



Canadian Longitudinal Study on Aging: Experience with Caregiving

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Engaging in Aging:
A CLSA Q&A
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Caregiving in Canada

- Unpaid or informal caregiving form an essential component of the care system
- Allows care recipient to stay in their homes longer and increases their quality of life
- Caregiving experience varies based upon:
 - Number of hours caregiving (caregiver intensity)
 - Length of time in weeks/months
 - Assisting with types of care
 - Co-residence (or not) with the care receiver



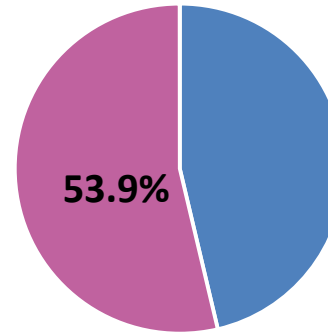
Among CLSA participants:

38.2%
Provide care

**6.2% both
give and
receive
care**

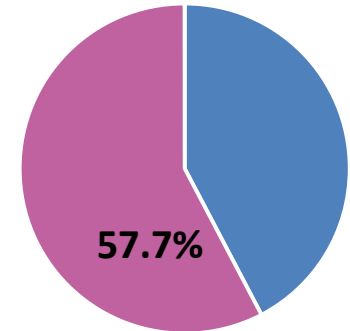
8.1%
Receive care

Provide Care



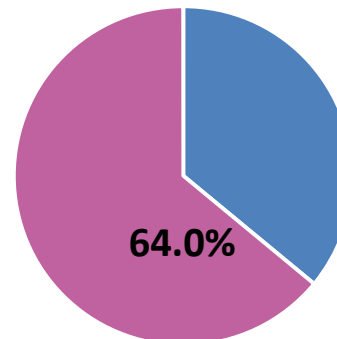
■ Men ■ Women

Receive Care



■ Men ■ Women

Give and receive care



■ Men ■ Women



Caregiving & Care Receiving by Age

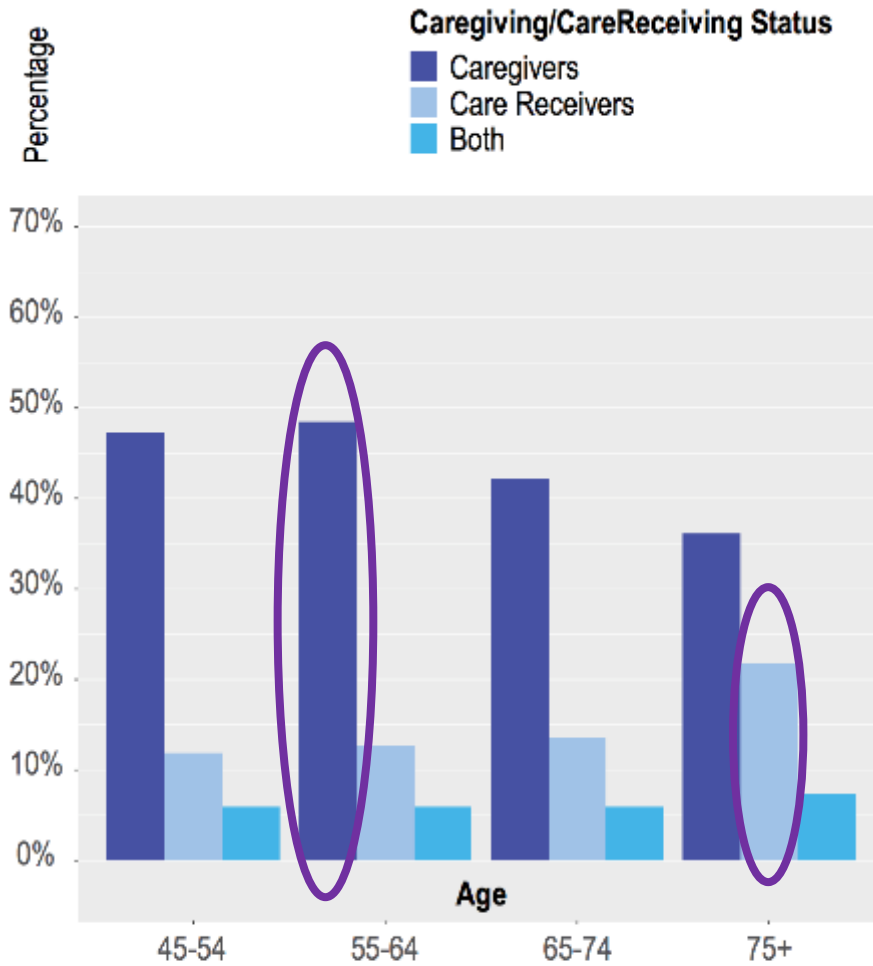


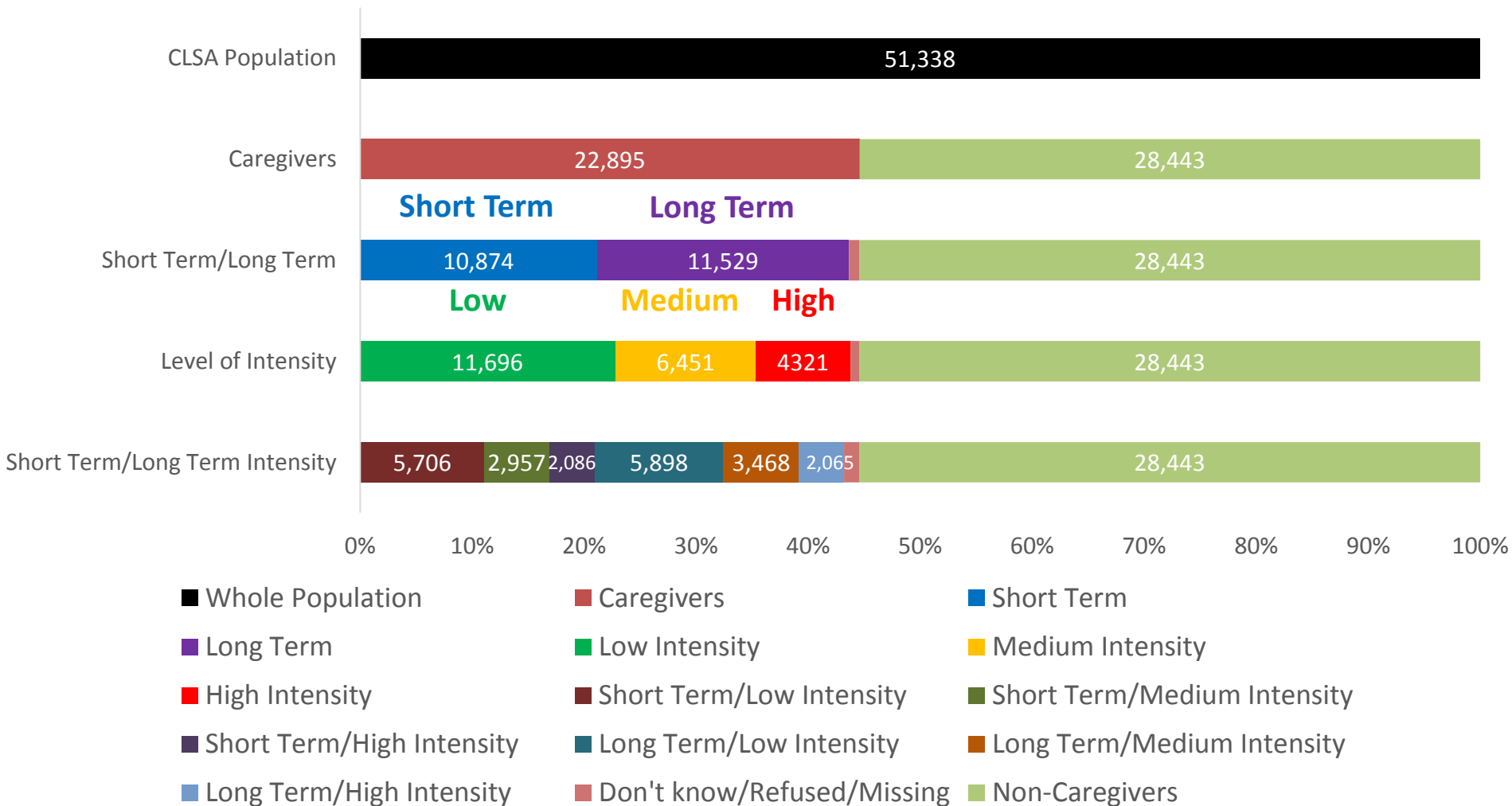
Figure 1 – Prevalence of caregivers, care receivers, and those who are both stratified by age

