



30 Minute Spotlight on Ontario's Caregivers with CEO Amy Coupal

February 5th, 2025

Land Acknowledgement





OUR PURPOSE

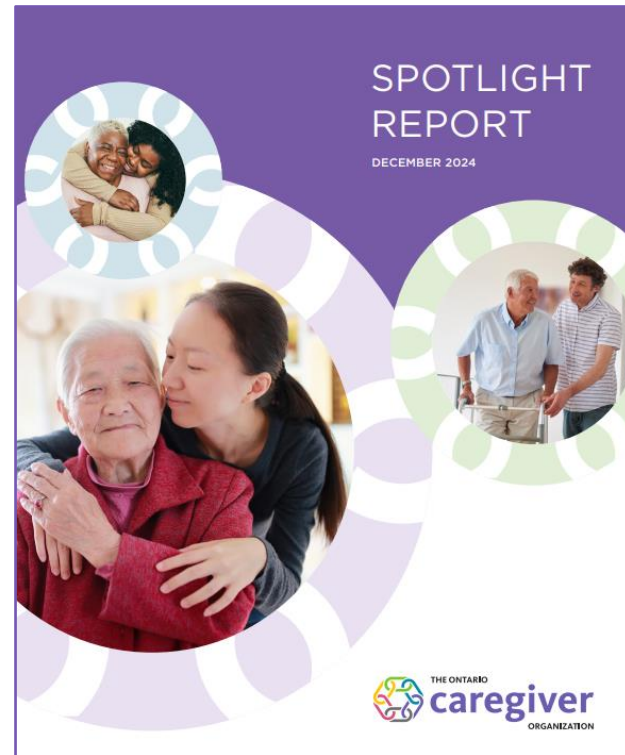
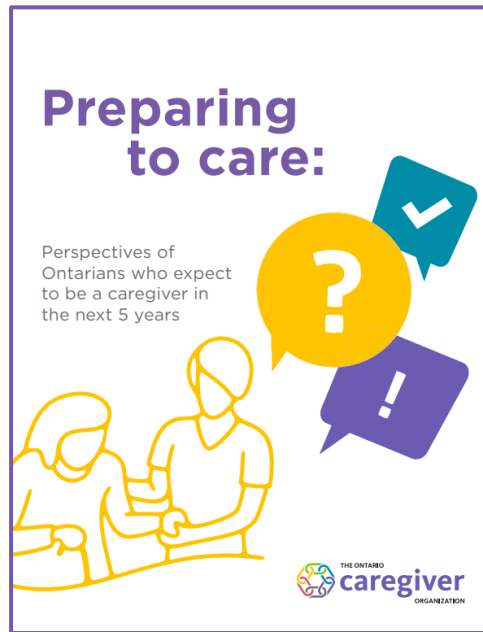
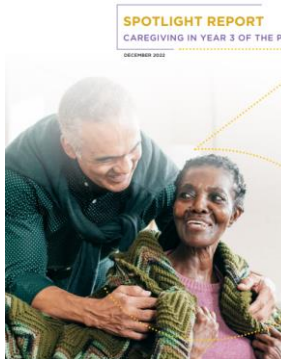
The Ontario Caregiver Organization (OCO) exists to improve the lives of Ontario caregivers; ordinary people who provide physical and emotional support to a family member, partner, friend or neighbour



