**Homecare** consists of total respondents who chose either 'home maintenance and/or housekeeping', 'personal hygiene' as top responsibilities.

Managing technology consists of the total respondents who chose 'managing the technology needed for telemedicine/telehealth/virtual visits' as a top responsibility.

Demographic data on Canadian first time caregivers intended as directional due to low base size (n=93).

Dementia, Alzheimer's, Muscular Dystrophy, Congestive Heart Failure, or a spinal cord injury. Long-term illness, physical disability, and/or cognitive/mental condition, such as: Cancer, Multiple Sclerosis, Parkinson's Disease, or other conditions that limit what they can do.

All references of an unpaid carer refers to someone who provides regular and ongoing unpaid care and support for someone with a physical health.