Caregiving Intensity and Length of Time

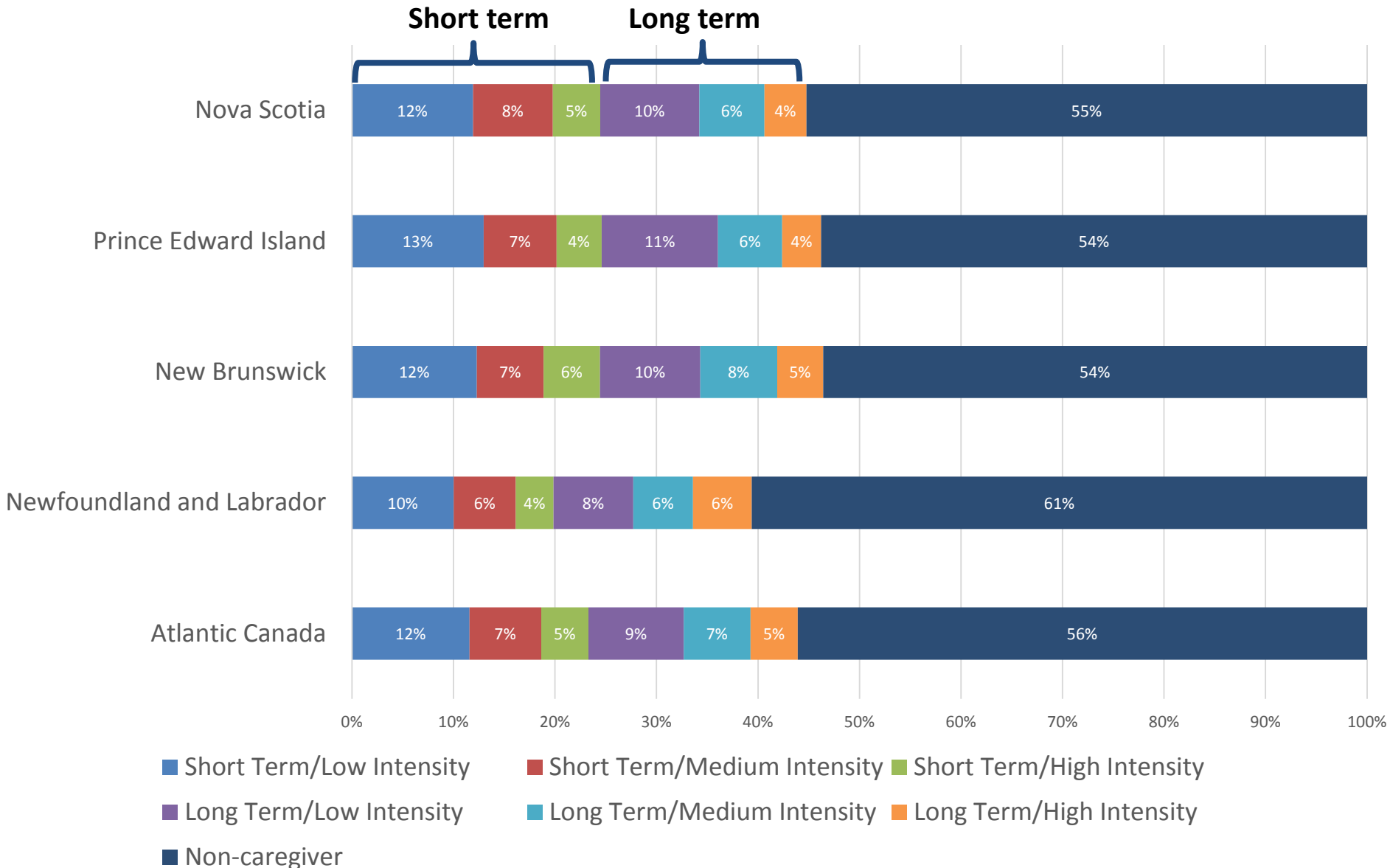
- Non-caregivers
- 3 levels of intensity:
 - **Low** intensity = **<5 hours/week**
 - **Medium** intensity = **5-19 hours/week**
 - **High** intensity = **>20 hours/week**
- Length of time caregiving
 - **Short** term = **<12 weeks**
 - **Long** term = **>12 weeks**
 - Any condition lasting for more than 3 months is considered chronic and therefore will need longer term care



CLSA Caregivers: Length & intensity of care



Caregiving in Atlantic Canada



How do **long term** *and* **high intensity** caregivers stand out?

