



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

March 26th, 2026

Land Acknowledgement

The OCO carries out its work while acknowledging the Indigenous Peoples of all the lands that we are on today. *This land is home to many First Nations, Métis, and Inuit peoples and acknowledging reminds us that our great standard of living is directly related to the resources and friendship of Indigenous people.*





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 4.2 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 4.2 million Caregivers



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Caregivers Play Many Critical Roles



Coordinating and Scheduling Care



Navigating the System



Transportation and Attending Medical Appointments



Medication Management



Emotional, Social and Cognitive Support



Physical Support and Basic Medical Procedures



Sharing Patient Knowledge with Providers



Managing Finances



Translation and Communication

Caregiver Distress Continues to Rise

Insights from 2025 Spotlight Report



69%

feel so burnt out they don't know if they can keep going



72%

say they can't maintain their own healthy behaviours



76%

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



1 in 5

visited the Emergency Room as a form of respite

Caregiver Role and Responsibilities

Caregiving responsibilities	2025 (%)	2024 (%)
Emotional support	74	77
Attending appointments	69	N/A
Transportation needs	68	72
Indoor and outdoor tasks	63	66
Scheduling appointments	61	64
Researching and finding supports/services	59	N/A
Paying for expenses	58	58
Translating information	57	55
Mental health support	55	57
Cognitive support	53	56
Managing finances or expenses	53	57
Managing legal affairs	47	41
Physical support	46	52
Basic medical tasks	46	48
Personal care	38	40
Medical procedures or treatments	32	30

1 in 4 caregivers have left work due to caregiving responsibilities, and **41%** are considering leaving the workforce.

Top 3 Health Conditions

Aging and Frailty 40%

Physical Conditions 31%

Cognitive Conditions 21%

Caregiver Health & Wellness

Aspects of caregiving that are stressful	2025 (%)	2024 (%)
Dealing with care recipients declining health	65	65
Making sure care recipients needs are met	60	60
Managing own emotions	56	55
Balancing caregiving and family responsibilities	55	58
Finding services for care recipient	54	51
Changes and challenges with caregiver's health	54	N/A
Balancing caregiving and work	51	56
Financing, paying bills, paying for care recipient's needs, medicine, supplies, etc.	47	41



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 unable to maintain own healthy behavior

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

Financial Impact of Caregiving



One-third of caregivers face financial strain, spending \$758 per month out of pocket, up from \$641 last year.

How costs are covered	2025 (%)	2024 (%)
Using personal finances	53	57
Savings	44	46
Cut back on spending	43	44
Health benefits cover most of the expenses	36	35
Financial support from family/extended family	36	35

Caregivers are facing growing financial strain, which contributes to burnout and increased pressure on the healthcare system.

Balancing Work and Care

Impact of Caregiving on Work	2025 (%)
I have considered quitting my job to be able to provide better care	41
Reduced hours of work	16

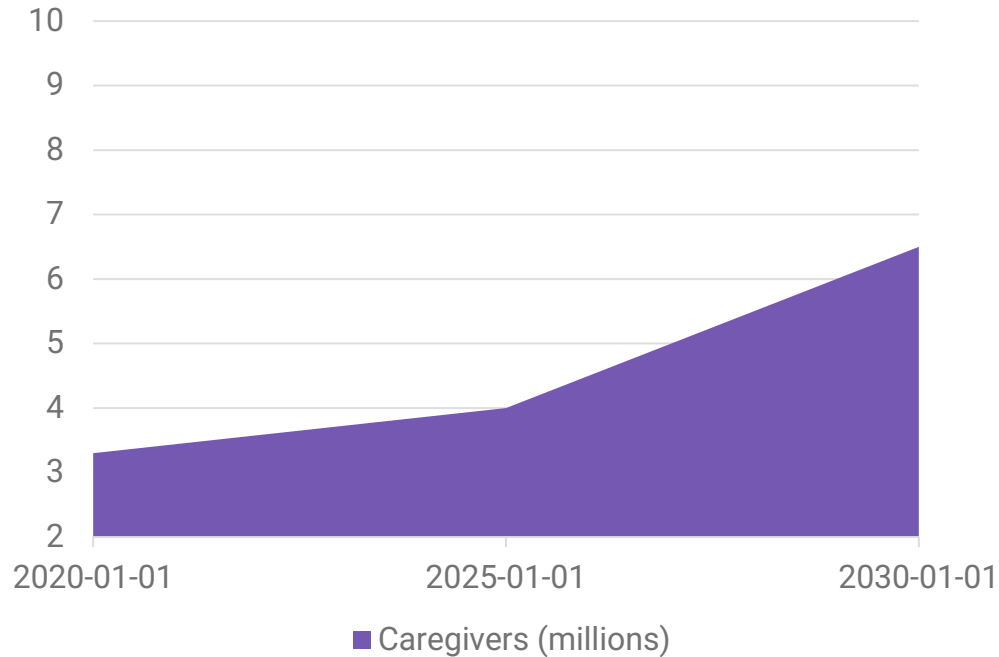
Most caregivers have had to make sacrifices at their jobs to manage their caregiving responsibilities, such as taking time off.



