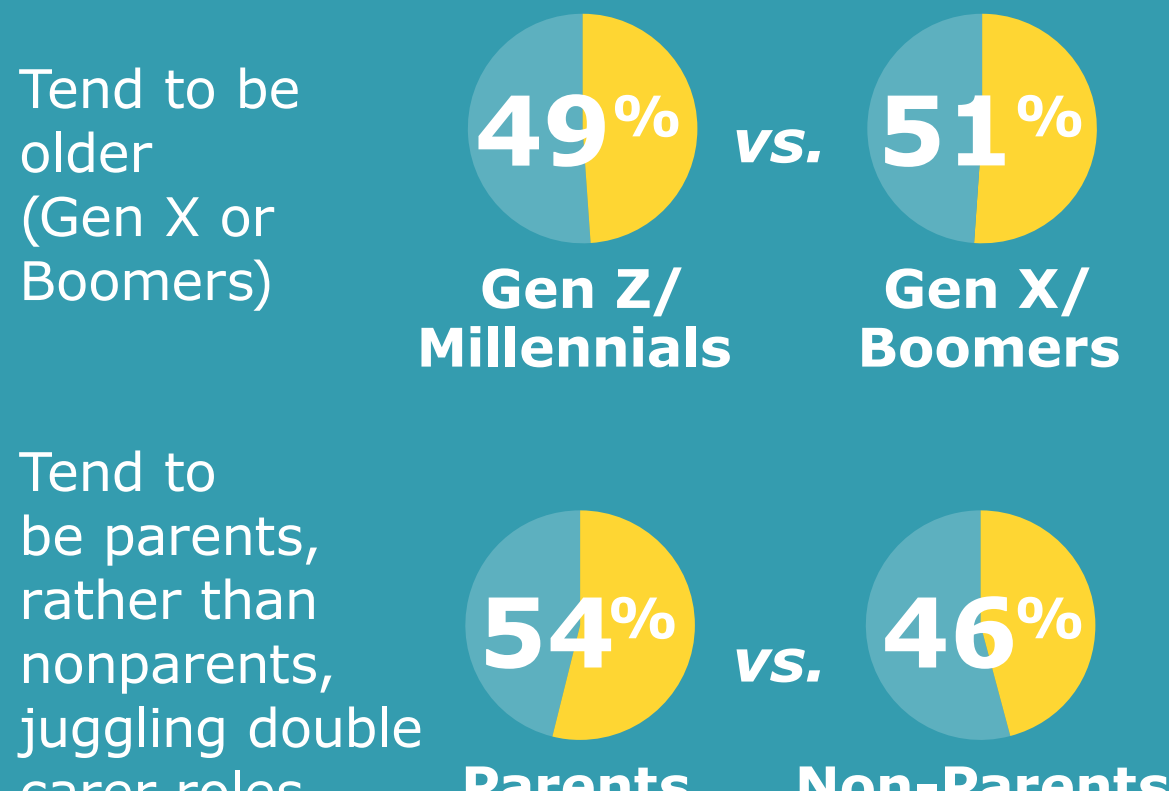
— 48 year old Canadian Female caring for someone with diabetes and chronic knee pain

NEW CARERS

The pandemic has thrust family members and others into the carer role for the first time; **one in five unpaid carers across the globe started their responsibilities as a result of the pandemic.**



