

# National Caregiver Day Symposium

Tuesday, April 7, 2026 | 8:00 AM - 5:00 PM

The Westin Harbour Castle, 1 Harbour Square, Toronto, ON M5J 1A6

## *Caregiving Across Ages and Stages*

This year's symposium will explore how caregiving evolves across the lifespan and how systems, workplaces, and communities can better respond to caregivers' changing needs at different life stages. The Symposium has been designed to foster connection across sectors and perspectives, with a focus on shared learning and system-level change.

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| 8:00 am - 8:45 AM   | <b>Breakfast &amp; Registration</b><br>Arrival, registration, and informal networking over breakfast  |
| 8:45 AM - 9:00 AM   | <b>Opening Remarks</b><br>Welcome remarks setting the context for National Caregivers Day and outlining the goals for the day   |
| 9:00 AM - 9:30 AM   | <b>National Perspective: Caregiving in Canada</b><br>A national-level address highlighting the importance of caregiving, current system pressures, and opportunities for cross-sector collaboration   |
| 9:30 AM - 10:00 AM  | <b>Opening Keynote: A Caregiver Story</b><br>A lived-experience keynote grounding the day in the realities of caregiving across the lifespan  |
| 10:00 AM - 10:30 AM | <b>BREAK</b>  |
| 10:30 AM - 11:30 AM | <b>Panel 1: Aging with Dignity - Navigating Complex Care Systems Together</b><br>Examines the challenges older adults and caregivers face when navigating fragmented health and social care systems, highlighting opportunities for better integration, coordination, and system-level supports |
| 11:30 AM - 12:30 PM | <b>Panel 2: Employer Supports for Caregivers - From Evidence to Action</b><br>Focuses on paid care workers and employees with unpaid caregiving responsibilities, highlighting workplace policies, education, wellbeing, and workforce sustainability   |

- 12:30 PM - 1:45 PM**      **Lunch & Interactive Prioritization Activity**  
Optional dotmocracy-style activity inviting participants to identify and prioritize key caregiving and workforce priorities while networking
- 1:45 PM - 2:45 PM**      **Panel 3: Disability, Accessibility, and Inclusive Caregiving**  
Examines caregiving through a disability and accessibility lens, highlighting barriers and inclusive system responses
- 2:45 PM - 3:00 PM**      **BREAK**
- 3:00 PM - 4:00 PM**      **Panel 4: Youth and Young Adult Caregiving**  
Focuses on youth and young adult caregivers, highlighting their realities, the gaps in current supports, and what better systems of care could look like
- 4:00 PM - 4:30 PM**      **Closing Keynote**
- 5:00 PM**      **Networking Reception**  
An opportunity to connect, reflect, and continue conversations across sectors

The Canadian Home Care Association (CHCA) is a national membership organization committed to fostering integrated, person-centred care in home and community settings. Representing a diverse membership of public and private organizations that fund, manage, and deliver services and products, the CHCA provides a unified voice to advance the integration of health care. Through advocacy, collaboration, and knowledge sharing, the CHCA champions a vision of a seamless, accessible, accountable, and evidence-informed health care system that prioritizes patients and their families while ensuring long-term sustainability.

The Canadian Centre for Caregiving Excellence supports and empowers family caregivers and care providers, advances the knowledge and capacity of the caregiving field and advocates for effective and visionary social policy with a disability-informed approach. The Canadian Centre for Caregiving Excellence is a program of the Azrieli Foundation, which has long supported innovative initiatives to improve access to quality care.