

Care Counts

The General Social Survey on Caregiving and Care Receiving Presented by Senka Omercic



Delivering insight through data for a better Canada

Tuesday April 7th, 2020



Statistics
Canada Statistique
Canada

Canada

General Social Survey (GSS) overview

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General Social Survey

- Established in 1985, the General Social Survey (GSS) program was designed as a series of independent, cross-sectional surveys, each covering one topic in-depth.
- Current topics comprise caregiving, families, time use, social identity, volunteering and victimization.
- The two primary objectives of the GSS are:
 - To gather data on social trends in order to monitor changes in the living conditions and well-being of Canadians over time;
 - And to provide information on specific social policy issues of current or emerging interest.
- The purpose of the **GSS Caregiving and Care Receiving** survey is to provide a snapshot of the lives of caregivers and care receivers in today's Canada.

Caregiving and care receiving survey overview

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General Social Survey on Caregiving and Care Receiving

- This survey collects information on people in Canada who provide care to a family member or friend with a long-term health condition, physical or mental disability or problems related to aging.
- This survey also covers individuals who receive care and about the challenges both groups face.



Caregiving and care receiving survey overview

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- This is the seventh time Statistics Canada has collected data on the topic of care in one of its surveys.
 - The previous surveys on this topic were conducted in 1985 (Cycle 1), 1990 (Cycle 5), 1996 (Cycle 11), 2002 (Cycle 16) 2007 (Cycle 21), and 2012 (Cycle 26).
- The survey uses a frame that combines both telephone numbers (landlines and cellphones) with Statistics Canada's Address Registry, and collects data both electronically and via telephone.
- The target population includes all non-institutionalized persons 15 years of age and older, living in the 10 provinces of Canada.
- The most recent iteration, 2018 (Cycle 32), was collected from April 3rd to December 28th 2018.
- The sample includes approximately 20,000 individuals representing 31 million Canadians.

Caregiving and care receiving survey overview

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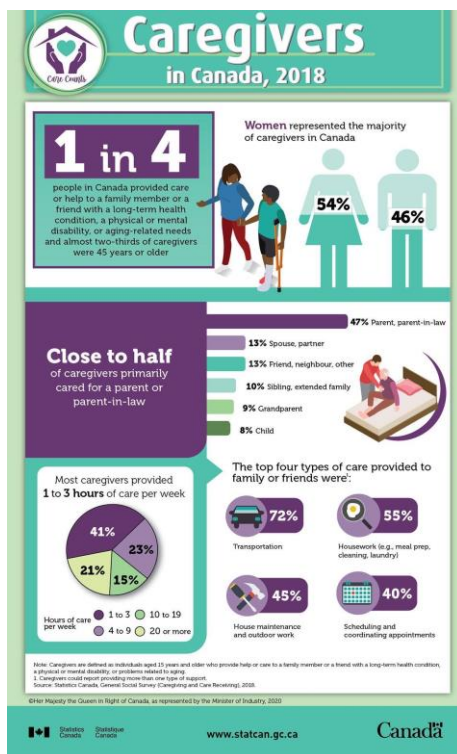
Questions on this survey cover:

- Care received from a family member or a friend for a long-term health condition, physical or mental disability or problems related to aging
- Care provided to a family member or a friend with a long-term health condition, physical or mental disability or problems related to aging
- The type of care Canadians receive
- Impacts of caregiving on the lives of caregivers (e.g., labour force participation, physical and mental health, over-all well-being, financial hardship, family life, and social activities)
- Socio-demographic characteristics (e.g., birth place, religion, and language)