- Retirement status
- Income



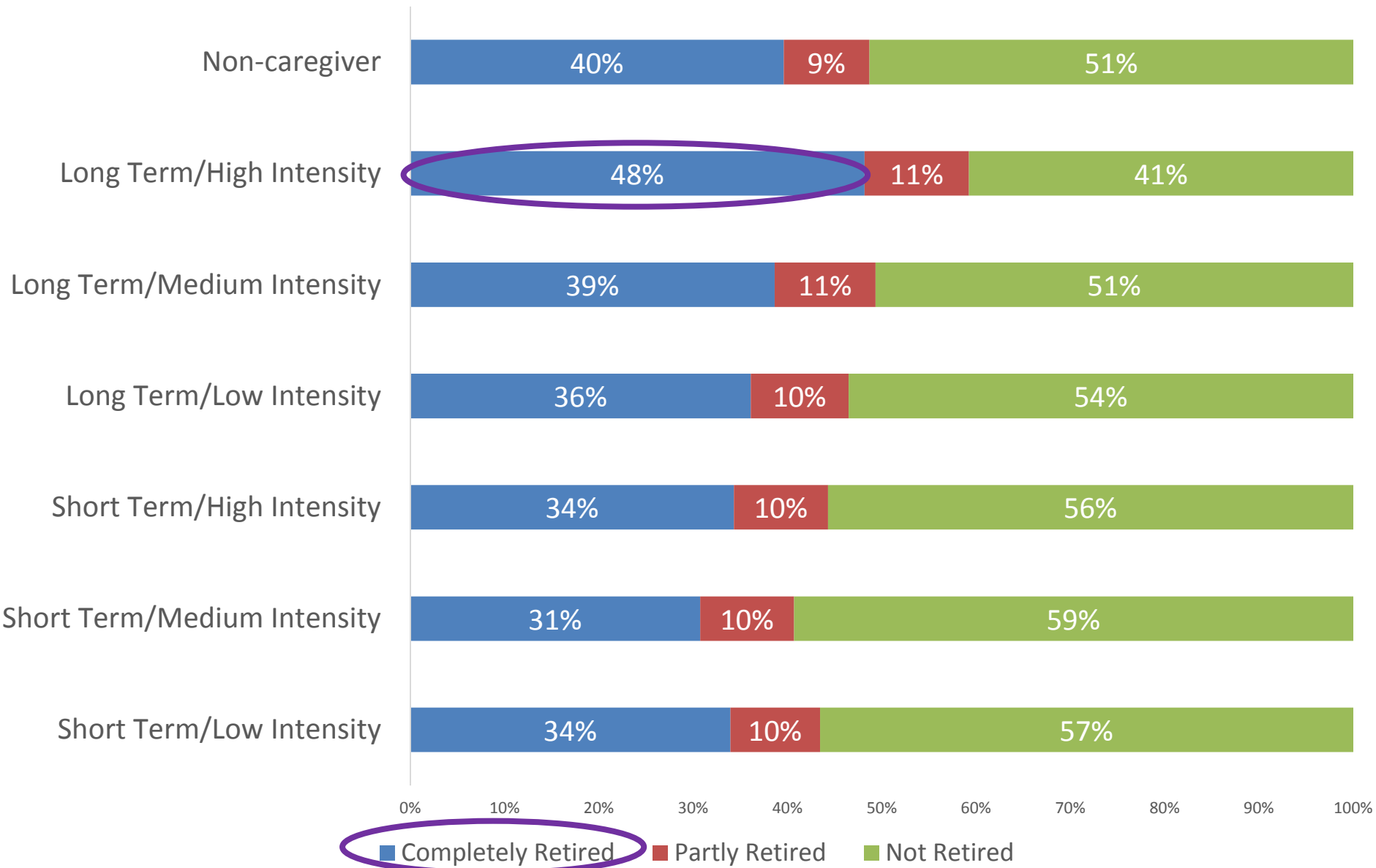
- Relationship to care recipient
- Living situation



