



OHT Webinar: March 26th, 2026

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

View the webinar recording [HERE](#).

This webinar focused on:

- Caregiver experiences and key insights from the latest [spotlight report](#) data on Ontario's 4.2 million caregivers
- The growing challenges caregivers face in managing their roles
- Why caregivers are critical to the sustainability of the healthcare system
- What OHTs can do to better integrate caregivers and advance system priorities

Caregivers are the backbone of Ontario's healthcare system, providing essential support across the care continuum, from system navigation to hands-on care. Their numbers are expected to grow from 4.2 million to 6.5 million in the coming years.

Yet this role is becoming increasingly unsustainable. Nearly 7 in 10 caregivers feel burnt out, 72% struggle to maintain their own health, and 76% are worried about how long they can continue.

These pressures are also reshaping the workforce, with 1 in 4 caregivers leaving their jobs, 41% considering it, and 1 in 5 turning to the emergency department as a form of respite.

Together, these trends highlight a clear and urgent need for OHTs to better identify, include, and support caregivers as essential partners in care.

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.



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>	<ul style="list-style-type: none"> ➤ Essential Care Partner Practices for OHTs ➤ Integrating and Engaging Caregivers to Achieve OHT deliverables
<p>Integrate caregivers into your care teams at point of care</p>	<ul style="list-style-type: none"> ➤ Health Privacy and Consent Resources to help healthcare providers understand how to communicate with caregivers while respecting privacy laws ➤ Practical guide to connect caregivers to support at point of care, which can be used during initial or on-going care interactions ➤ Tips for providers to identify and support caregivers, with easy-to-use language to prompt conversation and connection
<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>Caregiver postcards, and Helpline posters, for caregivers which OCO can print for your setting at no cost</p> <p>Our I am a caregiver toolkit for quick tips, tools, and free resources. Available adaptations (made in collaboration with community partners) for:</p> <ul style="list-style-type: none"> • Black caregivers • Cantonese speakers • Mandarin speakers • Punjabi speakers • Tagalog speakers • Tamil speakers • Indigenous caregivers • 2SLGBTQIA+ caregivers