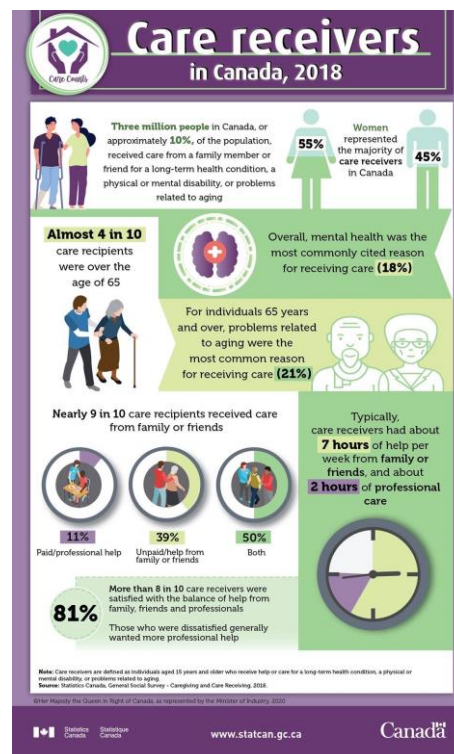


Care Counts series

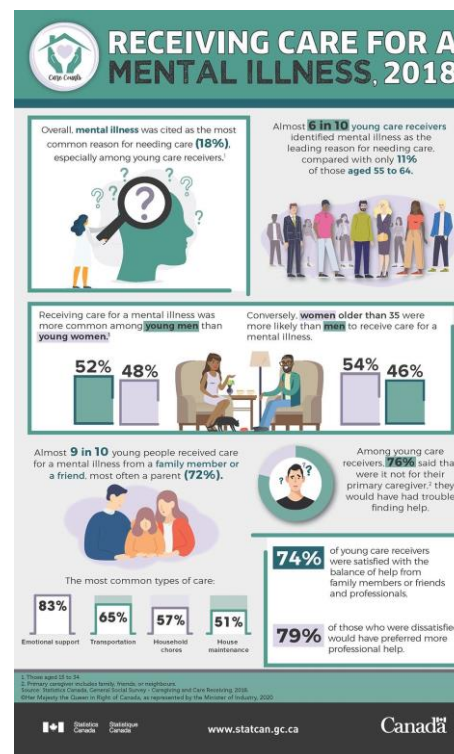
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Care Counts series

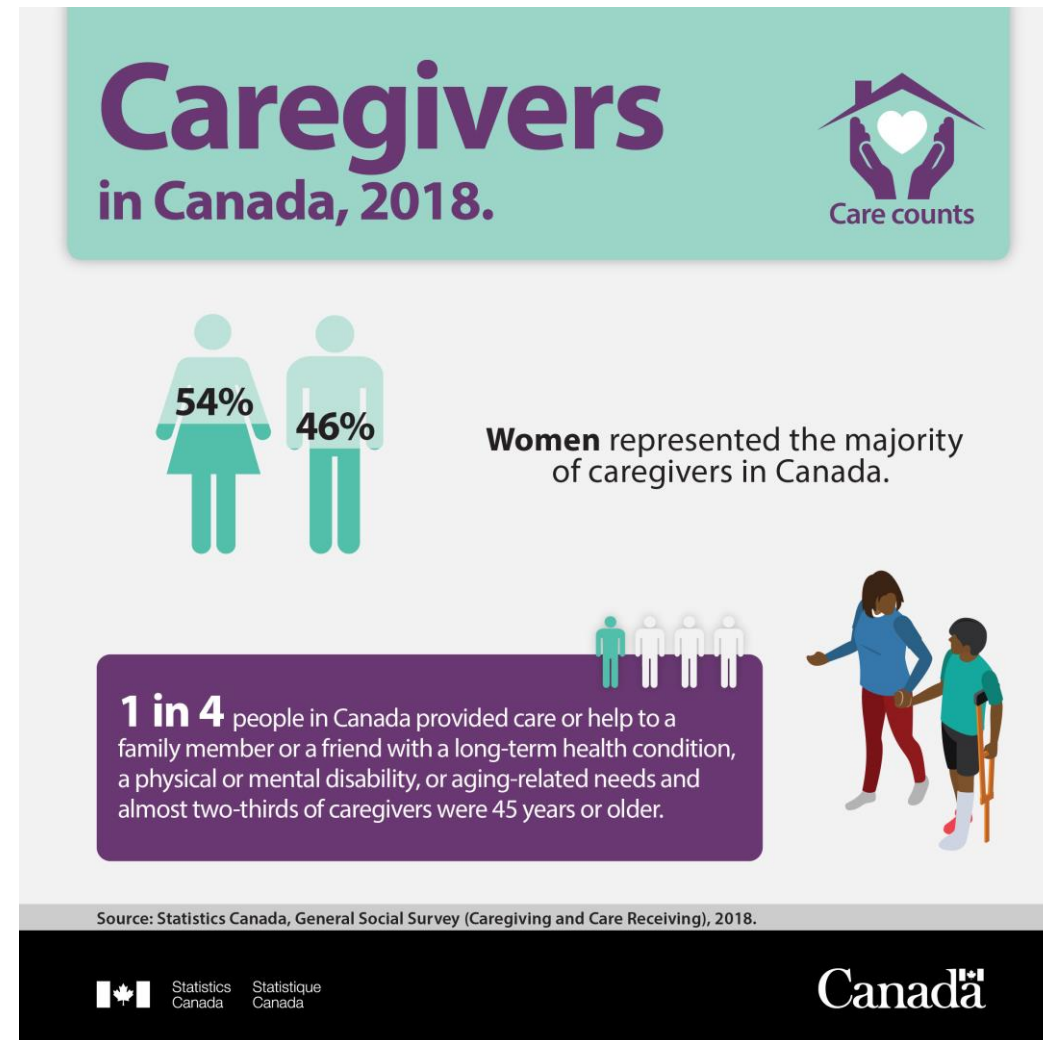
- The “Care Counts” series delves into key trends and societal changes influencing caregiving and care receiving in Canada.
- Releasing from January 2020 until Fall 2020

