



ABOUT THE ONTARIO CAREGIVER COALITION

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.

Our mission: to improve the lives of caregivers by advocating for fair access to needed support.

Our vision: an Ontario where caregivers feel valued, respected, recognized and supported.

Our members: include both caregivers from across Ontario and organizations that support them.

Today, over 4 million Ontarians are providing physical, emotional, or advocacy support to a family member, partner, friend or neighbour who is living with acute or chronic illness, disability or frailty. Over the next 5 years, that number could increase by more than 50% to 6.5 million people.

In Canada, an estimated 75% of care is provided by unpaid caregivers, contributing approximately \$26–\$72 billion per year in unpaid work. Our health, long-term care, and social services sectors heavily rely on unpaid caregivers and could not function without them.

Caregiving can be incredibly taxing—physically, mentally, emotionally, financially, and socially. It affects employment, finances, relationships, physical and mental health. Caregivers experience high levels of stress, depression, and physical health decline due to the intense demands of caregiving. Caregivers bear substantial out-of-pocket expenses, averaging several thousand dollars annually, for medical supplies, home modifications, and additional care services. Caregivers report feeling overwhelmed by their responsibilities, and abandoned. This is not sustainable.

Our priorities: Building a better Ontario for caregivers is possible and would benefit us all. We advocate for:

- Meaningful financial support for caregivers, in the form of a caregiver allowance;
- Strengthened and expanded access to essential respite supports; and
- Increased access to the mental health supports that caregivers need to sustain them in their role.

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.

