



Providing care in Canada, 2022

The care economy, as defined in this infographic, refers to the provision of paid or unpaid care work to support the physical, psychological and emotional needs of children under the age of 15 and care-dependent adults (i.e., adults with long-term conditions or disabilities).

Women are more likely than men to provide care to children and care-dependent adults



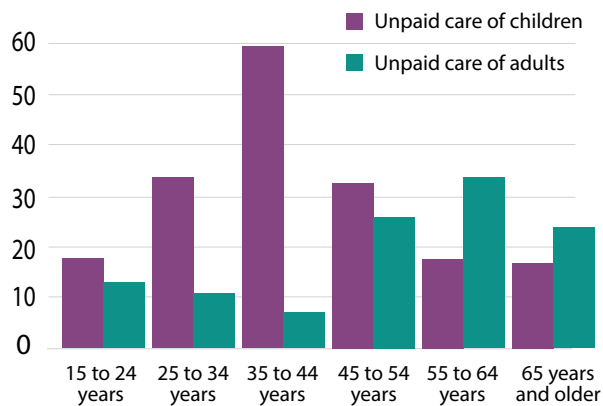
52%
Women

42%
Men

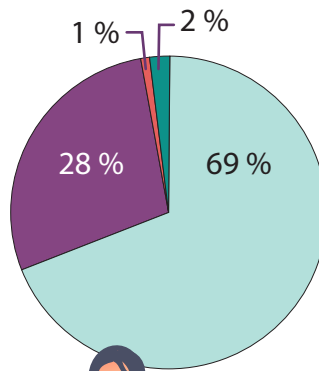


The provision of unpaid care changes throughout a person's life. For example, people in middle age are almost as likely to care for adults as for children.

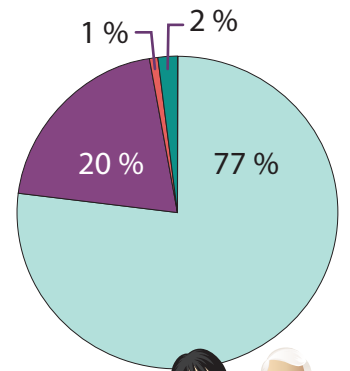
Proportion of people who provide unpaid care to children and adults, by age group



31% of Canadians cared for children under 15 years of age



23% of Canadians cared for care-dependent adults



Unpaid care duties caused more than half of caregivers to feel tired, with many feeling worried or anxious

48% Tired



37% Worried or anxious



27% Overwhelmed



26% Disrupted sleep



Men
Women

Source: Statistics Canada, Canadian Social Survey - Well-being and Caregiving, 2022.

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