Caregiving in Canada, 2018

Care Counts

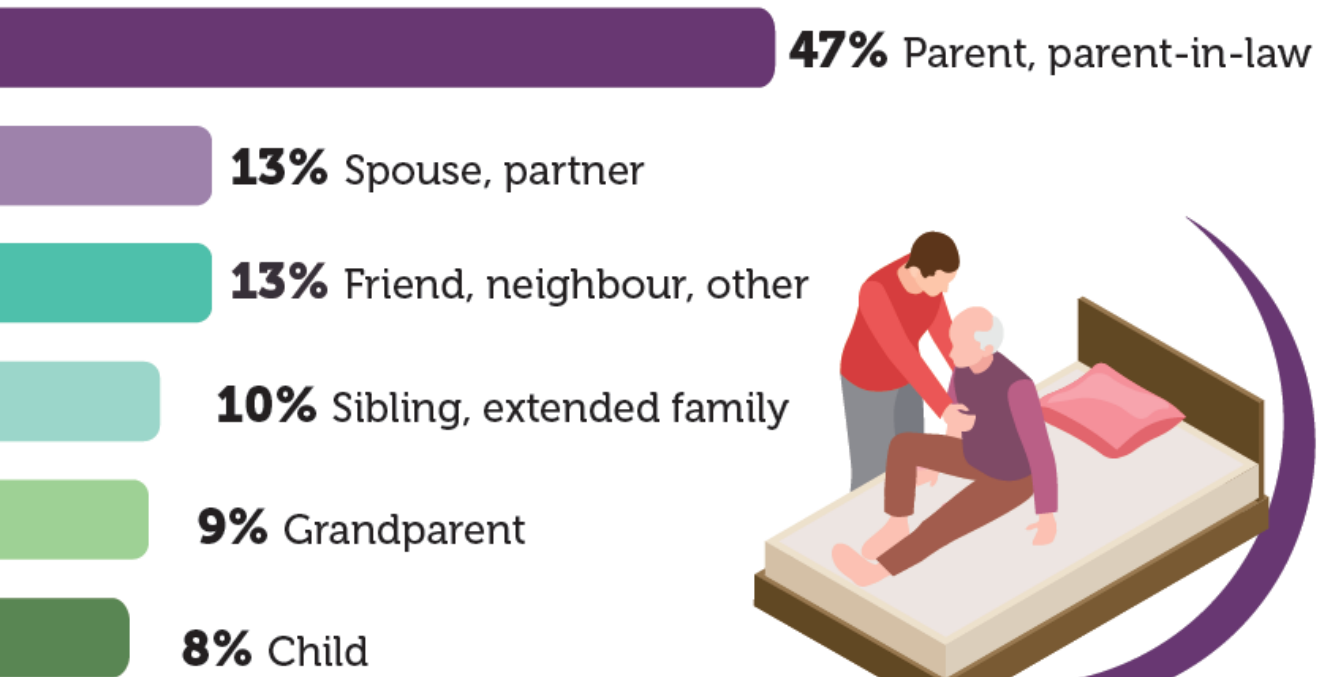
7.8 million caregivers in Canada

- Approximately 25% of Canadians aged 15 and older provided care to a family member or friend for a long-term health condition, a physical or mental disability, or problems related to aging.
- 27% of women in Canada aged 15 and older provided care, compared to 23% of men.
- Two thirds of caregivers were 45 years of order.



Caregivers in Canada, 2018

Care Counts



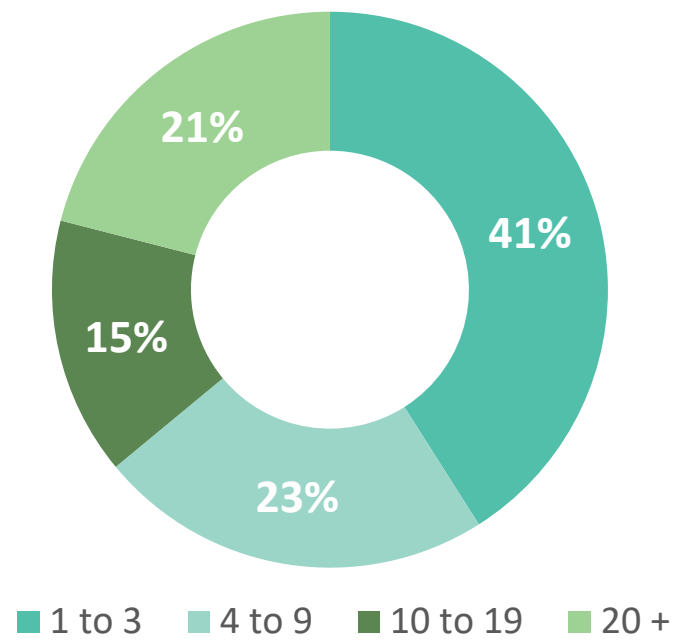
Most caregivers provided care to a parent or a parent-in law

- Almost half of all caregivers (47%) reported caring primarily for their parents or parents-in-law in 2018.
- Caring for parents was the most common form of caregiving reported in Canada, and was particularly common among caregivers aged 45 to 64 (61%).
- Those who provided care to their parents or parents-in-law typically spent four hours a week on caregiving responsibilities.

Caregivers in Canada, 2018

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Most caregivers provided 1 to 3 hours of care per week



The top four **most common types of care** provided to family members and friends were:



Transportation



Household work (e.g., meal prep, cleaning, laundry)



House maintenance and outdoor work



Scheduling and coordinating appointments

Support received by caregivers in Car Care Counts

This study examines the types of support provided to caregivers. It also examines the relationship between unmet support needs and some indicators of well-being.

- In 2018, 25% of Canadians aged 15 and older said that, in the past year, they had cared for or helped someone who had a long-term health condition, a physical or mental disability, or problems related to aging.
- Of those, about **70% said they received support for their caregiving duties.**

Source of support received by caregivers in the past 12 months, 2018	
	Received support for caregiving duties in the past 12 months
Any type of support	70%
Social Support	67%
Spouse or partner modified their life or work arrangements	45%
Children provided help	43%
Occasional relief or respite care	14%
Close friends or neighbours provided help	26%
Community, spiritual community, or cultural or ethnic groups provided help	13%
Financial support	22%
Family or friends provided financial support	14%
Received money from government programs	6%
Received federal tax credits for which caregivers may be eligible	8%

