

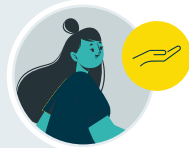
Toward Better Recognition and Support: A Profile of Quebec's Caregivers

These data have been compiled by the Institut de la statistique du Québec, based on the Statistics Canada General Social Survey (2018) and presented in the report, *Who are Quebec's caregivers and what kinds of support do they provide? An age- and gender-based analysis* (Quebec Observatory on Caregiving, 2023).

In 2018, **1 out of every 5** Quebecers was a caregiver

21.1%

A caregiver is most commonly a woman aged 45 to 64 who provides care to one or both parents.



Aged between **45 and 64**

Close to one-quarter of **women** overall are caregivers



A little less than one-fifth of **men** overall are caregivers



35.8%



The gap was more pronounced in the **45-to-64** age group.



20.7%



The gender gap narrowed among caregivers aged **65 and up**.



NOTE

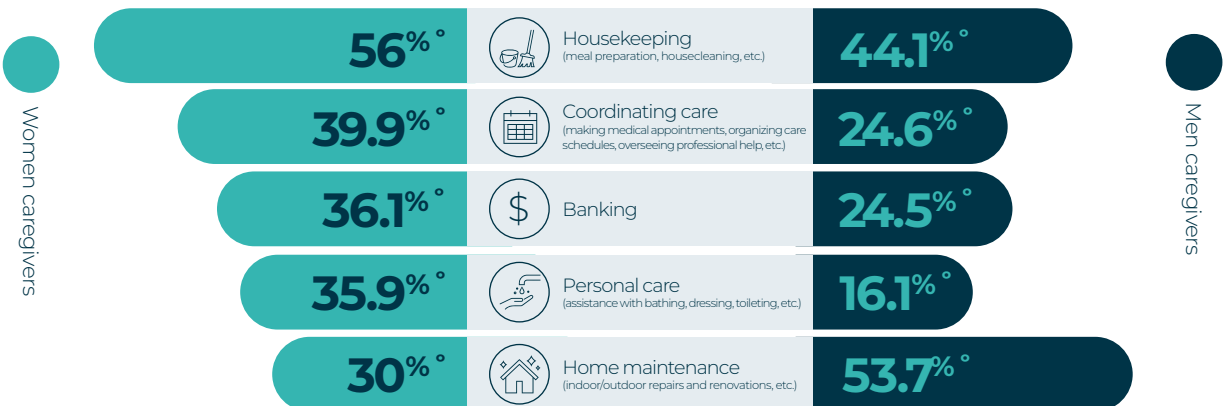
Women are less likely to identify as caregivers. Since women already perform the bulk of unpaid domestic and care work, they may see caregiving as part of their role¹. See also: *Caregiver Recognition and Self-Recognition: Challenges and Practices* (2023)

NOTE

In terms of survey respondents, there were lower numbers of men than of women, since men are less likely to respond to these types of inquiries¹. As a result, the statistics on male caregivers may be slightly inaccurate.

CAREGIVING ACTIVITIES

Women were more likely to take on a greater number of care-related tasks that, being largely in the domestic sphere, represented a greater and more restrictive burden of care¹.



°Represents a significant difference between men and women.

SUMMARY

For professionals and other caregiving stakeholders, having a sense of the caregiver profile can make it easier to recognize caregivers and thus offer support that's more adapted to their needs.

Looking for more information?

Visit the [Quebec Observatory on Caregiving online](https://www.observatoire-quebecois-de-la-proche-aidance.ca/).

To cite this document

Girard-Marcil, C and Reiss, M. (2023). *Toward Better Recognition and Support: A Profile of Quebec's Caregivers*. Quebec Observatory on Caregiving, Academic Affairs and Research Ethics, CIUSSS West-Central Montreal.

¹ Conseil du statut de la femme. (2018). *Les proches aidantes et les proches aidants au Québec*. Analyse différenciée selon les sexes. https://csf.gouv.qc.ca/vpcontent/uploads/por_proches_aidants20180419_web.pdf

Designer **Thibaud Marque**