


Family & Friend Caregivers
give **unpaid care.**

Care providers, like your home care worker, doctor or nurse, are paid for their services.



**Recognizing that you are an
unpaid caregiver is important
to your
physical and mental health**

1 in 3 Nova Scotians...

Friend Aunt
Parents Uncle
Children Niece
Family-of-choice
Grandparents
Partner
Spouse Nephew

is giving some form
of unpaid care to
a loved one.

“Family members and friends provide **10 times** as many hours of care as paid care providers do...”

Dr. Janet Fast, Professor
Department of Human Ecology, University of Alberta

There are many resources and strategies
to help you & your loved one
[live safely at home.](#)

Visit [Transitions in Adult Care](#) on our
website to learn more.

The **unpaid care** provided by
family and friends
is worth more than **\$66 billion.**

Dr. Janet Fast, Professor
Department of Human Ecology, University of Alberta

Fact: Family/friend caregivers take time off or quit work due to caregiving responsibilities

Result: \$1.3 billion is lost in workplace productivity **each year.**



Unpaid caregivers **save** the
Nova Scotia healthcare system more
than **\$1 billion** each year.

CaregiversNS.org

1.877.488.7390

#CGAware2018

Frailty is a diagnosis.

Caregivers are often unsure how to identify frailty in their loved one, and how to help them.

Visit [Transitions in Adult Care](#) on our website for information on frailty.



**Family and friend caregiving
gives to everyone.**

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All Caregivers Nova Scotia staff are
or have been unpaid caregivers.

We understand.