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

62% wish there was more support from their employer

Projections Anticipate Caregivers to Grow by 50% From 4.2 to 6.5 Million



Health System Impact

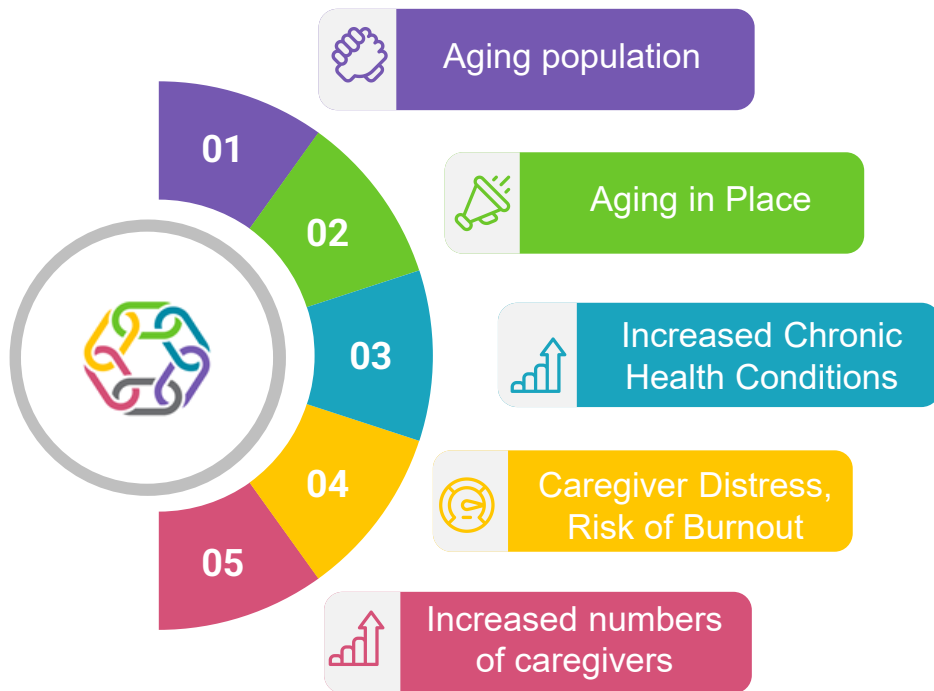


Caregivers provide up to 90% of care in the healthcare system, playing a critical role in supporting care recipients and improving health outcomes.

Number of times taking care of recipient to emergency room for a break	(%)
1	22%
2	28%
3	9%
4	18%
5	13%
6+	9%

Caregivers are a Critical a Consideration for Ontario Health Teams

Plan *for*
and *with*
caregivers



How are caregivers included at the point of care?

- Chronic disease pathways
- Home care models
- Navigation and intake models
- Transitions in Care
- Supporting ALC patients and caregivers

Actions for Ontario Health Teams



- ✓ **Identify caregivers as a priority population** in your OHT
- ✓ **Build caregiver strategies** into your OHT plans
- ✓ **Create pathways to 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**

Make caregivers a priority in your OHT

CONNECT WITH THE SUPPORT HUB TEAM

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.



Key take-aways



Support the identification of caregivers across healthcare settings in your OHT

Key Resource: Caregiver ID



Provide education to staff to lay the foundation for care partnership

Key Resource: Lunch & Learn from Support Hub Team



Build caregiver support pathways across your OHT to connect caregivers to support as early as possible

Key Resource: [Ontario Caregiver Helpline \(1-833-416-2273 \(CARE\)\)](https://www.ontariocaregiver.org/)



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