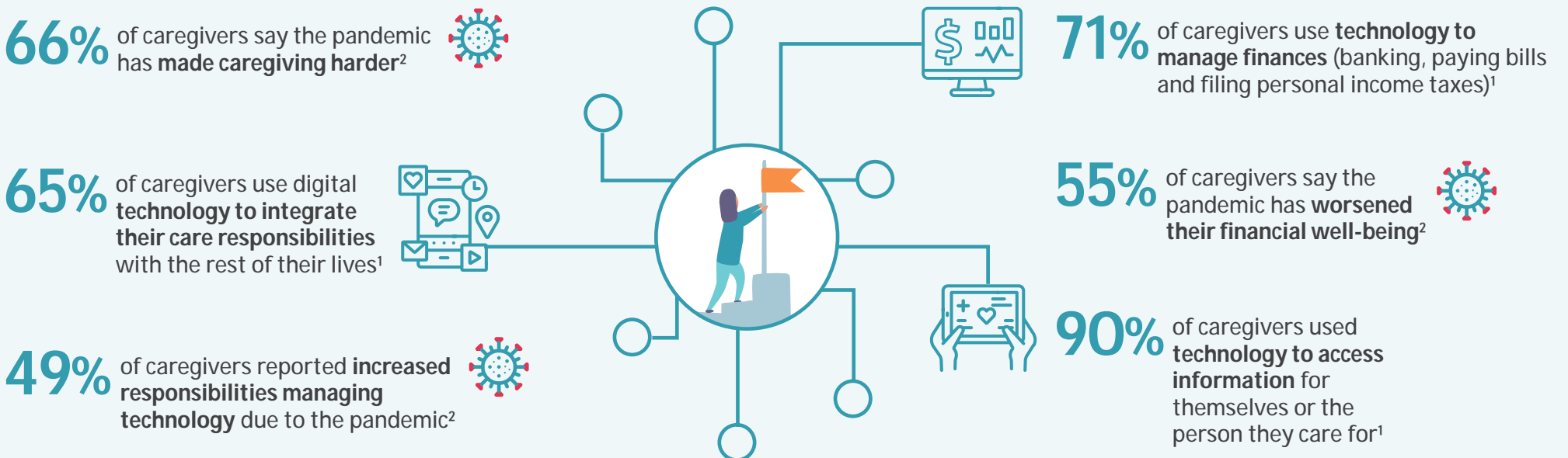


Individuals caring for family and friends are using technology to stay informed and discover new things; to help build relationships and keep in touch; and to access supports and connect with health and social care providers. COVID-19 has reinforced the importance of technology.