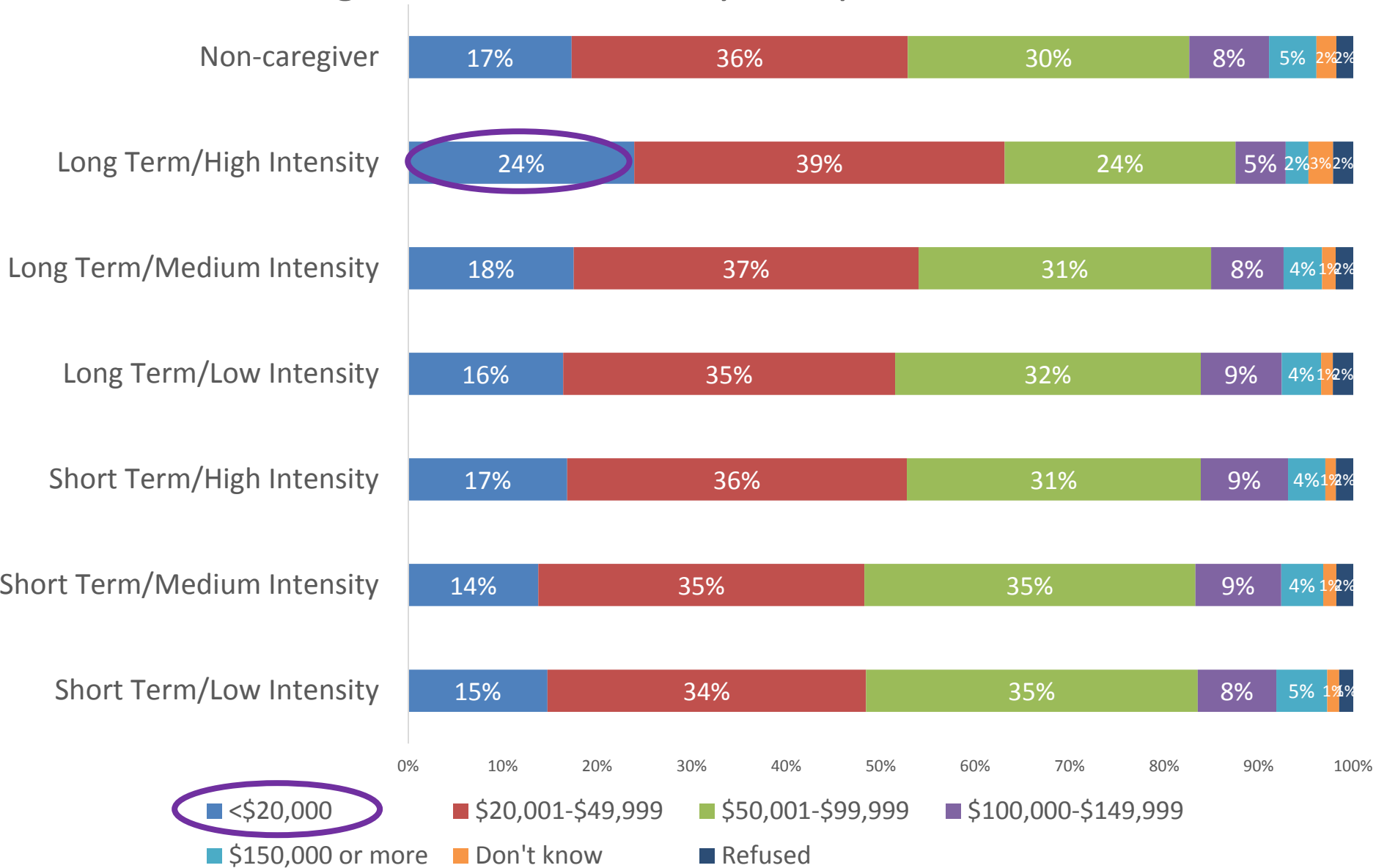
- Depression
- Satisfaction with Life



Caregivers and Retirement Status: Long term high intensity caregivers are more likely to be retired



