

# Disability Facts about Caregiving



## Caregiving needs

**62.9% of Canadian adults with disabilities report needing help with everyday activities:**

- It is estimated that 2.6 million Canadian adults with disabilities require help with at least one out of nine everyday activities.

Type of activity	Population with disabilities requiring assistance	Proportion of all adults with disabilities
Heavy household chores	2 166 820	51.4%
Housework	1 554 430	36.9%
Appointments & errands	1 502 050	35.6%
Preparing meals	981 090	23.3%
Personal finances	757 460	18.0%
Personal care	512 940	12.2%
Home nursing/medical care	254 640	6.0%
Moving about	246 210	5.8%
Child care	85 200	2.0%

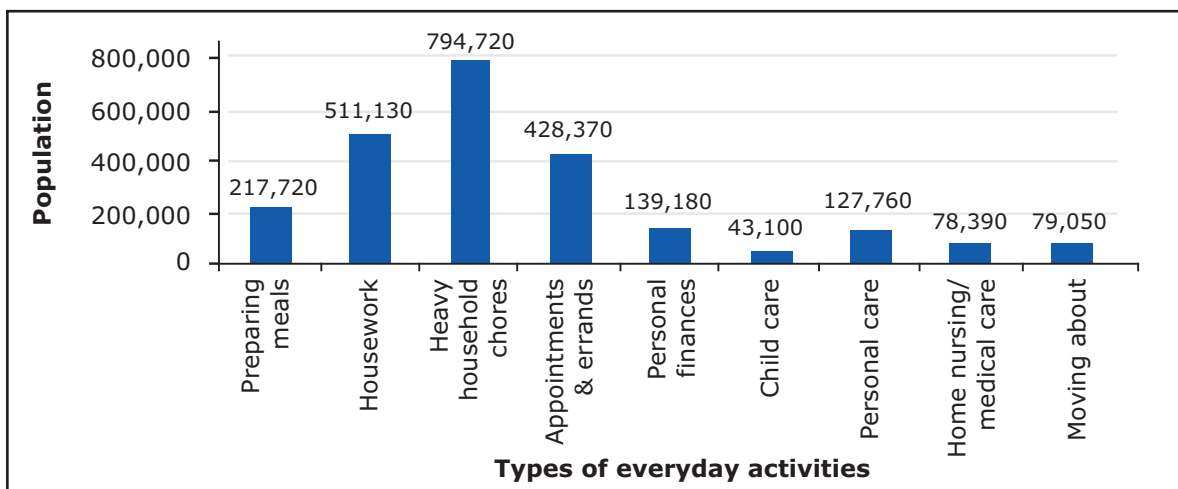
\* Respondents could identify requiring help with more than one of the daily activities.

## Unmet caregiving needs

**Just under half of Canadian adults with disabilities that require help with everyday activities have at least some unmet caregiving needs (see chart below):**

- 44.6% of adults who require some help with everyday activities report having an unmet need in one or more areas.
- The most common reason given for needs being unmet was the cost of obtaining help is too expensive. Not knowing where to look for help was also a common reason.

### Population with disabilities with unmet needs by activity



\* Respondents could identify requiring help with more than one of the daily activities.



## Caregivers

### Family members are the most likely caregivers:

- Adults with disabilities who received help with everyday activities were asked about their relationship with their primary caregivers (up to three).  
Of these,
  - 72.1 % were family members.
  - 17.5 % were close friends, neighbours, paid employees or workers.
  - 6.6% were government and non-government organizations.
- If the primary caregivers were unable to assist, 43.4% of adults with disabilities felt they would have difficulty finding assistance from someone else.

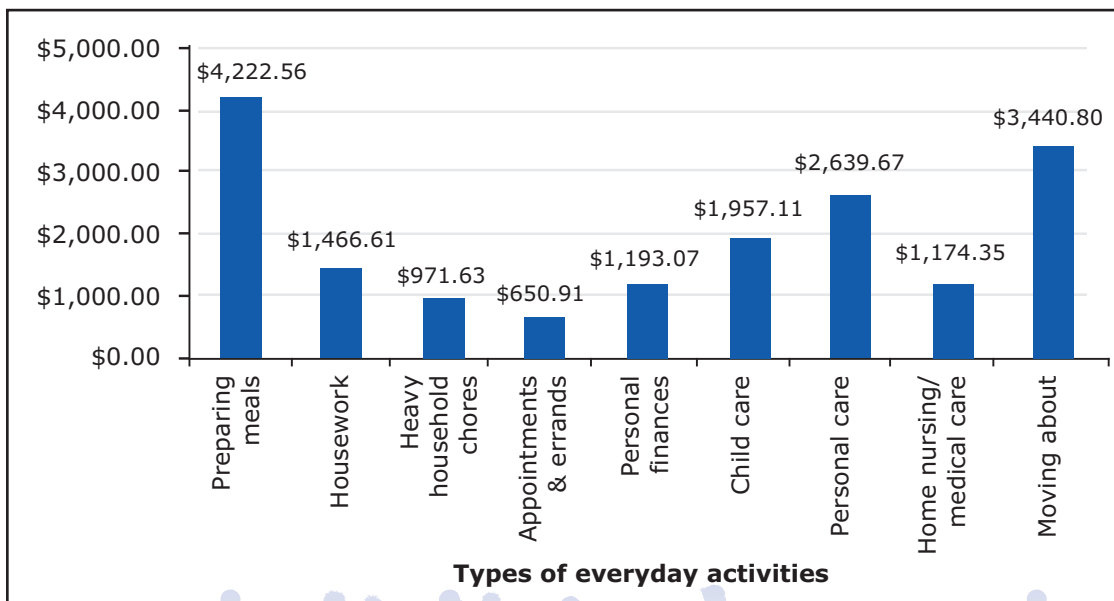
### Out-of-pocket expenses

Housework and heavy household chores are the two activities for which obtaining help is most likely to result in out-of-pocket expenses.

Type of activity	Percentage with out-of-pocket expenses
Housework	19.9%
Heavy household chores	17.5%
Child care	15.8%
Preparing meals	9.2%
Appointments & errands	8.8%
Home nursing/medical care	7.1%
Personal care	6.2%
Moving about	5.6%
Personal finances	3.3%

Among care recipients that had out-of-pocket expenses for acquiring help with daily activities, obtaining help for preparing meals was reported to be the most expensive.

### Average annual out-of-pocket costs for help by activity



\* Only those who had out-of-pocket costs are included in the cost averages for each activity.

Source: Participation and Activity Limitation Survey (PALS) 2006

Note: Data listed above is of the full 2006 Canadian population and may be different than that of previously released Federal Disability Reports due to different methodology of developing the samples. Please see the 2009 Federal Disability Report, page 3, for more information.