

# The webinar, “**Characteristics of Caregivers and Care receivers in the CLSA,**” will begin shortly.

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# CLSA Webinar Series



## Characteristics of Caregivers and Care receivers in the Canadian Longitudinal Study on Aging (CLSA)

Debra Sheets, PhD, University of Victoria

**12 pm to 1 pm ET | February 19, 2019**

Caregiving has become a common role for Canadian families as the numbers of older adults with comorbidity, disability and frailty who need help with daily activities (e.g. meal preparation, transportation) continues to grow. The CLSA is the first longitudinal study to collect data on Canadian caregivers and care receivers. It offers a unique opportunity to examine patterns of caregiving and care receiving (e.g., who provides care, what types of care, and more).

This presentation examines patterns of caregiving and care receiving by sociodemographic characteristics, self-reported health, and type of care given/received (e.g. IADL/ADL, chronic conditions). In addition, descriptive statistics explore the relationship of caregiving and care receiving with quality of life indicators (e.g., social activities and life satisfaction).

All results are based on a subsample of CLSA participants who report providing care, receiving care, or being both caregivers and care receivers.

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# CHARACTERISTICS OF CAREGIVERS AND CARE RECEIVERS IN THE CLSA

**Debra Sheets, Ph.D., MSN, RN, FAAN**  
School of Nursing, University of Victoria

**CLSA Webinar Series**  
February 19, 2019, 1PM -2PM (ET)



# ACKNOWLEDGEMENTS

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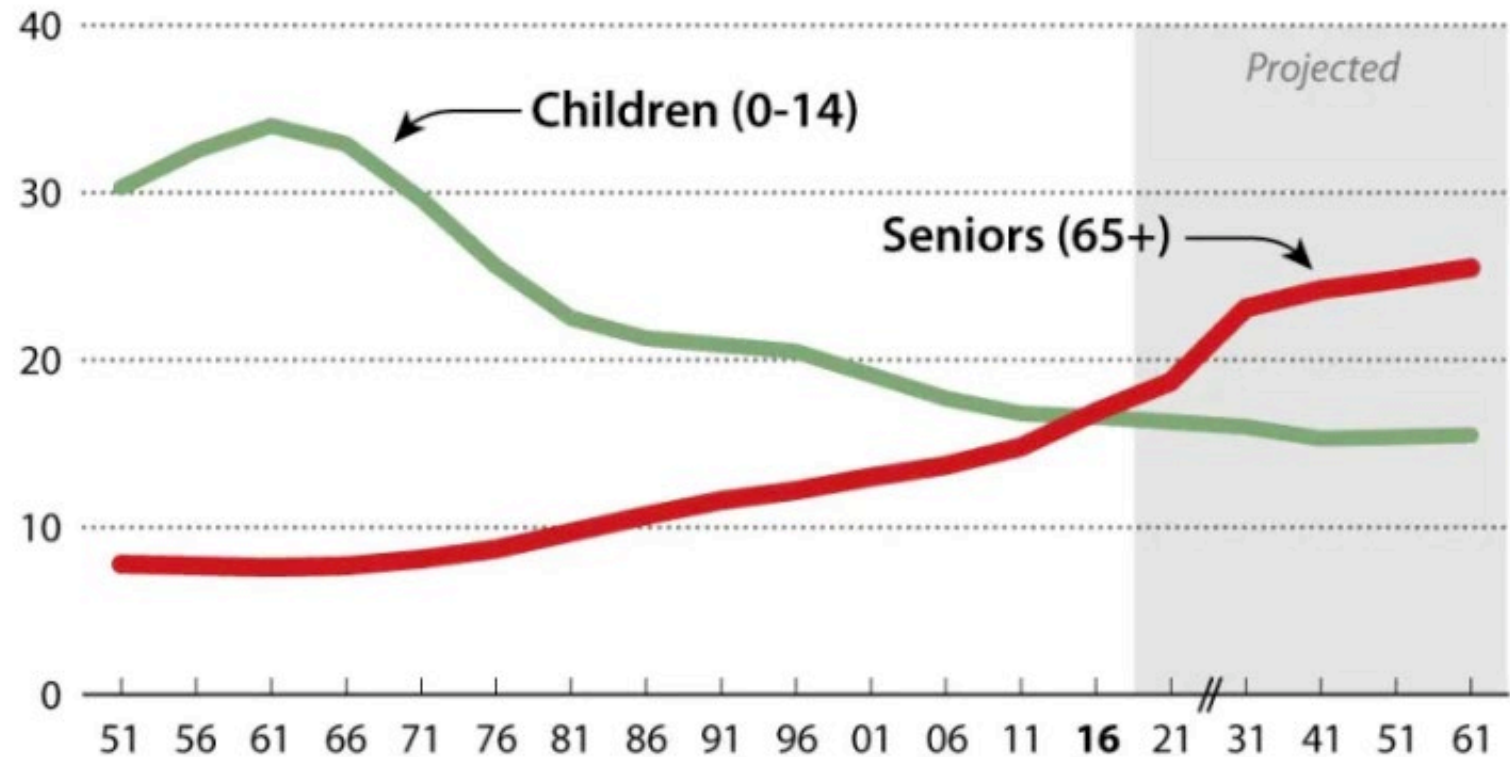
# Objectives