Caregivers and **Income**: Long term high intensity caregivers are more likely to report low income



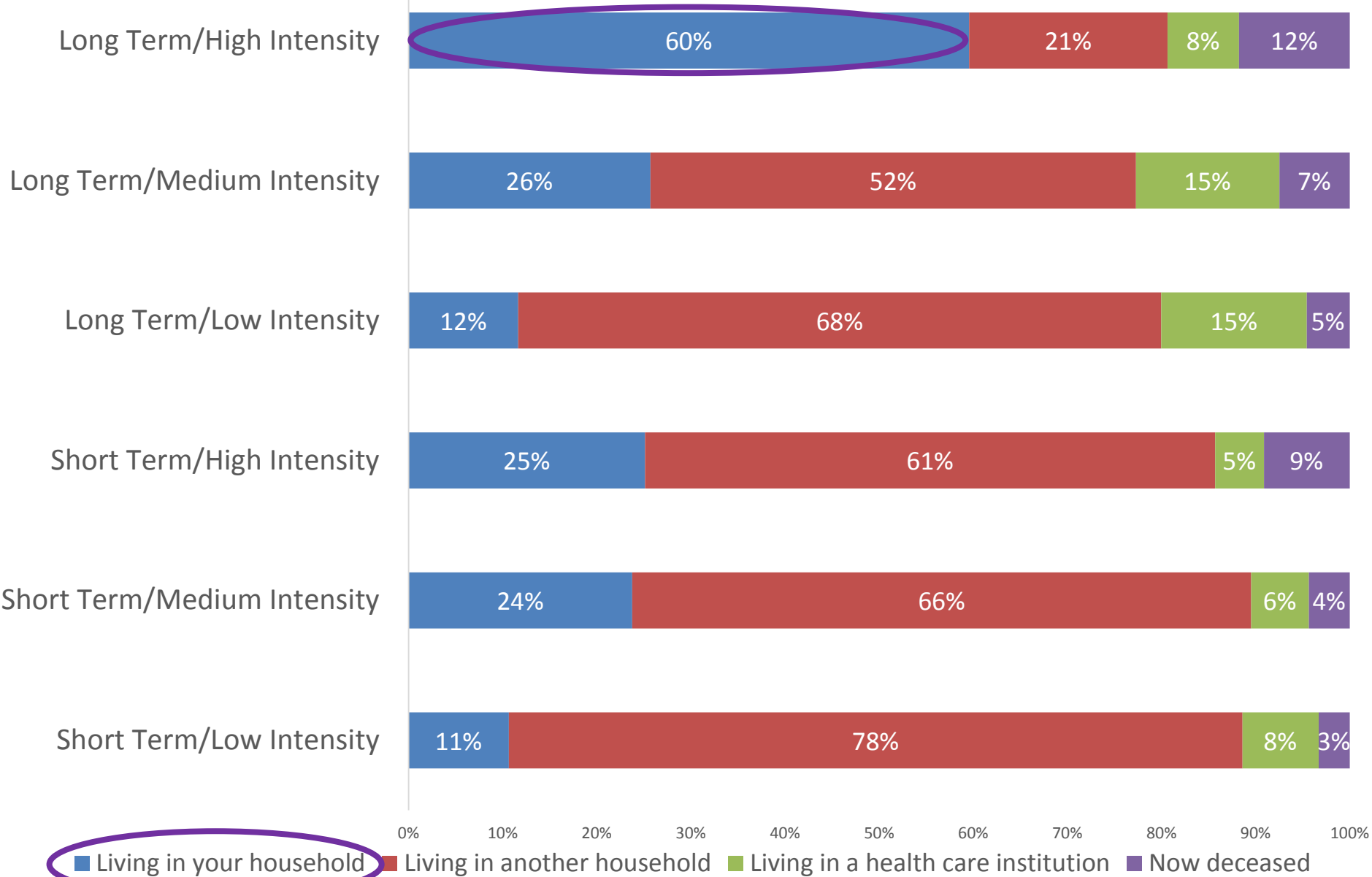
Relationship to Care Recipient: Long term high intensity caregivers are more likely to be caring for a spouse/partner



