



# May is Caregiver Awareness Month

In recognition of family members and friends  
who give unpaid care to a loved one.

**Join the  
conversation.**


**#CGAware2017**





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

**Care providers, like your home care -  
worker, nurse, doctor, or pharmacist,  
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...

mother father  
wife daughter parent husband nephew niece  
in-law son neighbour friend  
cousin

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



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

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

**CaregiversNS.org**

**1.877.488.7390**

**#CGAware2017**



**Are you one of the 300,000  
Nova Scotians looking after a  
loved one?**

**We are here to help.**

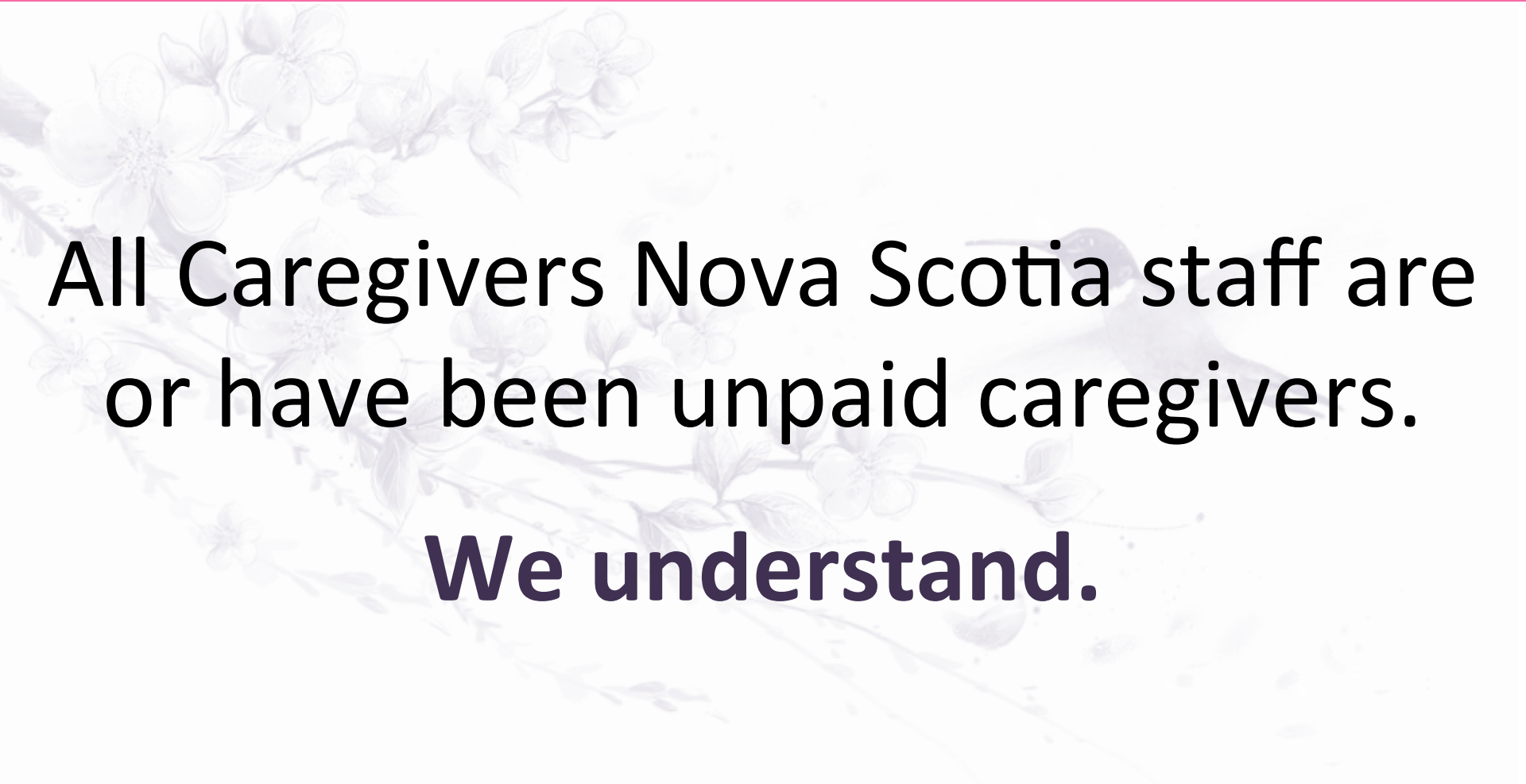
**90%** of Canadians say  
it's important to age at  
home

The **right supports** for  
**unpaid caregivers**  
makes this possible





Family and friend caregivers spend  
**\$100 to \$300/month** on expenses  
directly related to caregiving



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

**We understand.**