

ACROSS BOUNDARIES / NEWS / NEWS / NATIONAL CAREGIVER DAY: SILENT STRENGTH

# National Caregiver Day: Silent Strength

NEWS, WELLNESS   APRIL 1, 2025   KATHERINE   0

## What is National Caregiver Day?

Every year the first Tuesday of April is observed as [National Caregiver Day](#) in Canada – a time to acknowledge the millions of individuals who dedicate themselves to supporting loved ones facing mental health challenges, addiction, disabilities, or age-related needs. While their role is essential, their struggles—emotional exhaustion, financial strain, and social isolation—often go unnoticed. As per [research](#), one in four Canadians provides care to a family member or friend, accounting for 75% of all care and saving the healthcare system billions of dollars annually. Yet, many caregivers are forced to reduce work hours or leave their jobs, making an already demanding role even more challenging.

## Assessing and Managing Compassion Fatigue:

Caregiving is far more common than many realize, and compassion fatigue is a direct result of this. Unlike burnout, which develops over time due to chronic stress, [compassion fatigue](#) is the emotional and physical exhaustion that comes from consistently caring for others while neglecting one's own needs. It can lead to feelings of helplessness, detachment, and even resentment, making it harder for caregivers to continue their work. Recognizing the warning signs early is crucial, and tools like the [Professional Quality of Life Scale \(ProQOL\)](#) by The Center for Addictions and Mental Health (CAMH) help caregivers assess their well-being by measuring both compassion satisfaction and fatigue. This self-assessment allows caregivers to identify when they may need additional support or intervention.



Cultural values and expectations further shape the caregiving experience. In many communities, caregiving is seen as a responsibility rather than a choice, which can create additional pressures. According to the [American Psychological Association](#), *"ethnic minority caregivers provide more care than their White counterparts and report worse physical health than White caregivers."* In some cultures, seeking external help carries stigma, leaving caregivers to shoulder responsibilities alone. Ensuring that caregiving resources and policies are inclusive and accessible is crucial to addressing these disparities.

## Financial Relief For Caregivers:

Beyond the physical and emotional toll, caregiving also presents significant financial challenges. Many caregivers remain unaware of the Canada Caregiver Credit (CCC), a non-refundable tax credit designed to provide financial relief for those caring for a spouse, common-law partner, or dependent with a physical or mental impairment. Check eligibility criteria [here](#). However, complex application processes and lack of awareness mean that many eligible caregivers do not receive this support. Greater advocacy is needed to ensure caregivers can access the resources available to them.

## Tips From Our Own Service Users' Caregivers:

At Across Boundaries, caregivers shared how they balance their responsibilities with self-care.

### From a Caregiver Supporting Their Mother:

*"Taking time away from caregiving is just as important as caregiving itself. Even something as simple as grabbing a coffee and walking around the mall can provide relief. Spending time with other family members and leaning on them for support makes a difference. I also visit the Sikh temple for prayers and socializing. Attending Yoga and Mindfulness Arts at Across Boundaries or taking a walk in the park helps me recharge."*



### From a Mother/Caregiver of a Service User:

*"Faith is a powerful coping tool. Seeking support from a religious community, joining prayer groups, and strengthening your spiritual beliefs can be incredibly comforting. Meditation and spiritual counseling are also beneficial. Connecting with the senior community, whether through social events or even a phone call with a friend, can lighten the emotional load."*



### From a Single Mother/Caregiver of a Service User:

*"Quiet activities like mindful breathing and taking baths are small but effective ways to care for yourself. Across Boundaries programs help by providing social opportunities and support from others who understand. Sharing experiences and wellness strategies with peers can be a great way to recharge. Volunteering outside of home and caregiving also gives me a sense of purpose. Sometimes, hope comes from believing in something greater, whether it's spirituality, a cause, or a community."*



## The Importance of Social Support and Personal Fulfillment:

A common theme in these experiences is the importance of social support and personal fulfillment. Caregiving can be isolating, but staying connected—whether through family, faith, or community—helps ease the burden. Equally important is having something that grounds and sustains caregivers, whether it is faith, art, [nature](#), or a cause that brings meaning to their lives.

