

Family and friend caregiving gives to everyone



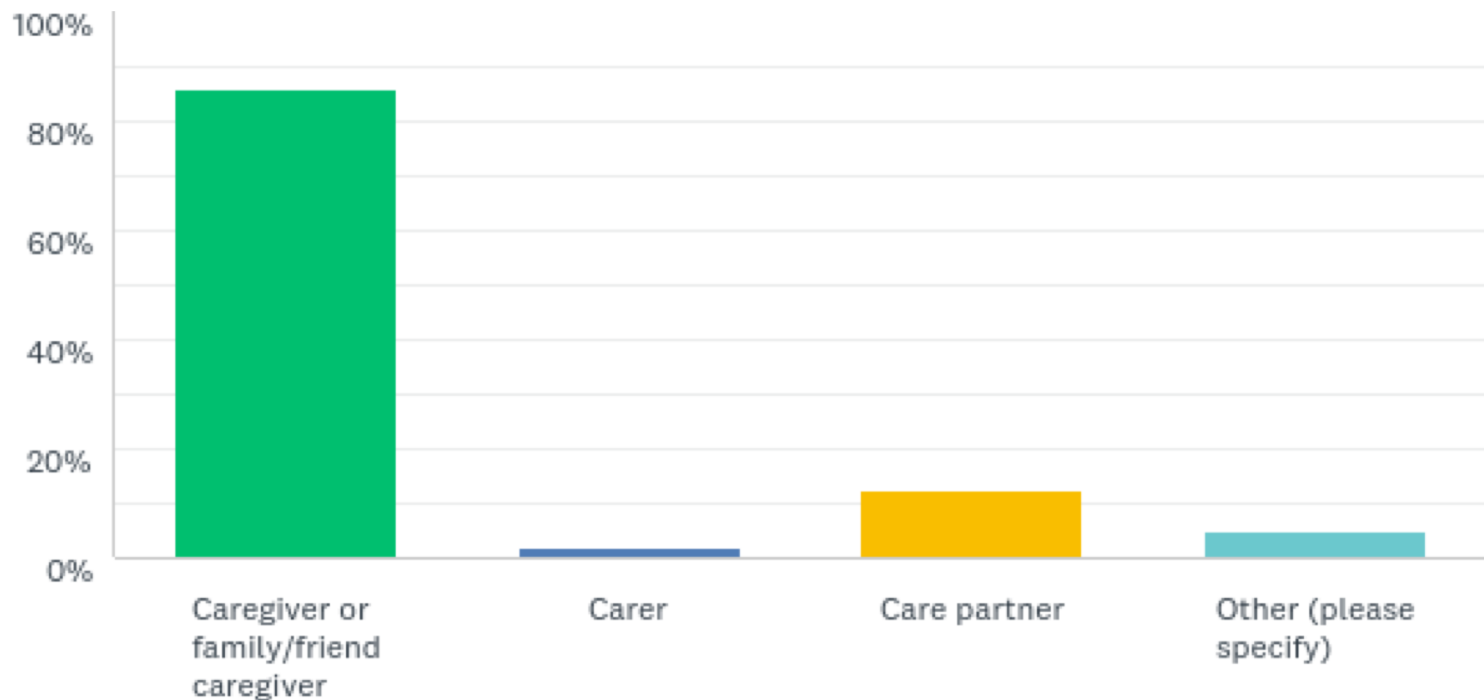
It is estimated that
70-80% of care given to older
adults in the community
is given by family & friends

**Family & friend caregivers *give* care.
Care providers *provide* care.**

We use this language because it helps clarify each person's role and their relationship to the person receiving care.

Care Recipients, Caregivers, and Care Providers together
are **Partners in Care.**

We surveyed 228 caregivers and found that over **85%** prefer the term **caregiver** or **family/friend caregiver** to describe their role.