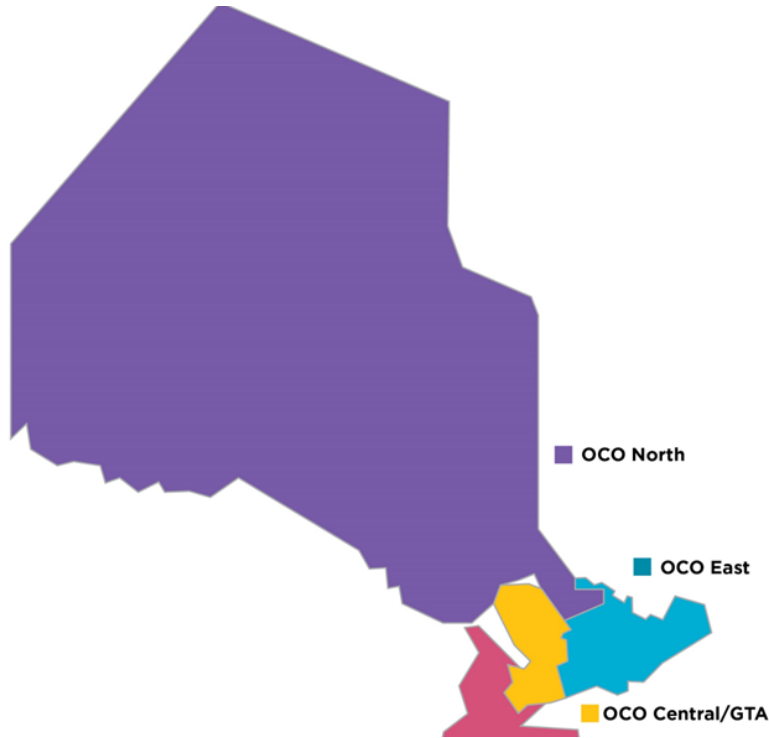
What you will learn about today

- ✔ How Ontario's 4 million caregivers are coping and what they need for support
- ✔ Why caregivers are critical to the healthcare system and care delivery
- ✔ What OHTs can do integrate caregivers and advance your OHT priorities

Spotlight on Ontario's 4 million Caregivers



Ontario Caregivers at a Glance



4 million across Ontario, including young caregivers.



From every age group:

- 16-25 years – 14%
- 26-45 years – 35%
- 46-65 years – 36%
- 65+ years – 15%



Gender:

- Women – 52%
- Men – 46%
- Non-binary – 2%

Who are they?



84%
care for one
person, usually
an older family
member, or
parent



51%
are of the
sandwich
generation



49%
of care recipients
live with the
caregiver



67%
are working
caregivers

The Caregiving Experience at a Glance



79% Feeling so tired it's difficult to get things done



72% feel so burnt out they're unsure how to continue, yet feel they have no choice but to keep going



75% are concerned they will not be able to handle their caregiving duties going forward

Caregiver Role and Responsibilities

Caregiving Responsibilities	2024 (%)	2023 (%)
Emotional Support	77	65
Cognitive Support	56	48
Mental Health Support	57	50
Help with Indoor and Outdoor Tasks	66	59
Physical Support	52	46
Transportation Needs	72	67
Scheduling Appointments	64	60

73% of say their responsibilities have increased over the past two years, largely due to the growing care needs of the care recipient

Top 3 Health Conditions

Aging and Frailty 37%

Alzheimer's Disease 19%

Mobility Issues 17%

Caregiver Distress

Caregiver Experience	2024 (%)	2023 (%)
Feeling so tired it's difficult to get things done	79	76
Feeling unable to take on any more responsibility	78	74
Unable to enjoy activities	76	72
Concerned about handling all of the responsibilities moving forward	75	73



Managing the care recipient's declining health is a key driver behind the increase in caregiver responsibilities and the increase in caregiver stress.

72% of caregivers are feeling at the breaking point

Caregivers say they want respite care, mental health counselling, and 1:1 peer support

Financial Impact of Caregiving



Average out-of-pocket cost to a caregiver is \$641 a month. Caregivers indicate financial support continues to be the most needed area of support

36% of caregivers say they are not prepared for the impact caregiving would have on their financial situation

How Costs are Covered	2024 (%)	2023 (%)
Personal finances	57	57
Savings	46	47
Cut back on spending	44	49
Income from investments	36	35

Balancing Work and Care

Impact Of Caregiving On Work	2024 (%)	2023 (%)
Considered reducing working hours to be able to provide better care	54	48

Most caregivers have had to make sacrifices at their jobs to manage their caregiving responsibilities, such as taking time off.



A third of caregivers are worried about losing their job because of their caregiving responsibilities