On National Caregiver Day, it is essential to not only recognize the invaluable contributions of caregivers but also to ensure they have the financial, social, and mental health resources needed to continue their work without sacrificing their own well-being. Advocating for better workplace protections, increased financial support, and greater access to care services is critical in supporting those who dedicate themselves to the care of others.

**To all caregivers: You are seen, valued, and appreciated. Not just on National Caregiver Day but everyday. Your well-being matters.**

■ #BURNOUT, #CANADA CAREGIVER CREDIT, #CAREGIVERS, #CAREGIVING, #CHRONIC STRESS, #COMPASSION FATIGUE, #EMOTIONAL TOLL, #MENTAL HEALTH, #MENTAL IMPAIRMENT, #NATIONAL CAREGIVER DAY, #RESPONSIBILITY, #SOCIAL SUPPORT, #THERAPY, #WELLBEING

PREVIOUS POST

**Why Your "New Year Resolutions" Can Wait**

NEXT POST

**Creating a Home Where It's Safe to Be Human and Unmask**

## Leave a Reply

Your email address will not be published. Required fields are marked \*

Comment \*

Name \*

Email \*

Website




☐ Save my name, email, and website in this browser for the next time I comment.

[POST COMMENT](#)

## Ways to help

You will help to change the lives of our clients. Your support allows Across Boundaries to deliver holistic mental health and addiction services to racialized communities across the GTA.

[DONATE TODAY](#)



Anti-oppression/Anti-racism Training

Services

Programs

**Ontario Structured Psychotherapy Program**

What We Do

Ongoing Programs

News

Contact Us

Feedback

Careers

**For donations, events and volunteers**

**(416) 787-3007 ext. 221**

**For intake and program information:**

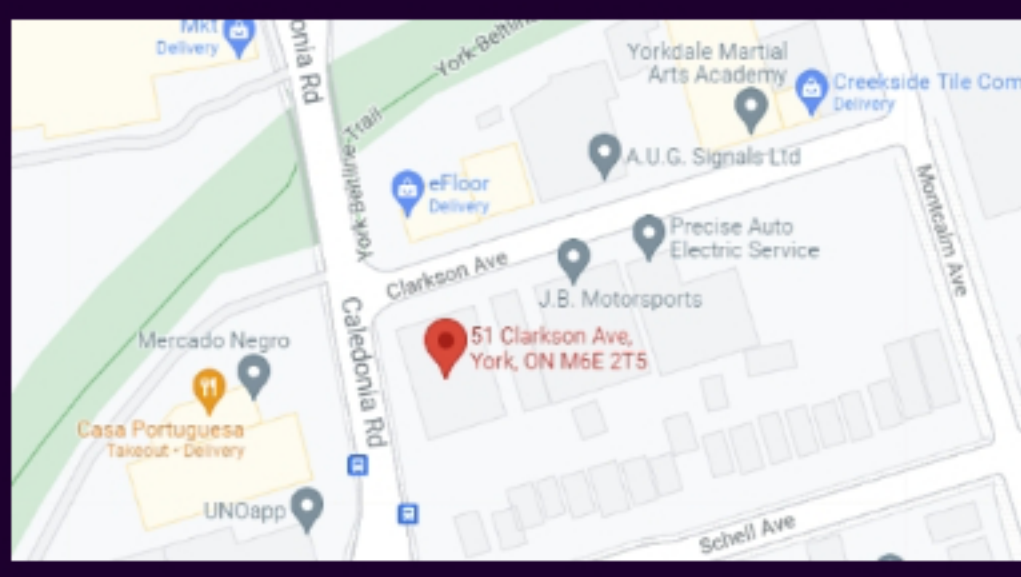
**(416) 787-3007 ext. 222**

**For all other inquiries:**

**(416) 787-3007 ext. 297**

**For career inquiries:**

**careers@acrossboundaries.ca**



51 Clarkson Avenue, Toronto, Ontario M6E 2T5, Canada