



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

# 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

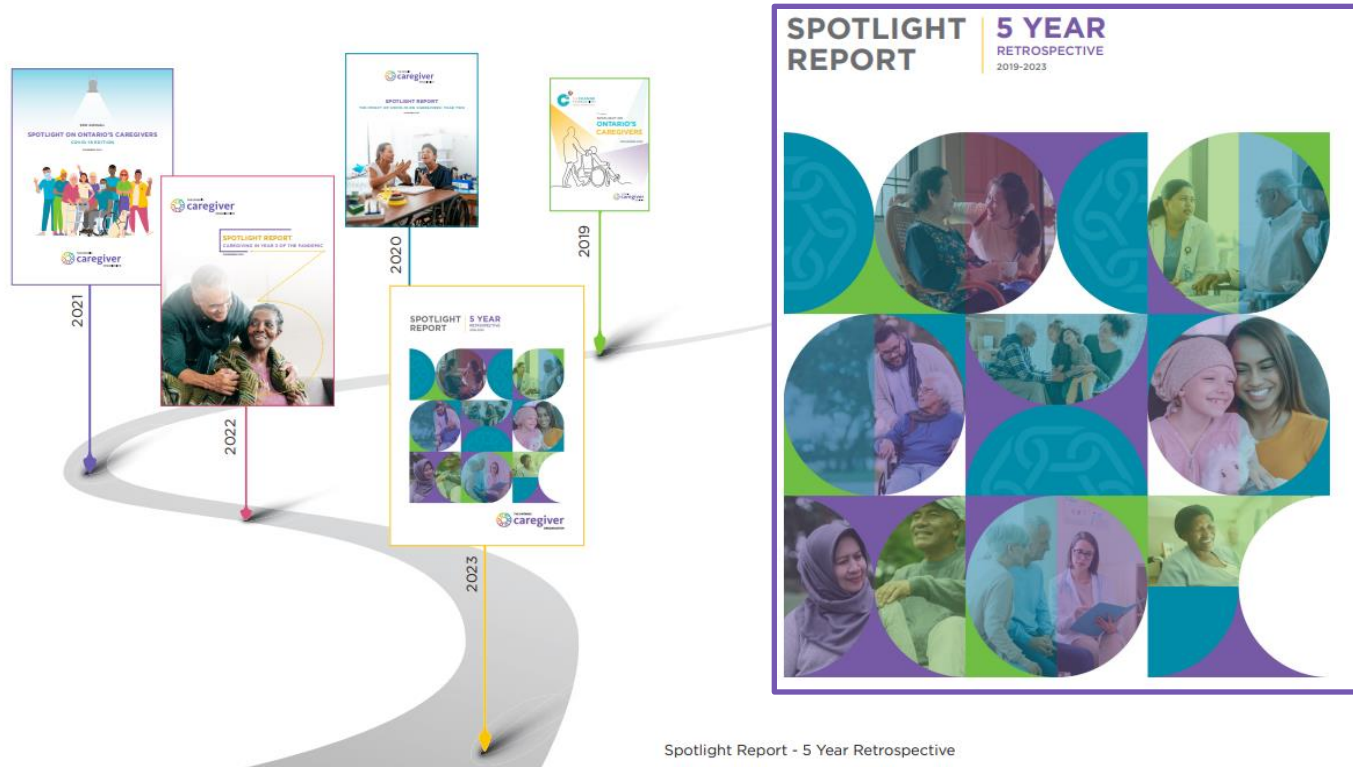


# Today's Session

## What you will learn about today

- Ontario's Caregivers – who they are and who they are caring for.
- Shifting Landscape of Caregiving – how are caregivers coping, what can we do to respond to their needs
- What makes caregivers and their experience important to your OHT and how can you integrate them into your plans

# Spotlight on Ontario's 4 million Caregivers



Spotlight Report - 5 Year Retrospective

# 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%



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



67% are employed

# Who are they?



84%

care for one person,  
usually an older  
family member,  
often a parent.



51%

caring for their own  
parent(s) or in-  
laws, also raising  
children under the  
age of 18.



49%

of care recipients live  
with the caregiver,  
37% live in other  
private homes, 12%  
live in healthcare  
facilities.



46%

of care recipients  
are 75 years or  
older, 18 % are  
between the ages  
of 64-75

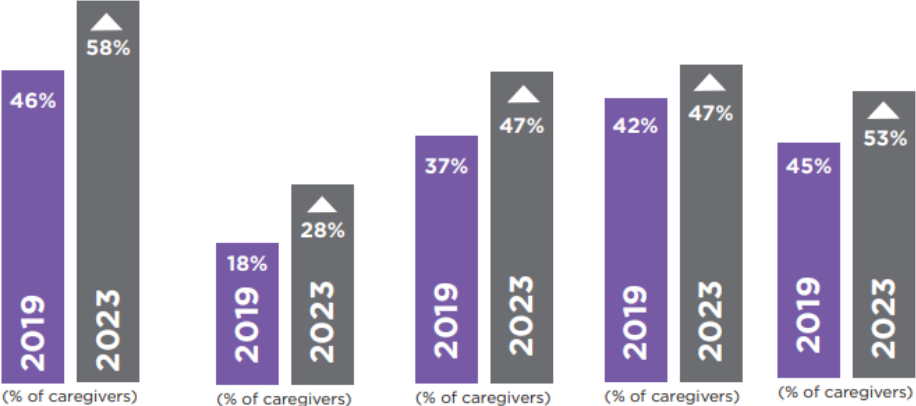
# THE CAREGIVING ROLE

- 35% invest 10+ hours of care per week
- 51% have been providing care for 2 years or more
- 76% say they are taking on more responsibilities compared to the past year and are experiencing difficulty getting things done





