

NATIONAL CAREGIVER DAY

RECOGNIZING CARING CANADIANS

Here's how individuals and organizations are giving their time for caregivers

8 million Canadians provide unpaid care to support someone with a long-term health condition, a physical or mental disability or problems related to aging. While caring can be an incredibly rewarding experience, it can also be overwhelming physically, emotionally, socially and financially. In fact, 21% of caregivers spend 20 hours or more/week on caregiving responsibilities that can range from helping with daily activities to providing complex medical care.

Every Minute Counts reinforces the value of caregivers to Canadians. Join the National Caregiver Day campaign and share the time you give to caregivers because they matter.

Help us add 100,000 minutes in the global caregiver time clock by sharing the time you give to caregivers.



- 1 Pledge your minutes at carerscanada.ca
- 2 Share your pledge

From 5 minutes to an hour or even days, no amount is too small to show you care.