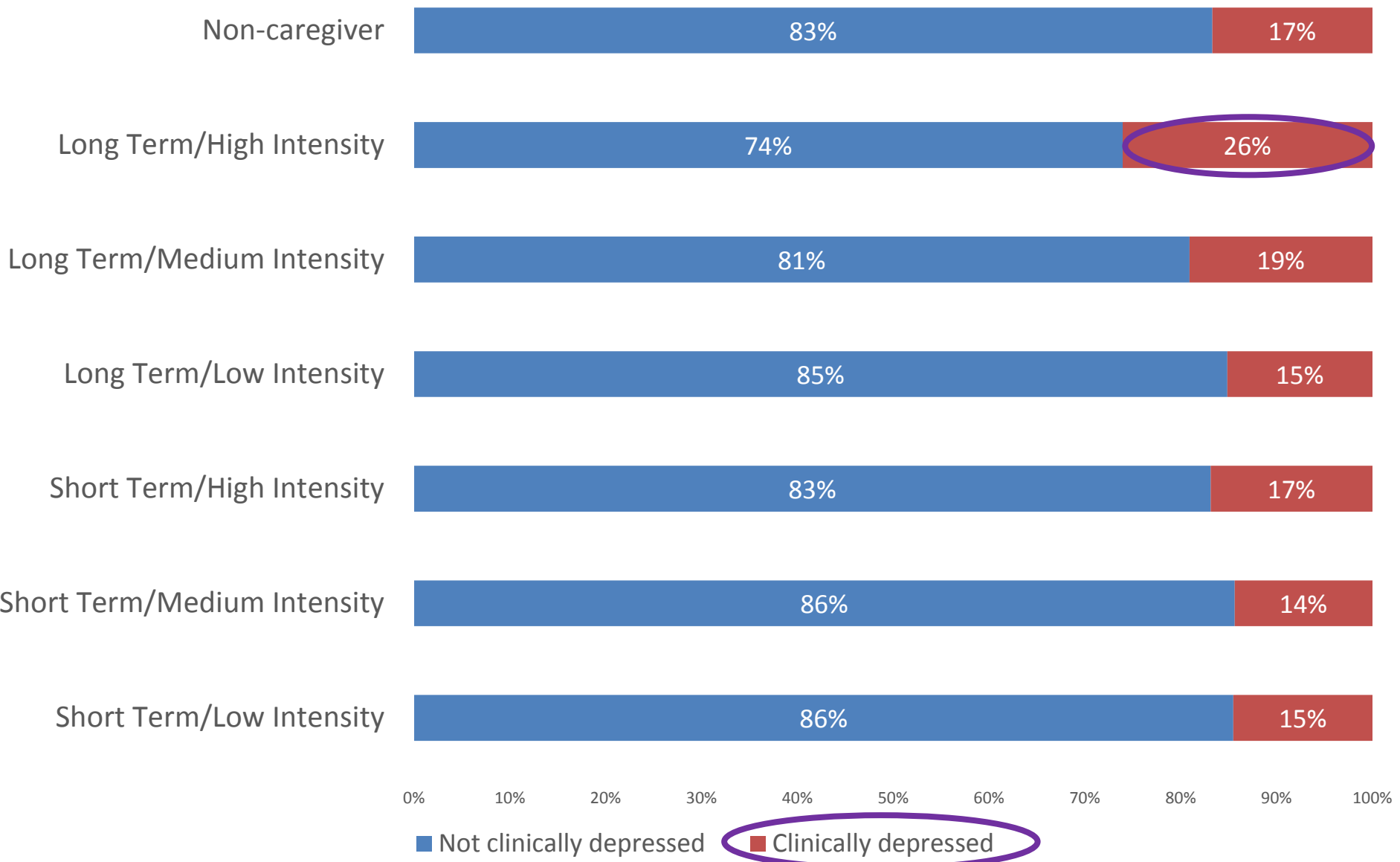
0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

■ Spouse/partner
■ Parent/in-law
■ Child/in-law
■ Sibling/in-law
■ Other relative
■ Friend, neighbour, other