# Increased Caregiving Responsibilities



**Appointment Scheduling**

**Performing Medical Procedures**

(changing g-tubes, wound dressing, injections)

**Performing Medical Tasks**

(changing bandages, monitoring and administering medications)

**Physical Support**

**Translation of Healthcare Information**

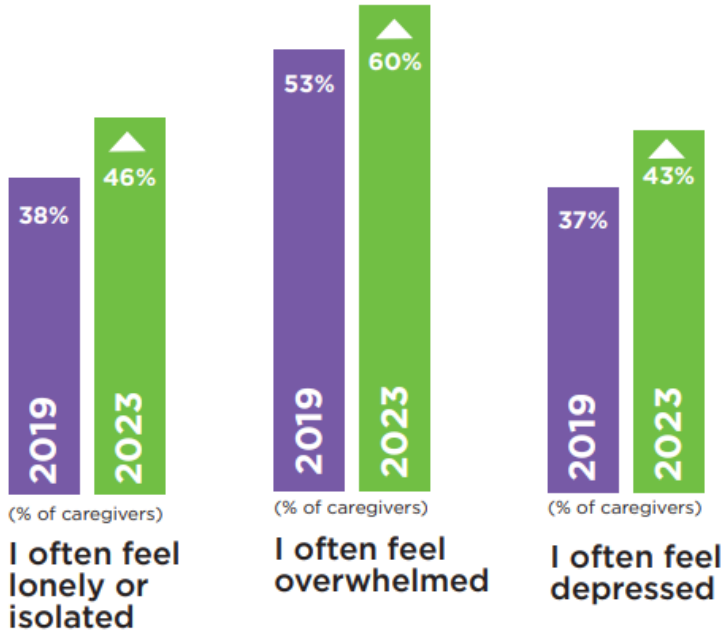


**49%** say it's stressful to find services for their care recipient



Embed caregivers so they are **included** in care plans, at point of care.

# Caregiver Well-being is at risk



**73%** of caregivers say they are concerned that they are not going to be able to handle all of their caregiving responsibilities going forward.



Connect caregivers to support through your access and navigation models, at point of care

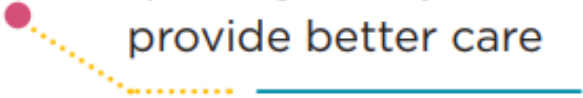
# Caregivers are Balancing work and Caregiving

**“Leaving my job may be the only option for me. Financially, I don’t know how I’ll do it, but working and taking care of my father is too hard and he’s my priority right now”**

*Caregiver*

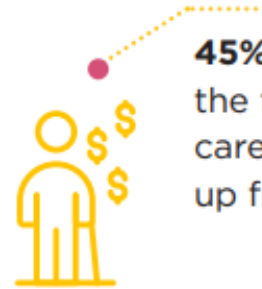
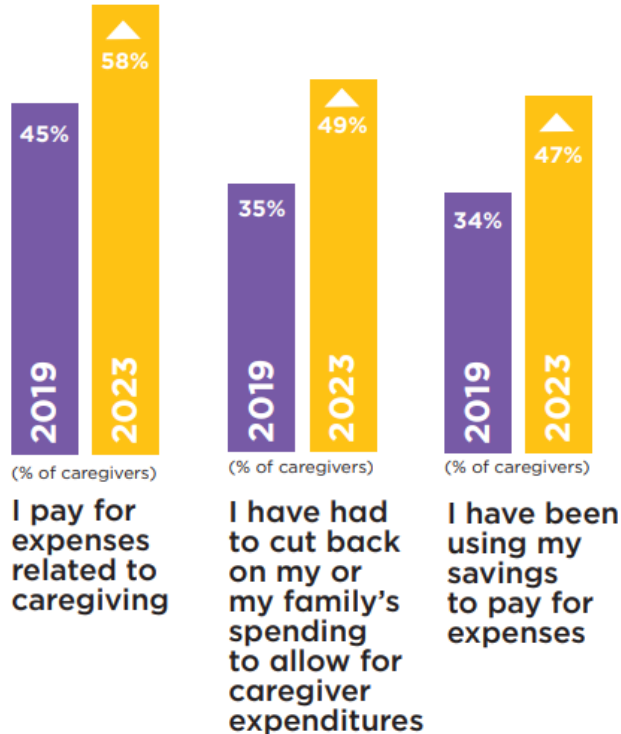


**40%** of working caregivers say they have considered quitting their job to provide better care



Build caregiver identification and recognition across your OHT settings.

# Financial Impact of Caregiving



**45%** of caregivers say the financial aspect of caregiving is stressful, up from 36% in 2019.

“We have done everything we were supposed to do, paid off our home, saved for what was going to be the best time of our life, now we can’t do anything and I can’t afford groceries.”  
Caregiver

# Caregivers are Essential



ENGAGE caregivers in planning and design



INTEGRATE caregivers in OHT pathways at point of care



CONNECT with us at OCO for resources, tools and support

# 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



IDENTIFY  
the caregiver

## Key Resource:

Essential Care Partner Program Implementation Toolkit for Ontario Health Teams



INCLUDE  
the caregiver as part  
of the care team

## Key Resource:

Essential Care Partner Program – Key Practices for OHTs



SUPPORT  
the caregiver

## Key Resources:

Including Caregivers in Access and Navigation Models

## CONTACT US

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# THANK YOU!

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