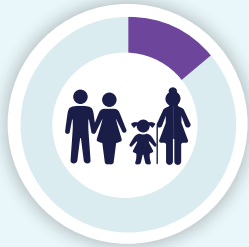


Who are the sandwich caregivers in Canada?



In 2022, 1.8 million (13%) of the 13.4 million Canadians aged 15 or older who provided unpaid care in the previous 12 months, were **sandwich caregivers**.¹



13%
Care for children and care-dependent adults/youth over 15²

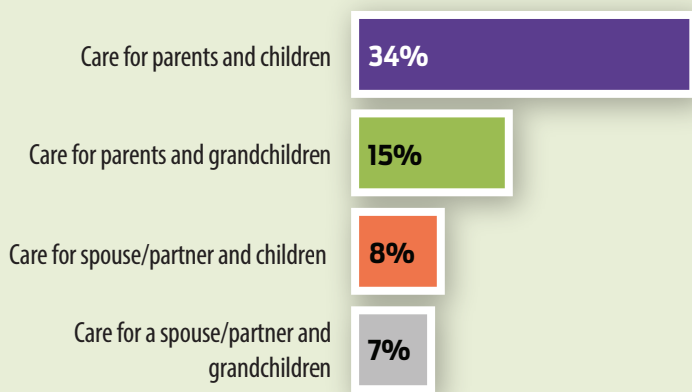


52%
Care for children

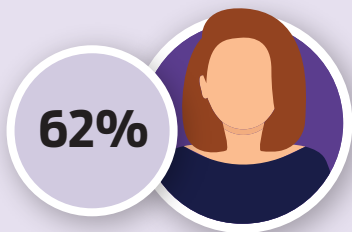
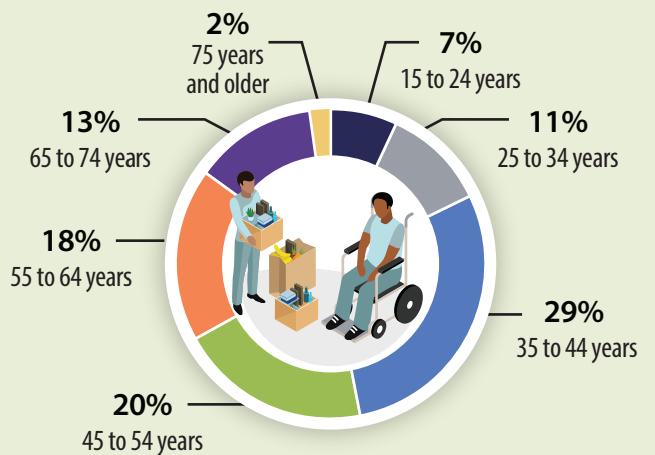


35%
Care for care-dependent adults/youth

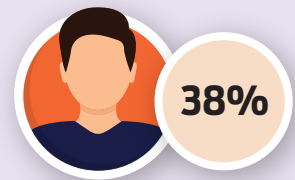
The family relationships between sandwich caregivers and care receivers are varied.



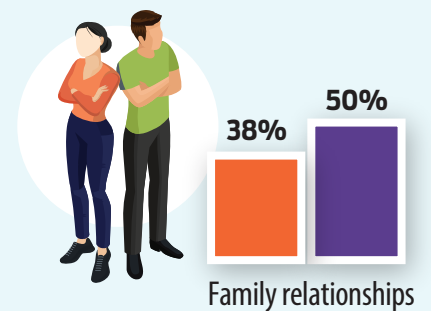
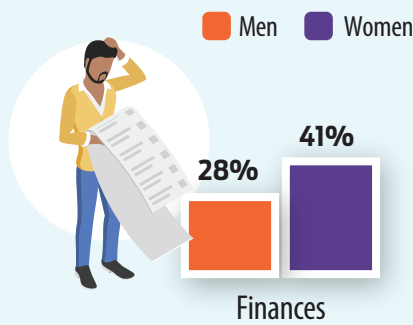
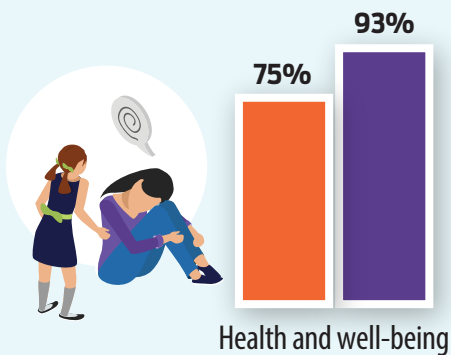
Sandwich caregivers were more likely to be of prime working age: 60% were 25 to 54 years of age.



Women were more likely than men to be sandwich caregivers.



Among sandwich caregivers, women were more likely than men to report negative impacts of caregiving on their...



1. In this infographic, "sandwich caregivers" are people who indicated in the Canadian Social Survey (wave 6) – Well-being and Caregiving that they provided unpaid care to people under 15 years of age and people 15 years and older who had a long-term condition, disability or problem related to aging in the previous 12 months.
2. Children are those under the age of 15, while adults and youth are 15 years and over.

Sources: Statistics Canada, Canadian Social Survey (Wave 6) – Well-being and Caregiving, 2022, and Canada's Care Economy: A Conceptual Framework, November 2023.

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