64% wish there was more support from their employer

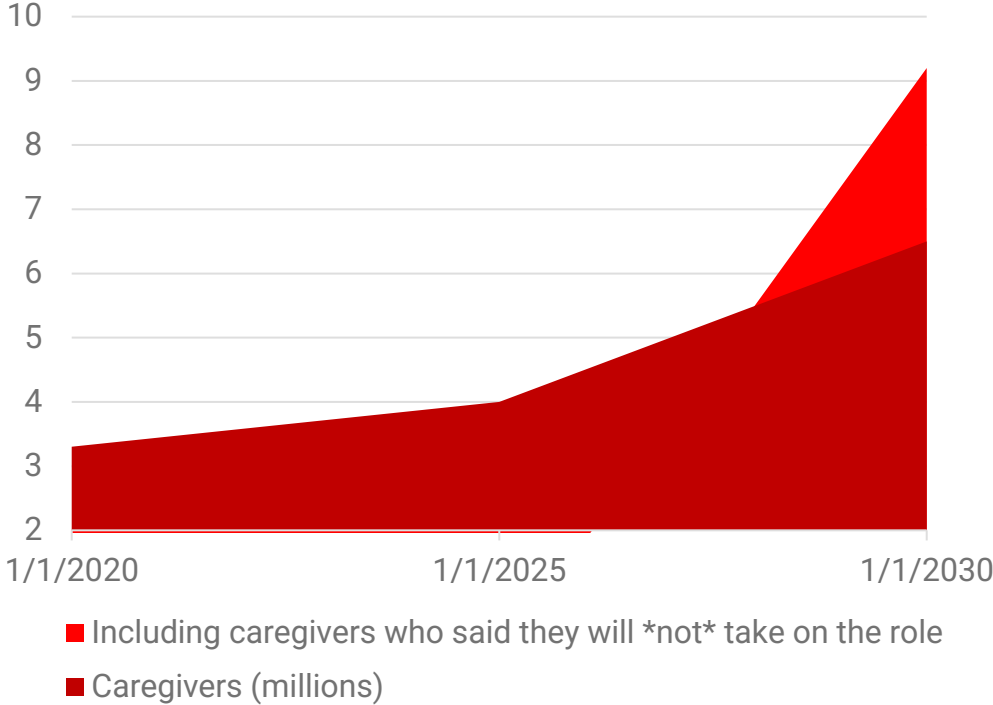
Critical Role of Caregivers in our Changing Healthcare System



By 2029 more than 9 Million Ontarians expect to be in a position of needing to provide care

- Next 20 years, Ontario's Population will grow by 36%
- Millions more Ontarians are projected to be living with chronic illnesses
- Our province is poised to face an unprecedented demand for healthcare
- Increased pressure on family caregivers

Ontario's Caregivers are not Prepared



Caregivers are Critical to Integrated Care and Ontario Health Teams

Plan For and With Caregivers

- ✓ Aging population
- ✓ Aging in Place
- ✓ Increased Chronic Health Conditions
- ✓ Caregiver Distress, Risk of Burnout

How are caregivers included at point of care in.....

- Chronic disease pathways
- Home care models
- Navigation and intake models
- Transitions in Care

Actions for Ontario Health Teams

- ✓ **Identify caregivers** as a **priority population** in your OHT
- ✓ **Connect caregivers to support** through the Ontario Caregiver Organization and local caregiver supports
- ✓ **Embed caregiver supports** into your models of care
- ✓ **Integrate caregivers into care teams** at **point of care**

Reach out to OCO to help build caregiver strategies into your OHT plans

Questions?



We want to hear from you. Type your questions in the chat box!



Chat

From Me to [Everyone](#):

Please type your questions and comments in the chat-box.



Resource Highlights

Coming Up: Webinar for OHTs

Key Moments for Caregiver Support

March 5th from 1:00pm – 2:00 pm



Essential Care Partner Program

KEY PRACTICES FOR ONTARIO HEALTH TEAMS



An Essential Care Partner (ECP) program involves the implementation of practices across your Ontario Health Team (OHT) and community to ensure that caregivers are **identified, included and supported** to participate as part of the care team.

ECP programs for OHTs may include all or some of the following key practices:

IDENTIFY THE CAREGIVER	INCLUDE THE CAREGIVER AS PART OF THE CARE TEAM	SUPPORT THE CAREGIVER
<p>IDENTIFICATION Essential care partner identification (Caregiver ID) is used to identify and formally recognize essential care partners.</p>	<p>STAFF EDUCATION AND TRAINING Education and training is provided to all staff across the OHT, including partner organizations, on the important role of care partners and practical ways to include and support them.</p>	<p>LINK TO SUPPORT Connect essential care partners to caregiver and community supports and resources for their own well-being.</p>
<p>CLIENT DESIGNATION Clients/patients/residents are empowered and encouraged to designate their essential care partners(s).</p>	<p>INTEGRATION Essential care partner role is integrated into OHT models of care, including ALC strategies, care pathways, point of care workflows, client assessment, care planning and transition planning.</p>	<p>CARE PARTNER EDUCATION AND TRAINING Care partners are provided education and support to validate their role and empower them to participate in care.</p>
<p>DOCUMENTATION Care partners are documented in patient files/records, including contact information and level of participation in care.</p>	<p>COMMUNICATION Essential care partner information and program is pro-actively communicated across OHT partners, communities, patients, families and essential care partners.</p>	<p>ESSENTIAL CARE PARTNER ORIENTATION There is a process for onboarding and orienting essential care partners.</p>

To learn more about Essential Care Partner Programs in Ontario Health Teams visit <https://ontariocaregiver.ca/for-providers/caregivers-and-ontario-health-teams>.

CONTACT US

Bianca Feitelberg
Project Lead Strategic Partnerships and Innovation
biancaf@ontariocaregiver.ca

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