Health care connections support caregivers to:

**Technology connects carers**
- 20% create calendars and scheduling
- 13% create lists to track tasks
- 12% manage prescription refill and delivery
- 8.5 hours per month on average saved by telehomecare
- 25% of carers use technology like alarms, sensors or remote monitoring to help with caring.

**Care for their holistic needs**
- Caring takes a toll on health
  - 10 hours of care from family and friends for every 1 hour of professional help.
  - Health suffered
  - Non-dementia CG
  - Dementia CG
  - % of caregivers
  - Health suffered: Non-dementia CG - 30%, Dementia CG - 50%
  - Worn out: Non-dementia CG - 40%, Dementia CG - 60%
  - Tired: Non-dementia CG - 30%, Dementia CG - 50%
  - Sleep disturbed: Non-dementia CG - 20%, Dementia CG - 40%
  - Depressed: Non-dementia CG - 10%, Dementia CG - 20%

**Ensure patients’ well-being**
- Seniors are 2x as likely to enter residential care when they live alone or when their caregiver is unable to continue providing care.

**Access reliable and trustworthy information**
- Caregivers who are better informed experience a decrease in anxiety and have a positive, supportive caregiving experience.

**Be partners in care**
- 10 hours of care from family and friends for every 1 hour of professional help.

**Share their knowledge and lived experiences**
- As experts on their caring role, co-designing research, policy and product development with carers will impact applicability and success.

**Recognizing Carers**
- A CARER (also referred to as caregiver or family caregiver) is a person who takes on an unpaid caring role for someone who needs help because of a physical or cognitive condition, an injury or a chronic life-limiting illness.

Learn more on how AGE-WELL is supporting caregivers through research and technology: http://agewell-nce.ca/research/research-themes-and-projects/workpackage-2

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