- Describe trends in caregiving and care receiving by:
  - Sociodemographic characteristics
  - Self-reported health
  - Types of care (e.g. IADL/ADL, chronic conditions)
- Describe quality of life for caregivers, care receivers
  - Social activities
  - Life satisfaction

# MORE SENIORS THAN CHILDREN

*In 2016, for the first time, the share of seniors (16.9%) exceeded the share of children (16.6%).*

## PERCENTAGE OF THE TOTAL POPULATION



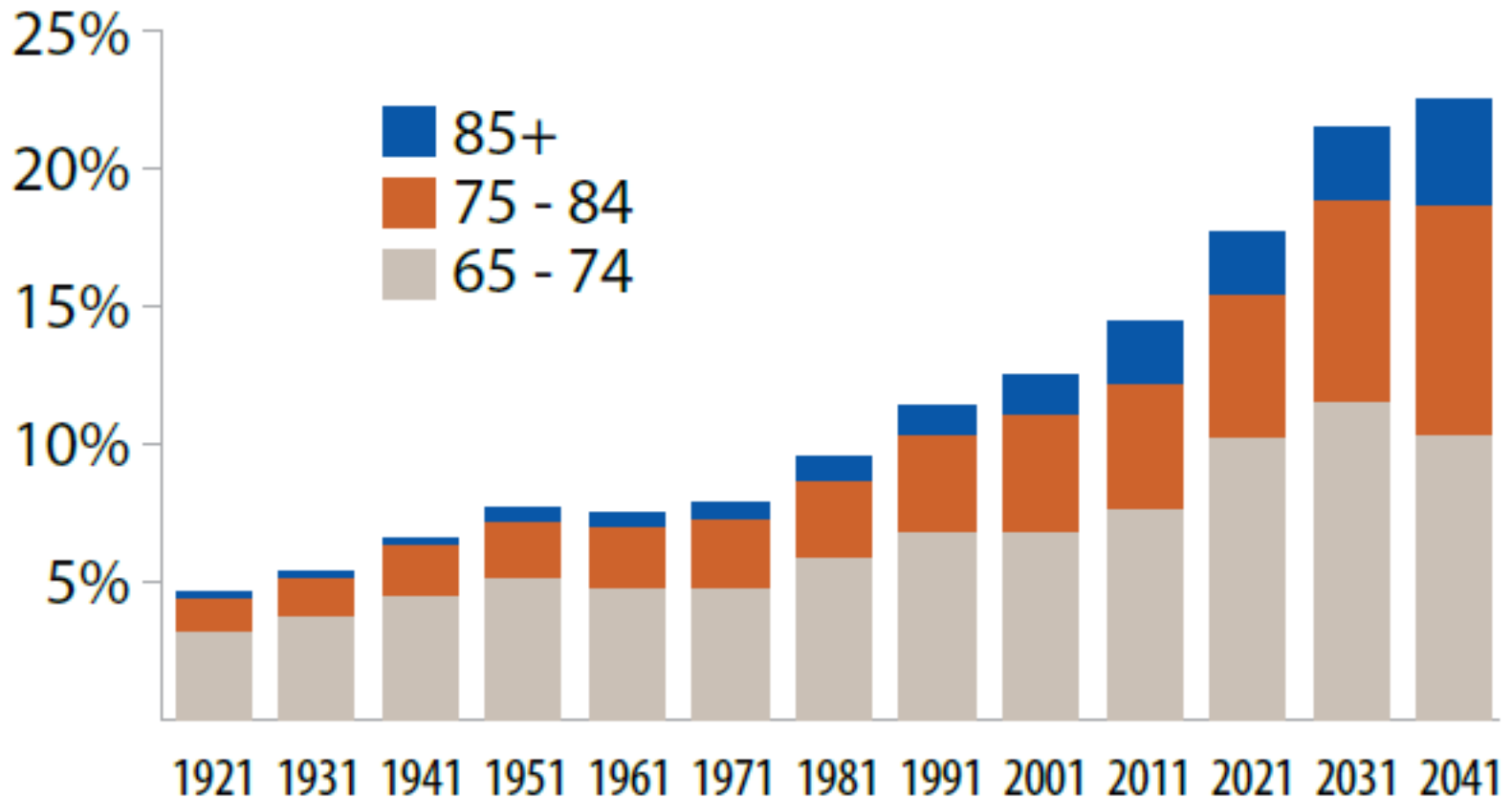
SOURCE: STATISTICS CANADA

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# The Impact of an Aging Population and Increasing Life Expectancy



# Trends in Family Caregiving

- In 2012, 28% of Canadians (8 million) provided informal care to a family member or friend
  - Allows care receivers to live at home
  - Provide 80% of care needs for people with chronic health issues
  - 1 in 4 caregivers are over age 65
- Caregiving is diverse and complex
  - Varies by type, nature and duration
- Economic value
  - \$25 billion CAD/year



# The CLSA and Caregiving/Receiving

- Rich source of longitudinal data on caregiving/care receiving and both
  - Types of assistance
  - Provided/received support in past 12 months
  - Provided most assistance, including financial
  - Relationship
  - Sex
  - Living arrangements
  - Intensity: how many hrs/week; weeks/yr
  - Duration: how long
  - Financial: who paid?



# Methods

- **Data:** CLSA tracking and comprehensive samples, 2012-2015
- **Participants:** 45-85 years (n=51,338)
- **Prevalence**
  - Caregiver (n= 19,595)
  - Care receiver (n=4179)
  - Both (n=3179)

