

Informal caregiving: Key results

Health Interview Survey 2023-2024

What is informal caregiving?



This is the **regular provision of assistance or care to someone** with age-related problems, a chronic condition, or a disability, **without it being part of a professional role.**

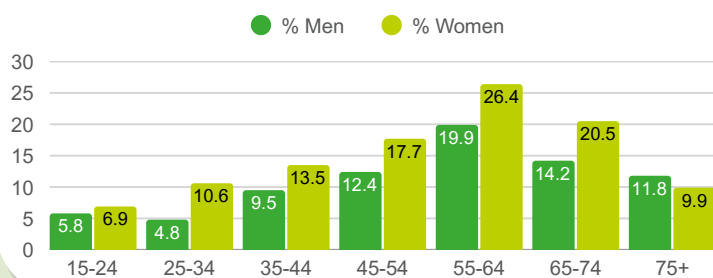
How many people provide informal care?

13.3% of the population (15+) provide informal care on a weekly basis.

This share has remained stable since 2018, but it is **higher than in 2013.**

It is **more common among:**

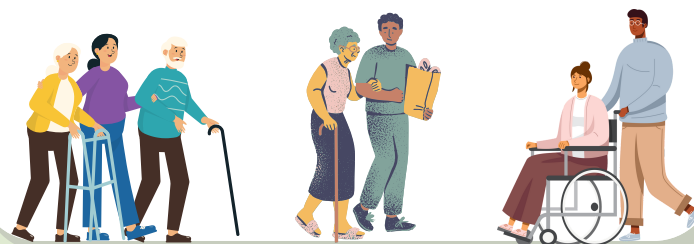
- **Women**
- **55-64 year olds**



Who do informal caregivers care for?

- **58.5% for family members outside the household**
- **24.3% for household members who live with them**
- **17.1% for non-family members**

People aged 65 and over are more likely to care for household members who live with them.



How much time do informal caregivers spend on care?

11.7% spend ≥20 hours per week on care.

More time is spent by:

- **Caregivers aged 65 years and over**
- **Caregivers with a lower education degree**
- **Those who care for household members who live with them**



How hard does informal care feel?



14.7% feel heavily burdened by providing care.

The perceived burden is **higher among:**

- **Female caregivers**
- **People who care for household members who live with them**
- **Caregivers who spend ≥20 hours per week providing care**