Canadian Longitudinal Study on Aging: Experience with Caregiving

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Engaging in Aging:
A CLSA Q&A
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Overview of Presentation

• Caregiving in the Canadian population
• CLSA baseline findings on caregiving
• Factors associated with long term high intensity caregiving among CLSA participants
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

53.9% Provide Care

Men  Women

57.7% Receive Care

Men  Women

64.0% 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

#### CLSA Population

- Whole Population: 51,338

#### Caregivers

- Short Term
  - Low: 10,874
  - Medium: 11,529
  - High: 11,696
- Long Term
  - Low: 11,529
  - Medium: 6,451
  - High: 4321

#### Level of Intensity

- Short Term
  - Low: 5,706
  - Medium: 2,957
  - High: 2,086
  - Low Intensity: 5,898
  - Medium Intensity: 3,468
  - High Intensity: 2,065
  - Don't know/Refused/Missing: 28,443
- Long Term
  - Low: 28,443
  - Medium: 28,443
  - High: 28,443

#### Short Term/Long Term Intensity

- Short Term/Low Intensity: 28,443
- Short Term/Medium Intensity: 28,443
- Short Term/High Intensity: 28,443
- Long Term/Low Intensity: 28,443
- Long Term/Medium Intensity: 28,443
- Long Term/High Intensity: 28,443
- Non-Caregivers: 28,443
Caregiving in Atlantic Canada

Short term

<table>
<thead>
<tr>
<th>Province</th>
<th>Short Term/Low Intensity</th>
<th>Short Term/Medium Intensity</th>
<th>Short Term/High Intensity</th>
<th>Long Term/Low Intensity</th>
<th>Long Term/Medium Intensity</th>
<th>Long Term/High Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nova Scotia</td>
<td>12%</td>
<td>8%</td>
<td>5%</td>
<td>10%</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>13%</td>
<td>7%</td>
<td>4%</td>
<td>11%</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>12%</td>
<td>7%</td>
<td>6%</td>
<td>10%</td>
<td>8%</td>
<td>5%</td>
</tr>
<tr>
<td>Newfoundland and Labrador</td>
<td>10%</td>
<td>6%</td>
<td>4%</td>
<td>8%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Atlantic Canada</td>
<td>12%</td>
<td>7%</td>
<td>5%</td>
<td>9%</td>
<td>7%</td>
<td>5%</td>
</tr>
</tbody>
</table>

Long term

<table>
<thead>
<tr>
<th>Province</th>
<th>Long Term/Low Intensity</th>
<th>Long Term/Medium Intensity</th>
<th>Long Term/High Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nova Scotia</td>
<td>55%</td>
<td>6%</td>
<td>4%</td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>54%</td>
<td>4%</td>
<td>6%</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>54%</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>Newfoundland and Labrador</td>
<td>61%</td>
<td>6%</td>
<td>5%</td>
</tr>
<tr>
<td>Atlantic Canada</td>
<td>56%</td>
<td>5%</td>
<td>4%</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Completely Retired</th>
<th>Partly Retired</th>
<th>Not Retired</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-caregiver</td>
<td>40%</td>
<td>9%</td>
<td>51%</td>
</tr>
<tr>
<td>Long Term/High Intensity</td>
<td>48%</td>
<td>11%</td>
<td>41%</td>
</tr>
<tr>
<td>Long Term/Medium Intensity</td>
<td>39%</td>
<td>11%</td>
<td>51%</td>
</tr>
<tr>
<td>Long Term/Low Intensity</td>
<td>36%</td>
<td>10%</td>
<td>54%</td>
</tr>
<tr>
<td>Short Term/High Intensity</td>
<td>34%</td>
<td>10%</td>
<td>56%</td>
</tr>
<tr>
<td>Short Term/Medium Intensity</td>
<td>31%</td>
<td>10%</td>
<td>59%</td>
</tr>
<tr>
<td>Short Term/Low Intensity</td>
<td>34%</td>
<td>10%</td>
<td>57%</td>
</tr>
</tbody>
</table>
Caregivers and **Income**: Long term high intensity caregivers are more likely to report low income

<table>
<thead>
<tr>
<th>Category</th>
<th>&lt;$20,000</th>
<th>$20,001-$49,999</th>
<th>$50,001-$99,999</th>
<th>$100,000-$149,999</th>
<th>$150,000 or more</th>
<th>Don't know</th>
<th>Refused</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-caregiver</td>
<td>17%</td>
<td>36%</td>
<td>30%</td>
<td>8%</td>
<td>5%</td>
<td>2%</td>
<td>2%</td>
</tr>
<tr>
<td>Long Term/High Intensity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>24%</td>
<td></td>
</tr>
<tr>
<td>Long Term/Medium Intensity</td>
<td>18%</td>
<td>37%</td>
<td>31%</td>
<td>8%</td>
<td>4%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Long Term/Low Intensity</td>
<td>16%</td>
<td>35%</td>
<td>32%</td>
<td>9%</td>
<td>4%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Short Term/High Intensity</td>
<td>17%</td>
<td>36%</td>
<td>31%</td>
<td>9%</td>
<td>4%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Short Term/Medium Intensity</td>
<td>14%</td>
<td>35%</td>
<td>35%</td>
<td>9%</td>
<td>4%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Short Term/Low Intensity</td>
<td>15%</td>
<td>34%</td>
<td>35%</td>
<td>8%</td>
<td>5%</td>
<td>1%</td>
<td></td>
</tr>
</tbody>
</table>
Relationship to Care Recipient: Long term high intensity caregivers are more likely to be caring for a spouse/partner.
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

<table>
<thead>
<tr>
<th>Category</th>
<th>Not Clinically Depressed</th>
<th>Clinically Depressed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-caregiver</td>
<td>83%</td>
<td>17%</td>
</tr>
<tr>
<td>Long Term/High Intensity</td>
<td>74%</td>
<td>26%</td>
</tr>
<tr>
<td>Long Term/Medium Intensity</td>
<td>81%</td>
<td>19%</td>
</tr>
<tr>
<td>Long Term/Low Intensity</td>
<td>85%</td>
<td>15%</td>
</tr>
<tr>
<td>Short Term/High Intensity</td>
<td>83%</td>
<td>17%</td>
</tr>
<tr>
<td>Short Term/Medium Intensity</td>
<td>86%</td>
<td>14%</td>
</tr>
<tr>
<td>Short Term/Low Intensity</td>
<td>86%</td>
<td>15%</td>
</tr>
</tbody>
</table>
Caregiving and **Satisfaction with Life**: Long term high intensity caregivers are more likely to have lower life satisfaction.

- **Non-caregiver**: 89% satisfied, 11% dissatisfied.
- **Long Term/High Intensity**: 82% satisfied, 18% dissatisfied.
- **Long Term/Medium Intensity**: 87% satisfied, 13% dissatisfied.
- **Long Term/Low Intensity**: 90% satisfied, 10% dissatisfied.
- **Short Term/High Intensity**: 90% satisfied, 10% dissatisfied.
- **Short Term/Medium Intensity**: 90% satisfied, 10% dissatisfied.
- **Short Term/Low Intensity**: 89% satisfied, 11% dissatisfied.
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?