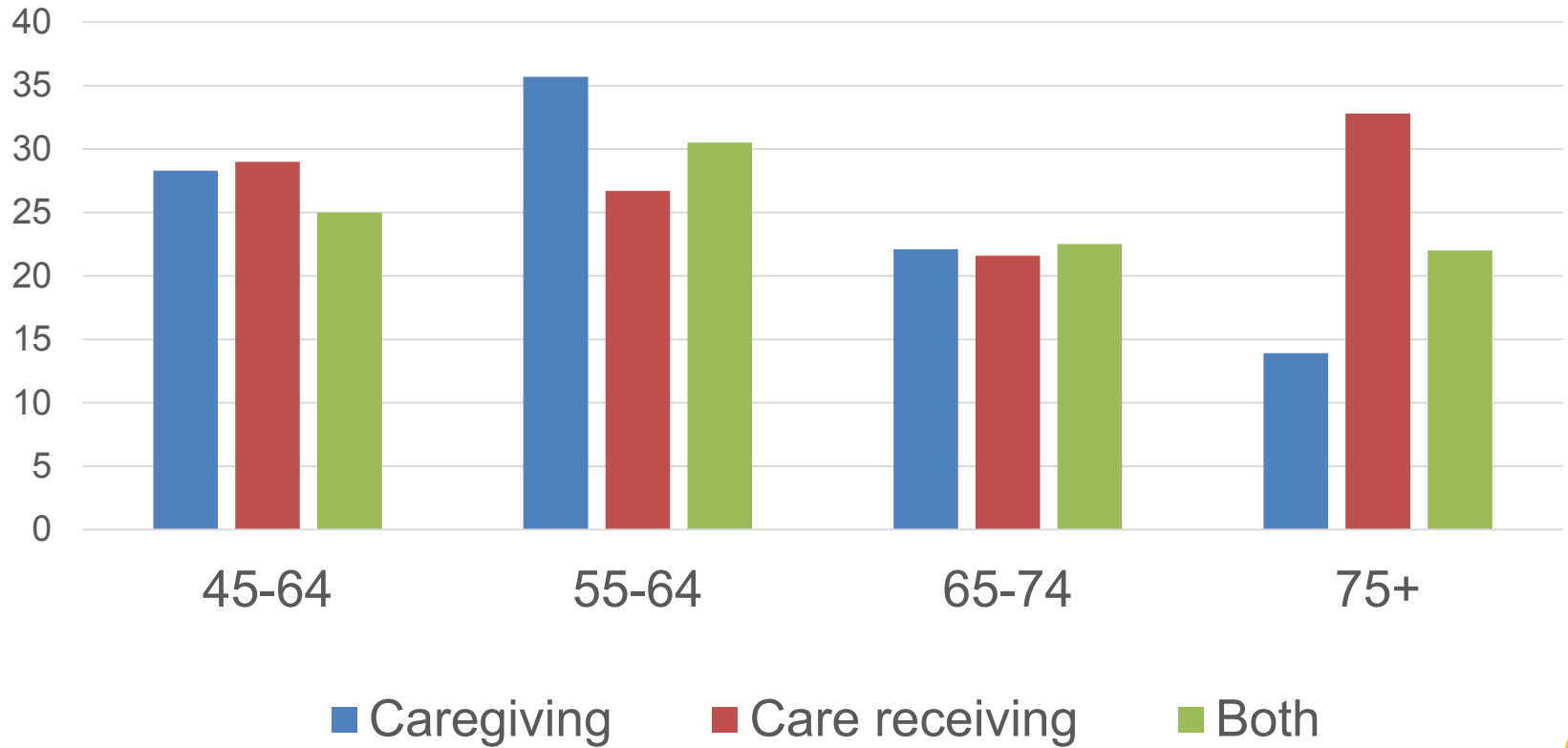


# Caregiving/Receiving Measures

- **Demographic:** age, sex, race, marital status, education,
- **Context:** living arrangements, employment status
- **Health:** Self-reported health, chronic conditions, IADLs/ADLs
- **Quality of Life**
  - Social Activities
  - Life Satisfaction



# Age



# Context

- **Living arrangements**
  - Living with spouse: caregiver (45%)/receivers (38%)/both (41%)
  - Living alone: caregivers (20%); receivers (35%); both (7%)
- **Employment status**
  - Work 30+ hours/week: caregivers (36%); receivers (19%); both (22%)



# Health

- **Self-reported**
  - **Excellent/v. good:** caregivers (65%); receivers (35%) and both (38%)
  - **Good:** caregivers (28%); receivers (35%), both (37%)



