2021 NATIONAL CAREGIVER DAY

SOCIAL MEDIA MESSAGES

Carers Canada is recognizing caring Canadians #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

The strain of COVID-19 has increased the demand on caregivers’ time by 28% #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

The number of caregivers has increased by 12% due to COVID-19. Read their stories #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

Canadian spent between 10-20 hrs/week on caregiving responsibilities #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

41% of caregivers spent more time providing homecare due to COVID-19 #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

64% of caregivers increased time spent managing doctor appointments because of COVID-19 #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

Almost ½ of new caregivers due to COVID-19 were Gen Z/ Millennials. Learn about their stories #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

Caregivers’ greatest responsibility during COVID was providing emotional support. Learn about their stories #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

29% of caregivers in Canada say biggest challenge during COVID-19 was inability to take a break - compared to an average of 23% in 12 other countries #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

64% of caregivers in Canada spent time managing doctors’ appointments, compared to an average of 57% in 12 other countries #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

70% of caregivers have worsening mental/emotional health, 55% report worsening financial health and 51% report worsening physical health #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

55% of caregivers report the pandemic has worsened their financial health and 33% say they are spending more on providing care #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

23% of caregivers have reduced or cut back their paid working hours to provide care #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

Caregivers used more technology during COVID-19 - 52% report having an increased responsibility in managing technology. Learn more about technology and caring #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>

Caregivers need more training on technology - 55% of caregivers say they need additional guidance/training on how to use telehealth/online tools/mobile apps Learn more about technology and caring #NationalCaregiverDay #CaregiverAware2021 <https://www.carerscanada.ca/national-caregiver-day-campaigns/>