**Recognizing that you are a
family & friend caregiver
is important to your
physical and mental health**



**1 IN 3 NOVA SCOTIANS
IS A FAMILY/FRIEND CAREGIVER**

YOU ARE NOT ALONE.
#CAREGIVERAWARE2019

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

90% of Canadians say it's important to age at home.

The right supports for family & friend caregivers help make this possible. Visit our website for resources to help you [live safely at home.](#)



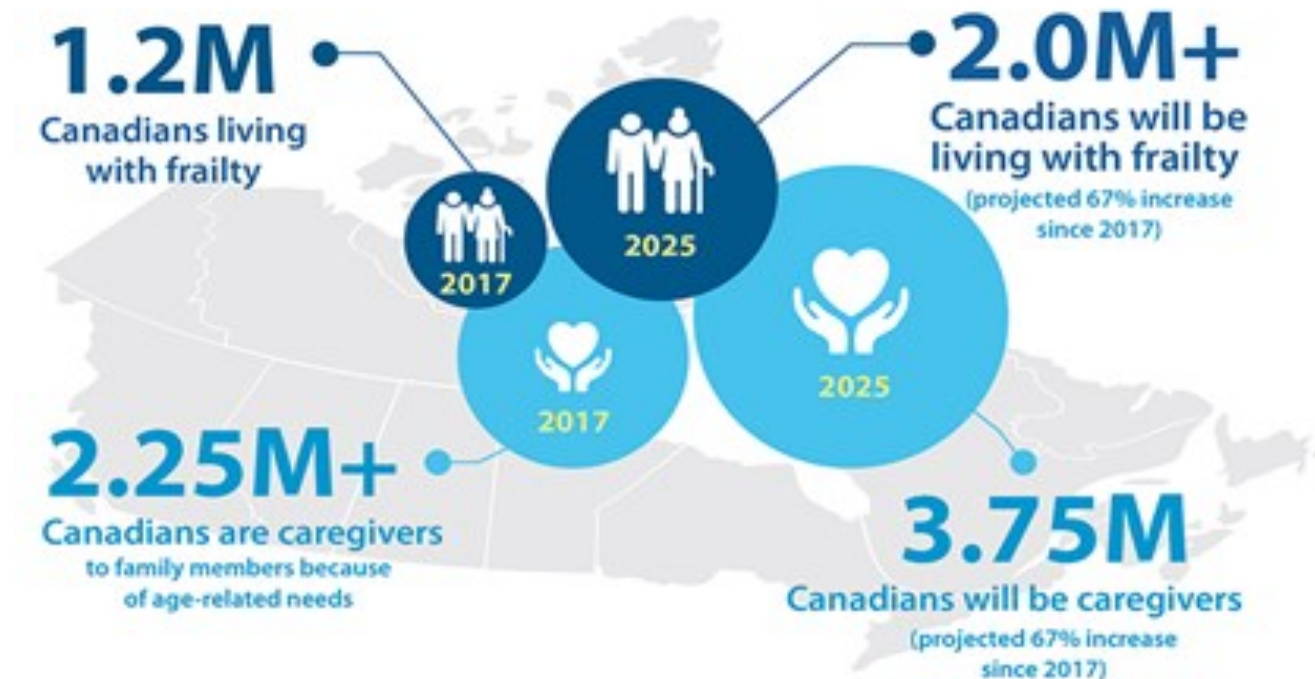
**“The unpaid care [given] by
family and friends
is worth more than **\$66 billion.**”**

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

According to an Institute for Work and Health study:

- **Women** compared to men are **73% more likely** to permanently leave work to care for an older relative
- Between 1997-2012, the number of workers who **permanently left work or changed to part-time work** to care for an older relative increased from **3,300 to nearly 15,000**

Frailty is a diagnosis.



(Image credit:
Canadian Frailty
Network)

Visit [Transitions in Adult Care](#) on our website for information on frailty and how to recognize frailty in a loved one.

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

We understand. Please contact us.