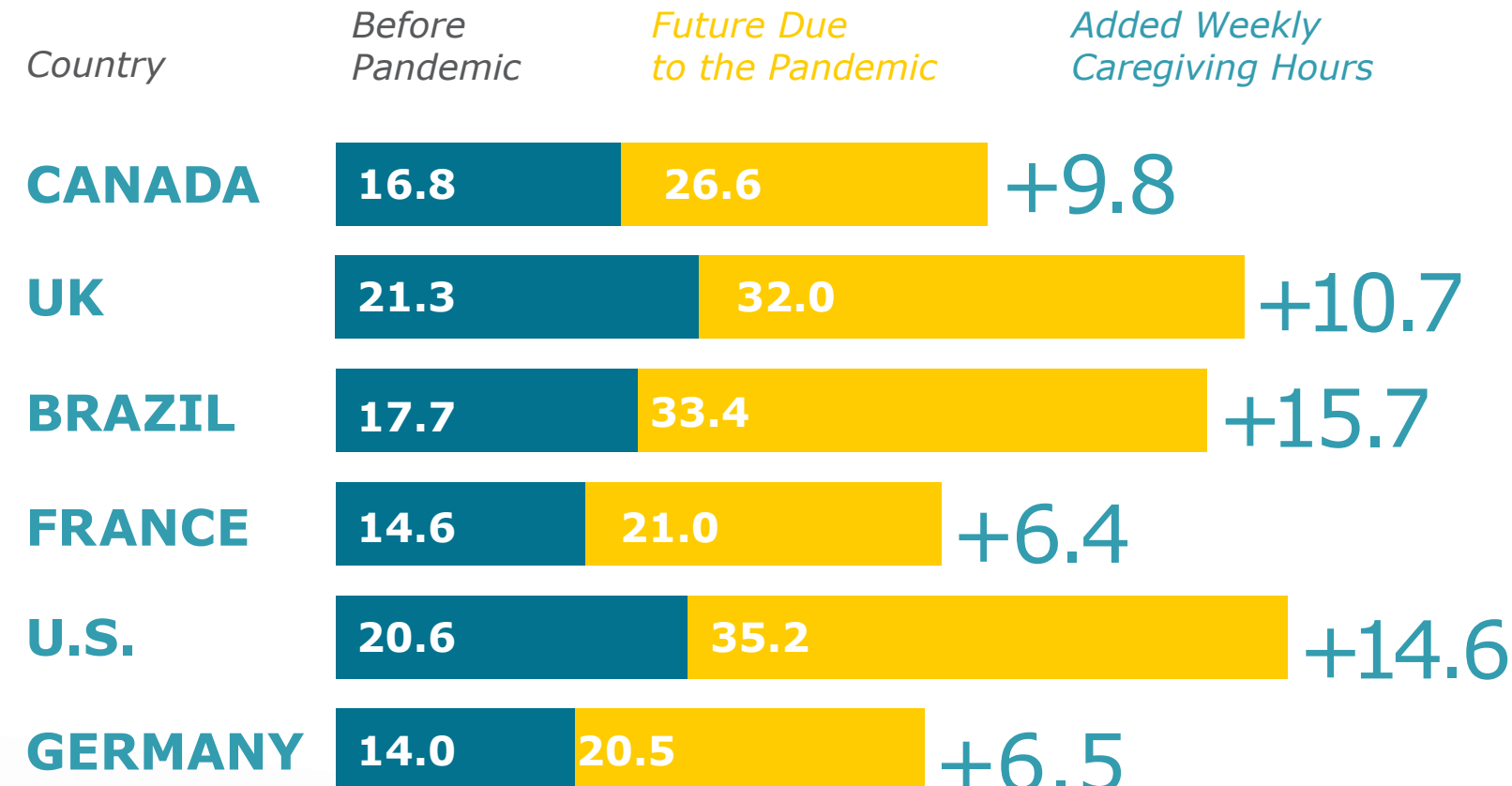
THESE FIRST TIME CAREGIVERS IN CANADA



INCREASED RESPONSIBILITIES

In addition to creating new carers, the pandemic dramatically increased the burden placed on all carers:

Countries Seeing an Increase in Average Weekly Caregiving Hours

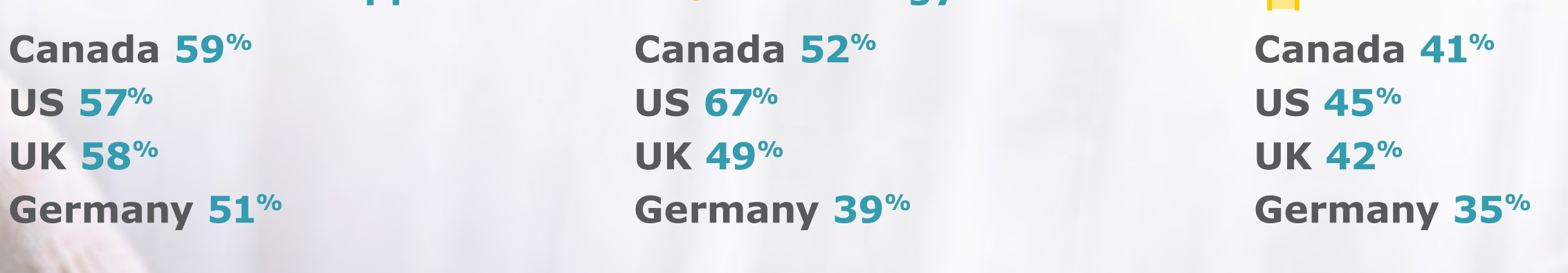


TIME SPENT CARING

The average carer provided 16.6 hours of unpaid care per week before the pandemic; that amount **jumped to 23.4 hours in Fall 2020**, and carers anticipate it will increase further to an average **of 28.3 hours a week** in the future due to the pandemic.

