

New Report Highlights Time Inequality for People with Disabilities in Canada

A new report released on March 19, 2026 using data from the 2022 Time Use Survey offers insight into how Canadians feel about the way they spend their time and reveals notable disparities for people with disabilities.

“Satisfaction with time use” is a key measure of well-being in Canada’s Quality of Life Framework, capturing how people perceive their daily balance of work, care, leisure, sleep, and other activities. Overall, about 62.3% of Canadians report high satisfaction with how they use their time.

However, the findings show a clear gap for people with disabilities. Only 52.5% of persons with disabilities report high satisfaction with their time use, compared to 69.8% of those without disabilities. This difference persists even when accounting for factors like age, employment, and gender, thus suggesting deeper, systemic barriers are shaping how time is experienced.

The report also highlights how satisfaction varies within the disability community:

- Age: Older adults (65+) with disabilities report higher satisfaction (70.6%) than those aged 35-44 (43.0%).
- Severity: Satisfaction decreases as disability severity increases, dropping from 56.9% (mild) to 43.7% (severe or very severe).

Why this matters

Time is a limited resource, and how people are able to use it is deeply connected to accessibility, support systems, and social inclusion. Lower satisfaction with time use points to broader inequities, particularly around access to employment, transportation, and adequate supports for daily living.

As future research explores how daily activities shape well-being, this report reinforces a critical message: improving quality of life for people with disabilities requires not just more time but better, more equitable access to how that time can be used.

Source:

1. <https://www150.statcan.gc.ca/n1/pub/89-652-x/89-652-x2026001-eng.htm>

For more information on the topics discussed or questions, please contact us at info@nydp.ca

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