

OHT Webinar: February 5th, 2025
30 Minute Spotlight on Ontario's Caregivers with CEO Amy Coupal

View the webinar recording [here](#) .

This webinar focused on:

- Caregiver experiences from this year's [Spotlight Report](#) and our recent [Preparedness Report](#)
- How challenging caregivers are finding it to manage their role
- Why caregivers are critical to our healthcare system
- What your OHT can do to integrate caregivers and advance your priorities

Key Messages:

- By 2029 the number of caregivers is expected to reach 6.5 million.
- Our Preparedness report shows that an estimated 2.7 million Ontarians will face caregiving demands but have already decided they won't do it, leaving these demands and responsibilities to our healthcare system.
- This year's Spotlight Report reveals the increasing toll that caregiving is having on Ontarians. Caregivers are struggling:
 - 79% feel so tired that it's difficult to get anything done
 - 72% feel so burned out they're unsure how to continue, yet feel they have no choice but to keep going
- Caregiving responsibilities continue to increase significantly from last year.
- Caregivers are most worried about dealing with the care recipient's declining health, making sure their needs are met, and balancing caregiving with other family responsibilities.
- Caregivers are paying, out of pocket and on average, \$641 per month to support the care recipient.

Key Takeaways for OHTs:

As your OHT plans for integrated care and improved patient outcomes it is critical that you plan for and with caregivers: ensuring they are included in chronic disease pathways, home care models, intake, and across transitions.

- Over the next 20 years, Ontario's population will grow by 36 percent, with the most significant increase among those aged 65 and older.
- Most caregivers are supporting someone who has aging-related ailments, with aging and frailty, Alzheimer's disease and mobility issues being the top 3 health conditions of the care recipient.
- At the same time, millions more Ontarians are projected to be living with chronic illnesses, including younger individuals of working age.
- It is widely accepted by our system that our province is poised to face an unprecedented demand for healthcare, including access to primary, hospital, home care, long term care, community support, as well as social services. This surge will place extraordinary pressure on family caregivers.
- It becomes crucial for OHTs to plan and attend to caregiver distress. Evidence shows that when caregivers aren't well, patients aren't either, and that caregivers become at risk of becoming the patient themselves.
- 67% of caregivers are employed, meaning much of your workforce across your communities, settings, and organizations in OHTs are impacted by their role as caregivers.
- Our desire to age in place, and the risk of burnout amongst caregivers, is a risk to the care of the patient and the caregiver becoming a patient.

Action Items	Resources, Links and Tips
<p>Identify caregivers as a priority population in your OHT so that their needs and roles are integrated into all your pathways and models of care</p>	<p>Essential Care Partner Practices for OHTs</p> <p>Integrating and Engaging Caregivers to Achieve OHT deliverables</p>
<p>Integrate caregivers into your care teams at point of care</p>	<p>Key Practices for Ontario Health Teams</p> <p>Join our upcoming OHT webinar Key Moments for Caregiver Support – Considerations for Ontario Health Teams and Healthcare Organizations.</p> <p>Contact OCO at partners@ontariocaregiver.ca to set up a meeting to explore how you can build caregivers strategies into your OHT plans</p>
<p>Connect caregivers to support through the Ontario Caregiver Organization and local caregiver supports</p> <p>Embed caregiver supports into your models of care</p>	<p>The Ontario Caregiver Helpline Available 24/7 1-833-416-2273 (CARE) is a one-stop resource for information about the programs and resources that can support caregivers in their role.</p> <p>The Helpline is available in English and French, with interpretation service available for 150 languages upon request.</p> <p>Overview of programs and services for caregivers</p> <p>Our I am a caregiver toolkit for quick tips, tools, and free resources.</p> <p>Available adaptations (made in collaboration with community partners):</p> <ul style="list-style-type: none"> • for Black caregivers • for Cantonese speakers • for Mandarin speakers • for Punjabi speakers • for Tagalog speakers • for Tamil speakers • for Indigenous caregivers • for 2SLGBTQIA+ caregivers

Contact us at partners@ontariocaregiver.ca for more information or to meet with the OCO team about the resources and support we can offer your OHT.