

STATEMENT

FOR IMMEDIATE RELEASE

April 3, 2023

BC Seniors Advocate statement on National Caregiver Day

VICTORIA – April 4 is National Caregiver Day in Canada and an opportunity to highlight the immense but often unrecognized contributions of family caregivers in British Columbia and across the country.

Caregivers provide physical, emotional and mental care as well as support and companionship for seniors and others throughout the province. They do everything from personal care, driving to appointments, errands, medication management, shopping, meal preparation, housekeeping and many other tasks to help ensure their loved one is happy and healthy. Many caregivers take on these unpaid tasks while providing support for parents and children while also working to earn a living.

Caring for an elderly person can be incredibly rewarding but it is often tremendously difficult as more and more of the support provided to seniors continues to shift to family caregivers in B.C. Now, for every one hour of home support provided by the health care system, five hours are provided by a family caregiver. Over one third of family caregivers in B.C. report being in distress. We must do more to provide support, respite and resources for people caring for others in our communities to ensure they too remain healthy.

Today is a time to acknowledge the dedication and commitment of family caregivers for the work they do each day. However, we must do better to support caregivers themselves so they can continue to provide the invaluable acts of service for many seniors in British Columbia.

Isobel Mackenzie
BC Seniors Advocate

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The Office of the Seniors Advocate is an independent office of the provincial government with a mandate of monitoring seniors' services and reporting on systemic issues affecting seniors. The office also provides information and referral to seniors and their caregivers by calling toll-free 1 877 952-3181, BC211, via email at info@seniorsadvocatebc.ca, Canada Post and the OSA web site <https://www.seniorsadvocatebc.ca/>.

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