



Request a Meeting with your Local Candidates

The Ontario Caregiver Coalition is the voice of caregivers in Ontario. Since 2009, we have been advocating for recognition and support for the family, friends and neighbours whose unpaid care is the hidden backbone of Ontario's health system.

Would you like to reach out to your local candidates for MPP, but are concerned about how to reach out to them?

First, if you are unaware of which riding you are in or who your local candidates are, [please click here](#).

Requesting a meeting with them can be as simple as sending them an email. We've prepared a template email that you can send to your local candidates below.

Meeting Request Email Template:

Subject: Meeting Request from a Local Caregiver

Dear [candidate name],

My name is [your name], and I am a caregiver living in your riding. Like thousands of others across Ontario, I provide essential care to a loved one -- work that is unpaid, demanding, and often overwhelming.

Caregivers provide approximately 75% of all care in Canada, contributing between \$26 - \$72 billion in unpaid labour annually. Our healthcare, long-term care and social services sectors rely heavily on caregivers like me and could not function without them. Ontario cannot afford to replace unpaid caregivers, so we urge you to do everything you can to support us.

Despite their contribution, caregivers often struggle with financial strain, limited respite care, and inadequate mental health support. One in three caregivers in Ontario say they need additional support—more than in any other province. Caregivers are burning out and our healthcare system is put under even more pressure as a result.





The Ontario Caregiver Coalition, a non-partisan advocacy group representing caregivers such as myself, has three recommendations that I would like to discuss with you to address these challenges. I am attaching [a copy of their 2025 Ontario election Priorities here](#), which lays out the most urgent needs of caregivers in Ontario.

Recognizing that you and your team will be busy knocking on doors leading up to election day, I am happy to work around your schedule to find a meeting time that works either virtually or at your office. I can be reached at this email address or at [\[your phone number\]](#).

Thank you,
[\[Your name\]](#)

We can be contacted at ontariocaregivercoalitionocc@gmail.com. For more information about the OCC please see our website at www.ontariocaregivercoalition.ca, or follow us on social media.