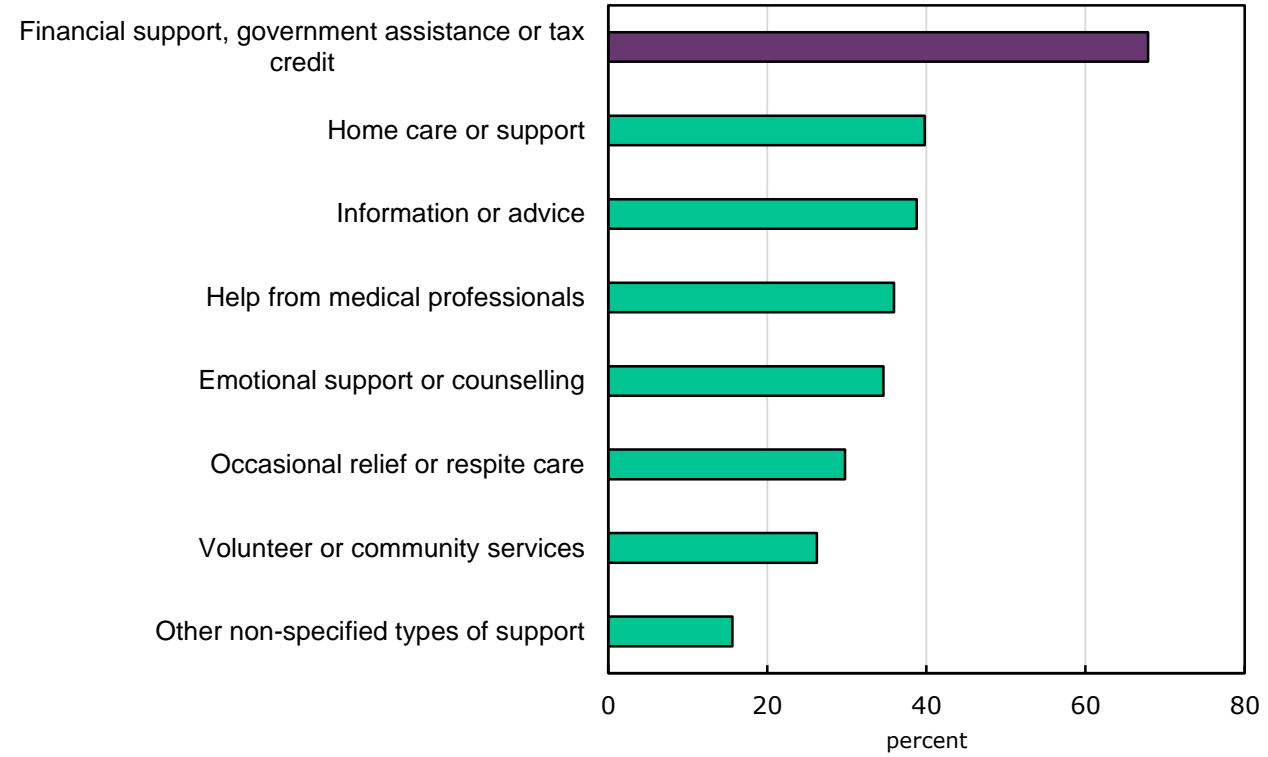
Support received by caregivers in Canada

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Kind of support caregivers would have liked to have received to help with caregiving in the past 12 months, 2018

Financial support most commonly reported need amongst caregivers with unmet needs

- In 2018, about 30% of caregivers said that there was other support they would have liked to have received in the past year.
- The most commonly reported need was financial support, government assistance or tax credit (68%).



Support received by caregivers in Canada

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Caregivers caring for a child report the highest unmet needs

- Unmet caregiving support needs were highest for those providing care to their children, as approximately 50% of caregivers in this situation reported that they had unmet support needs, compared with 38% for those caring for their partners or spouses, and less than 20% for those providing care to grandparents, or to friends, neighbours or co-workers.
- Unmet caregiving support needs are associated with lower life satisfaction, more daily stress and worse self-reported mental health.

Our contribution to “Every Minute Counts” Care Counts



- Data from the General Social Survey on Caregiving and Care Receiving will help us better understand the needs and challenges confronting these Canadians, and allow policy makers to design programs that meet their needs.
- Results from this survey will be used by analysts and researchers to study current trends, and by government departments to develop policies and programs that will benefit individuals who receive care and those who provide care.

Contact information

Care Counts

For more information, or to enquire about any concepts, methods, or to request data, contact us or our media relations team.

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