Hours spent providing unpaid care or assistance to seniors	Age groups	Total - Sex	Male	Female
Total - Hours spent providing unpaid care or assistance to seniors	Total - Age groups	422,385	203,920	218,465
	15 to 24 years	65,360	33,210	32,145
	25 to 54 years	221,705	106,030	115,675
	25 to 34 years	58,260	27,450	30,815
	35 to 44 years	78,040	37,030	41,015
	45 to 54 years	85,395	41,550	43,850
	55 to 64 years	69,125	34,340	34,785
	65 to 74 years	39,115	19,285	19,835
	75 years and over	27,080	11,045	16,025
No hours of unpaid care or assistance to seniors	Total - Age groups	347,120	173,945	173,175
	15 to 24 years	57,475	29,590	27,885
	25 to 54 years	174,790	88,110	86,680
	25 to 34 years	50,880	24,975	25,905
	35 to 44 years	60,550	30,440	30,110
	45 to 54 years	63,355	32,695	30,660
	55 to 64 years	56,070	28,945	27,125
	65 to 74 years	33,990 24,795	17,130	16,860 14,620
	75 years and over	24,795	10,175	14,020
Less than 5 hours of unpaid care or assistance to seniors	Total - Age groups	38,725	16,985	21,730
	15 to 24 years	5,685	2,635	3,055
	25 to 54 years	23,865	10,030	13,830
	25 to 34 years	4,430	1,660	2,770
	35 to 44 years	8,970	3,650	5,315
	45 to 54 years	10,460	4,715	5,740
	55 to 64 years	5,815	2,795	3,025
	65 to 74 years 75 years and over	2,310 1,045	1,100 435	1,210 615
5 to 9 hours of unpaid care or assistance to seniors				
	Total - Age groups	18,715	7,080	11,630
	15 to 24 years	1,460	625	835
	25 to 54 years	12,215	4,520 495	7,690
	25 to 34 years 35 to 44 years	1,635 4,365	1,645	1,140 2,725
	45 to 54 years	6,215	2,380	3,830
	55 to 64 years	3,345	1,305	2,040
	65 to 74 years	1,215	455	765
	75 years and over	480	180	300
10 to 19 hours of unpaid care or assistance to seniors		7.740	0.705	4.000
	Total - Age groups	7,710	2,785	4,920
	15 to 24 years	425 4,935	225 1,665	200 3,270
	25 to 54 years 25 to 34 years	4,935	1,000	500
	35 to 44 years	1,940	670	1,270
	45 to 54 years	2,350	850	1,495
	55 to 64 years	1,495	535	960
	65 to 74 years	560	225	335
	75 years and over	290	140	150
20 hours or more of unpaid care or assistance to seniors	Total Ago groups	10,120	3,120	7,000
	Total - Age groups 15 to 24 years	315	3,120 145	170
	25 to 54 years	5,900	1,700	4,200
	25 to 34 years	670	175	495
	35 to 44 years	2,215	620	1,590
	45 to 54 years	3,015	905	2,110
	55 to 64 years	2,400	765	1,630
	65 to 74 years	1,040	380	660
	75 years and over	460	125	335

Source: Statistics Canada, 2006 Census