

Ontario Caregiver Coalition

The voice of caregivers across Ontario



Who We Are

The Ontario Caregiver Coalition (OCC) is a non-partisan, province-wide alliance of caregivers and organizations that support them. Since 2009, OCC has served as a unified voice advocating for the recognition, respect, and support of unpaid caregivers—family members, friends, and neighbours who provide essential care to people living with illness, disability, or frailty. Our work is grounded in the lived experiences of caregivers and informed by front-line expertise across health and social care sectors.

Why It Matters

Over 4 million Ontarians provide unpaid care—a number projected to rise to 6.5 million in just five years. These caregivers are the invisible backbone of our health system, contributing between \$26–\$72 billion in unpaid labour annually. Yet they often do so at great personal cost—financially, emotionally, physically, and socially. Many report feeling overwhelmed, isolated, and undervalued. The system cannot function without them, but they cannot keep going without better support.

Our mission

To improve the lives of caregivers by advocating for fair, equitable access to the supports they need.

Our vision

An Ontario that recognizes, values, and supports caregivers—no matter their background, circumstance, or location.

What We Do

Advocate for direct financial support, improved respite services, and mental health care

Engage caregivers through surveys and forums to amplify their voices and shape policy

Collaborate with government, researchers, service providers, and community organizations to drive systemic change, like Motion 20 for an Ontario Caregiver Support Benefit

Spread awareness through research, events, and campaigns like Family Caregiver Day

Build partnerships that create impact—recent collaborations include Ontario Shores, York University, Fondation Émergence, and the Princess Margaret Caregiver Clinic

Why Join Us?

Be part of a growing, collaborative movement working to build a better Ontario for caregivers. Members benefit from shared advocacy tools, research and communications platforms, policy influence, and meaningful opportunities to elevate caregiver voices and drive systemic change. Whether you're a caregiver, a health or social service provider, a research institution, or a community organization—there is a place for you at OCC.

Our Caregiver Members

The OCC's advocacy work is inspired and led by caregivers themselves. Our caregiver members live all across the province, and come from all walks of life and a diverse array of caregiving experiences. Bringing their experience of caregiving, both past and present, caregiver members guide our advocacy priorities, shape our messages, and engage in our efforts for change. Whether you have a few minutes or a few hours to contribute; whether you enjoy researching, writing, speaking, organizing, connecting, or something else, there is a place at the OCC for every caregiver who wants to contribute to change.



Our Organizational Members

The OCC is host to a strong network of organizations that support caregivers, including the Alzheimer Society of Ontario, MS Canada, Baycrest, the Young Caregivers Association, Ontario Shores and many more. Organizational members are committed to joining a coalition of change. As members of a coalition, organization members are highlighted on our website and through our annual Member Spotlight; have the opportunity to share information about their caregiver-focused efforts through our newsletter, social media and General Members Meetings; and collaborate with caregivers and like-minded organizations to conduct research, develop policy and drive change.



Join the Movement.

Share Your Voice. Support Caregivers.

Learn more: www.ontariocaregivercoalition.ca

Email: ontariocaregivercoalitionocc@gmail.com

Become a [member](#)