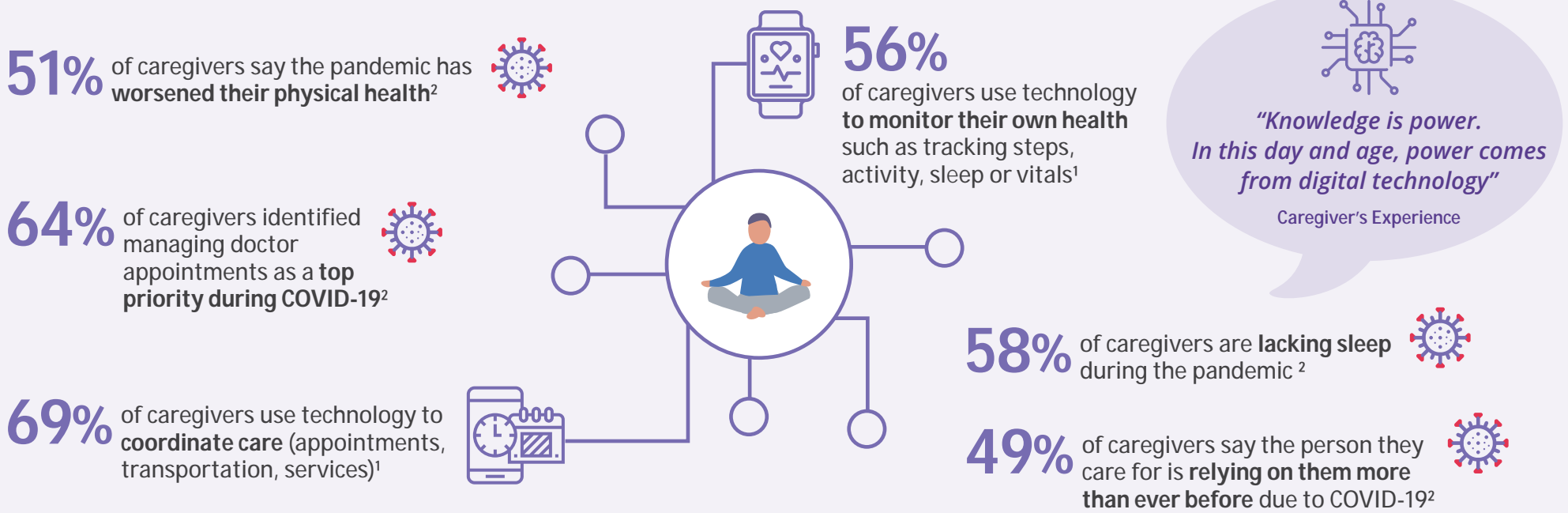


## How does technology help caregivers?

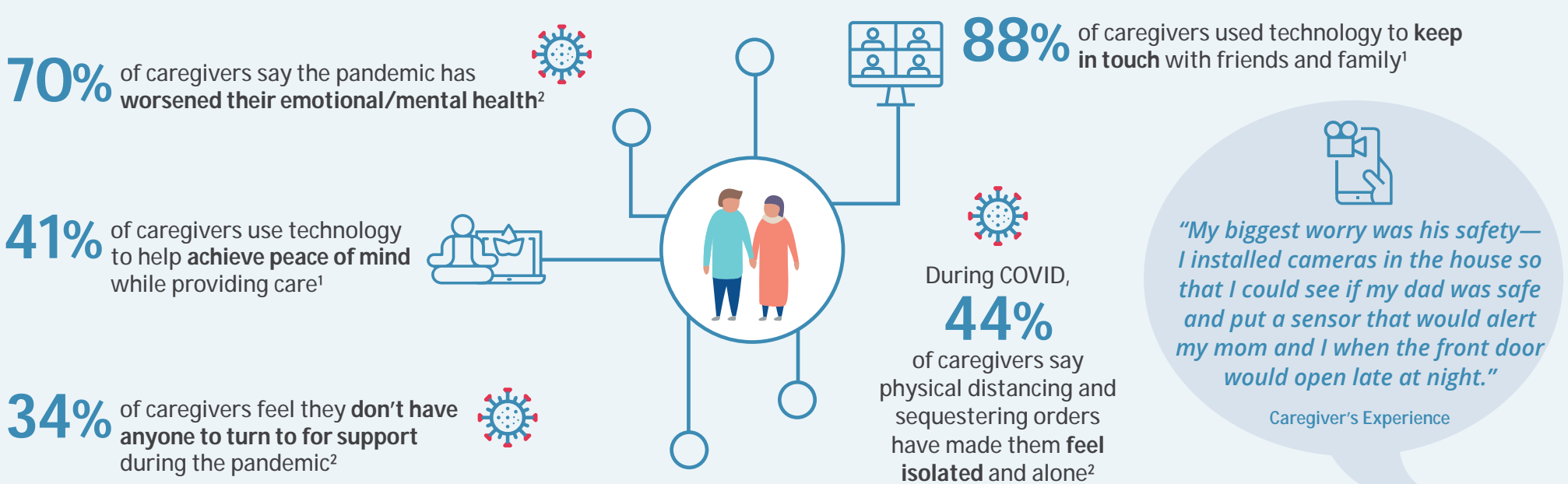
### Technology helps caregivers achieve their personal goals and build confidence



### Technology helps caregivers maintain their physical health



### Technology helps caregivers' emotional and mental well-being



#### 5 reasons why caregivers are not using technology?

- 1 No time
- 2 Lack of awareness
- 3 Inadequate skills
- 4 Not affordable
- 5 Limited internet access

#### Ideas to expand caregivers use of technology?

- Design user-friendly technology in partnership with caregivers
- Provide education and training to support technology adoption
- Create searchable database of technologies that can be rated by caregivers
- Expand internet access across Canada
- Make internet affordable for most Canadians through price controls
- Offer financial assistance or payment plans to purchase technology
- Provide access to point-of-purchase training and post-purchase support

<sup>1</sup> Source: Magnaye et al (2020) [Improving lives through digital technology](#) (Nearly 600 caregivers surveyed)

<sup>2</sup> Embracing Carers (2021) Canada Carer Well-Being Index, Who Cares for Carers? Perspectives on COVID-19 Pressures and Lack of Support (A survey of 755 caregivers in Canada as part of a global survey of over 9,000 caregivers). [www.carerscanada.ca](http://www.carerscanada.ca)

<sup>3</sup> Source: Eales et al (2019) [Designing technology that cares: Barriers to Carers' Technology adoption](#)