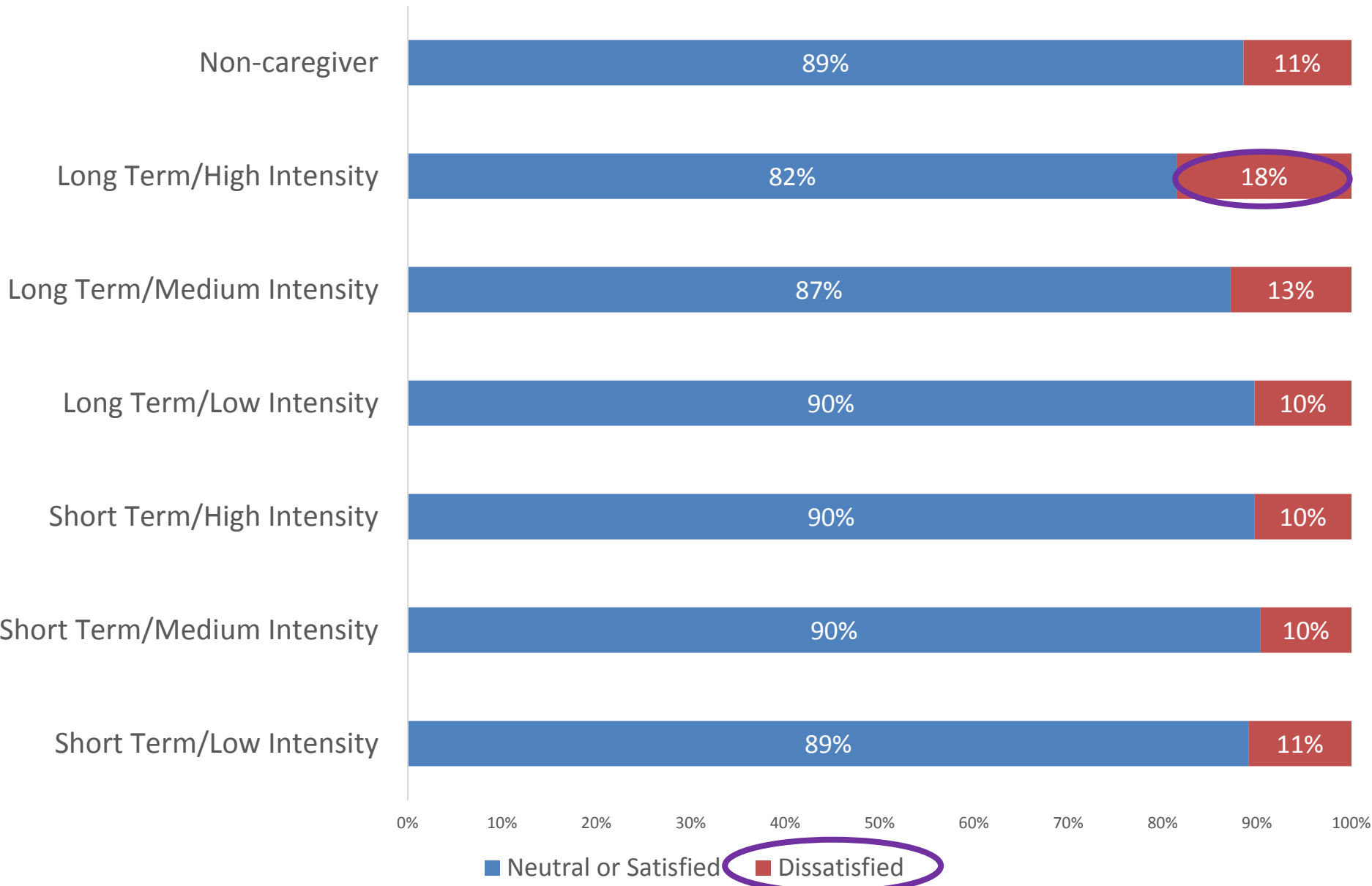
Living situation: Long term high intensity caregivers are more likely to live with the care recipient



Caregiving and Depression: Long term high intensity caregivers are more likely to have symptoms of depression



Caregiving and Satisfaction with Life: Long term high intensity caregivers are more likely to have lower life satisfaction



The background of the slide features a collection of stylized, colorful hands in various colors (red, green, blue, purple, orange) reaching upwards. The hands are semi-transparent and layered, creating a sense of depth and movement. The overall aesthetic is bright and positive.

Thank you for participating in the CLSA! Our ongoing research about experiences with caregiving is just one example of how you are making a difference.

Any comments or questions?