



# Carers Canada

A program of the CHCA

## 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 are carers = **1 in 4**

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+**

Only **4%** of publicly funded health care dollars are spent on home care services

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



**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

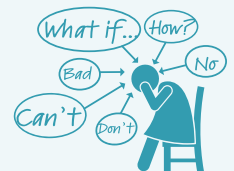
**44%** miss days of work    **15%** reduce work hours  
**10%** leave the labour force (quit, fired or retired early)

### 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



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· 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.