

# Preparing to care

The Ontario Caregiver Organization (OCO) exists to improve the lives of Ontario's estimated four million caregivers. In the next five years, it's anticipated there will be nine million Ontarians in a position of needing to care for a family member, partner, friend or neighbour. Many will find themselves in the caregiving role suddenly, which is why it's important to begin preparing today. Caregiving can take a toll on an individual's physical and mental health. Planning for it now can help reduce the risk of caregiver burnout.



## Here are five tips to get you started today.

1. Talk with your future care recipient now about financial, legal, and practical plans such as where they will live when they may no longer be able to be on their own. The OCO has a checklist of things to consider in its [I am a Caregiver Toolkit](#).
2. Understand what support is available from your employer. This might include the option to flex hours or access paid caregiver days, if available. Refer to OCO's [Work and Caregiving Toolkit](#) to support these conversations.
3. Make financial plans for the possible costs of caregiving for you. The average monthly out of pocket cost is \$640. A financial planner may be able to help you plan for the financial impact of providing care. [Learn more about financial support for caregivers](#).
4. Create your "circle of care" including other family members and decide who will be responsible for what. This is particularly important when some people don't live close by but can contribute virtually. Identifying roles and responsibilities early can help reduce anxiety and stress.
5. Learn about community resources that could support aging well at home, including joining waitlists.



**36%** say they were not prepared for the impact it would have on their ability to work



**36%** say they were not prepared for the impact caregiving would have on their financial situation



**38%** say they were not prepared for the amount of time it would take to provide the care required



**44%** say they were not prepared for the impact it would have on their life

Contact the Caregiver Helpline at 1 833 416 2273