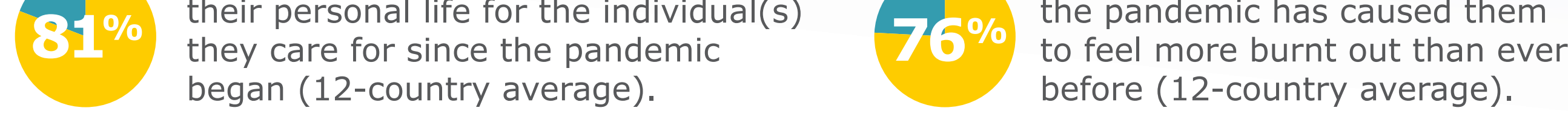
GREATER RESPONSIBILITIES

The pandemic has heightened most responsibilities, with caregivers reporting an increase in:



A SIGNIFICANT TOLL

The strains on carers are undeniable:



In particular, the pandemic has created three pressure points:

HOW CARERS FEEL

- 89%** of carers say they have put the needs of the person they are caring for above their own during the pandemic.
- 29%** of Canadian caregivers say one of the biggest challenges they've faced as a carer during the pandemic is the inability to take a break.
- 61%** say the pandemic has worsened their own emotional health overall.
- 70%** of Canadian caregivers say the pandemic has worsened their emotional/mental health.

WHAT CARERS KNOW

- 68%** of carers need additional guidance/training on how to use telehealth/online tools/mobile apps for caregiving.
- 52%** of caregivers in Canada report increased responsibility managing technology* due to the pandemic.
- 64%** of carers say the pandemic has made caregiving harder.
- 66%** of caregivers in Canada said the pandemic has made caregiving harder.

WHAT CARERS DO

- 51%** of caregivers in Canada say the pandemic has worsened their physical health.
- 49%** of employed caregivers in Canada are concerned they will lose their job because of the time commitment needed as a caregiver.
- 44%** of caregivers in Canada had challenges accessing health care services, medication, and/or protective equipment due to COVID-19.

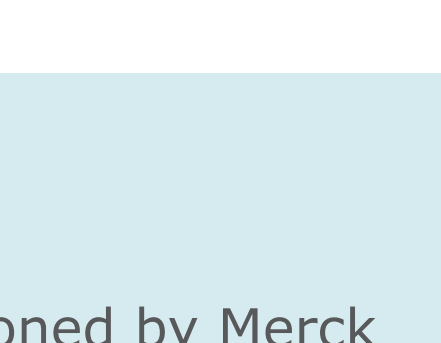
THE PATH FORWARD

It is Carers Canada's goal to ensure supports are available—not only during the global pandemic—to help caregivers in what they think, feel and do. To this end, we propose three immediate priorities to address caregivers' needs:

- Recognize Caregivers** – Facilitate access to COVID vaccinations for caregivers to safeguard their health and well-being as essential partners in care.
- Support Caregivers** - Expand capacity in home-based long-term care services and access to primary care services.
- Empower Caregivers** - Increase the use of technology to empower and connect caregivers to social and health support networks.

The Global Carer Well-Being Index includes a variety of solutions for how to address these global priorities.

For the Canada Carer Well-Being Index visit: www.carerscanada.ca



About the Global Carer Well-Being Index

The 12-country global survey, fielded Sept. 3-Oct. 27, 2020, was commissioned by Merck as part of their Embracing Carers™ initiative. The study surveyed a total of over 9,000 unpaid carers across U.S., Canada, U.K., France, Germany, Italy, Spain, Australia, Brazil, Taiwan, India and China (n=750 surveyed in each country). Unpaid carers were defined as: those who care for someone with a long-term illness, physical disability, or cognitive mental condition.

At the 95% confidence level, the total for the unpaid global, 12-country average carer population has an estimated margin of error of +/- 1.03 percentage points and each individual country has an estimated margin of error of +/- 3.6 percentage points.

About Carers Canada

Carers Canada is a national coalition dedicated to increasing recognition and support for caregivers. Through collaborative engagement, members work to build awareness and recognition of the role of caregivers and the challenges they face. Carers Canada is a priority program of the Canadian Home Care Association (CHCA). www.carerscanada.ca

All references of an unpaid carer refers to someone who provides regular and ongoing unpaid care and support for someone with a long-term illness, physical disability, and/or cognitive/mental condition, such as: Cancer, Multiple Sclerosis, Parkinson's Disease, Dementia, Alzheimer's, Muscular Dystrophy, Congestive Heart Failure, or a spinal cord injury.

NOTE: The terms caregiver and carer are used interchangeably. Demographic data on Canadian first time caregivers intended as directional due to low base size (n=93).

* Managing technology consists of the total respondents who chose 'managing the technology needed for telemedicine/telehealth/virtual medical appointments' and/or 'managing the technology needed for the person(s) to keep in touch with loved ones' as top responsibilities that have increased due to the pandemic.

** Homecare consists of total respondents who chose either 'home maintenance and/or housekeeping', 'personal hygiene' as top responsibilities that have increased due to the pandemic.



Embracing Carers™ is supported by Merck