

Sandwich Generation & Family Caregivers

Facts and Figures

Statistics Canada

- In 2007, most eldercare (75%) was provided by those between 45 and 64 years of age, according to Statistics Canada; dubbed the “sandwich generation,” they are caught between having to supplement care for their parents and giving money to their kids to attend university — while trying to save for themselves.
- **Source:** <http://business.financialpost.com/personal-finance/retirement/parenting-your-parents-the-cost-of-caring-for-your-elderly-loved-ones>

BMO Report

- At some point in their lives, almost half of all Canadians (46% or 13 million) aged 15 and older have provided some level of care to a family member or friend. The majority of those providing care are in the 45–64 age group, and from 2007–2012, the number of caregivers aged over 45 grew to 4.5 million, representing a whopping 20% increase over this short period.
- Furthermore, over 75% of these caregivers work at a paid job or business. In 2012, an estimated 8.1 million had provided care in that year alone and 28% (2.2 million – the Sandwich Generation) also had children under the age of 18.1
- **Source:** https://www.bmo.com/pdf/mf/prospectus/en/14-832%20Sandwich%20Generation_E_FINAL.pdf

Office of the Seniors Advocate

- A report from the B.C. Seniors Advocate found that close to one in three (29%) unpaid caregivers are in distress and only about half (49%) of those had some form of public community or home support in the past week.
Report: <https://www.seniorsadvocatebc.ca/osa-reports/caregivers-in-distress-more-respite-needed/>

Dr. Paul Williams, of the Institute of Health Policy, Management and Evaluation

- “A growing family care gap means that the number of older people in need of care is predicted to outstrip the number of family members able to provide it for the first time in 2017... creating a shortfall in our collective capacity to care for older generations.”
- **Source:** <http://www.ryerson.ca/content/dam/crncc/knowledge/eventsandpresentations/2016/Caregivers2016/WILLIAMS.pdf>

Report from Linda Duxbury, Carleton University

- A 2012 report from Carleton University reports that among professional workers primarily from the Baby Boomer and Generation X cohort, 72 per cent said that they were responsible in some way for the care of an elderly relative or friend, and about half (53%) said that they are caring for two or more seniors. On average, those responsibilities last for more than six years – far longer than the weeks or months of leave provided by employer and government programs. Two-thirds of their sample were also parents to children of varying ages.
- Women are also still working a “double shift,” expending more energy at home than male counterparts and almost the same amount of energy at work. They are also more likely than men to devote a lot of energy to the parent and home maintenance roles.
- “I would say very clearly elder care is the new child care,” said Linda Duxbury,
- **Source:** <http://newsroom.carleton.ca/wp-content/files/2012-National-Work-Long-Summary.pdf>
<http://newsroom.carleton.ca/wp-content/files/2012-National-Work-Key-Findings.pdf>

Doctors of BC

- Recognizing the increasingly important role of family caregivers, the Doctors of BC has developed a physician Tool Kit that includes a resource guide providing practical suggestions to: identify caregivers; involve caregivers in patient care; monitor the health of caregivers; and provide information and support to caregivers.
- This toolkit supports the Doctors of BC’s new policy paper, *Circle of Care: Supporting Family Caregivers in BC*, which reports that:
 - 28% of caregivers are “sandwiched” between caregiving and childrearing;
 - 54% of caregivers are female;
 - 56% of caregivers are 45 years of age or above; and
 - Caregivers 65 years of age or older are most likely to spend the longest hours providing care.
- **Source:** <https://www.doctorsofbc.ca/news/doctors-bc-supports-family-caregivers>

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