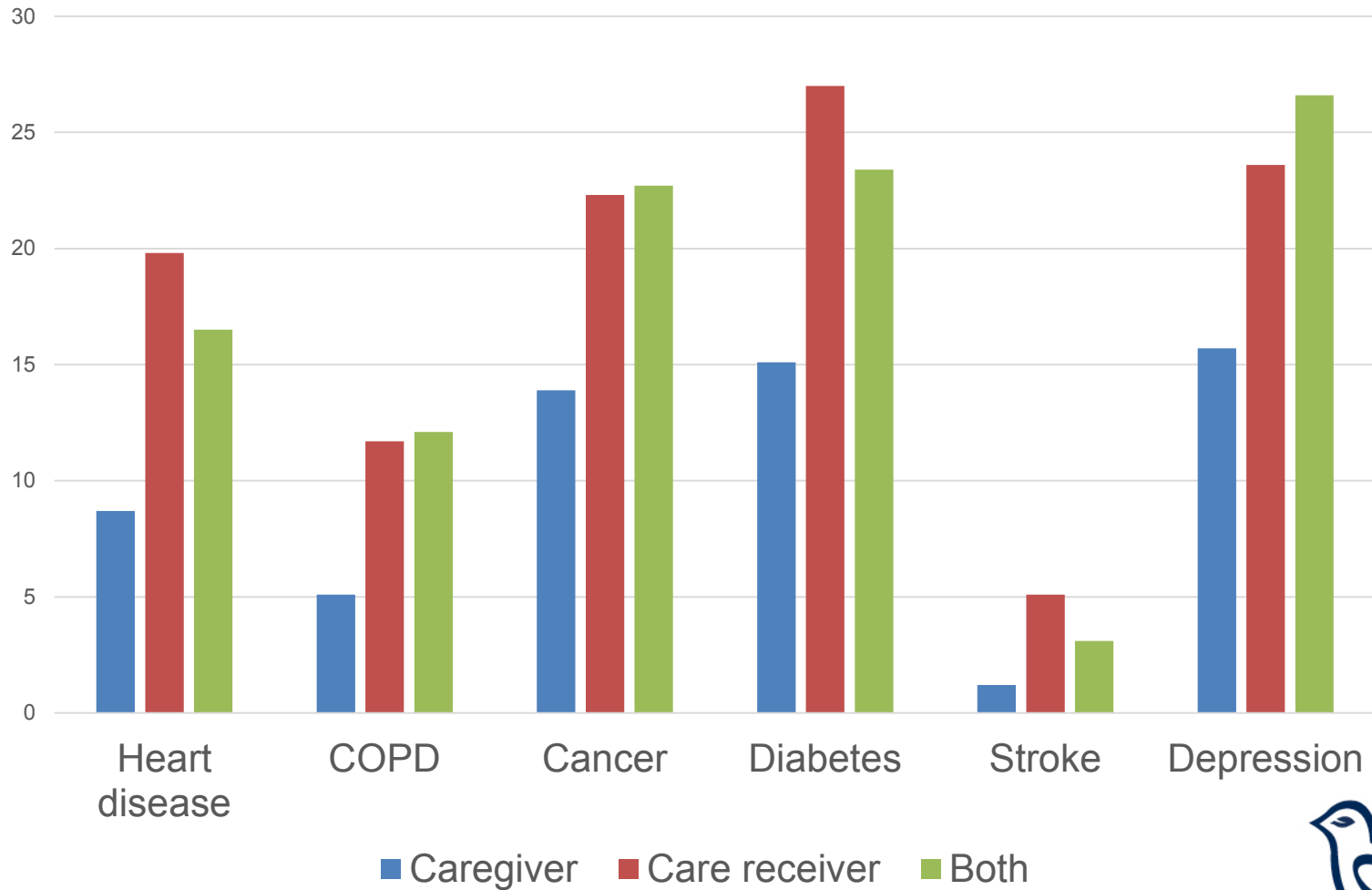
# Health

- **Function**

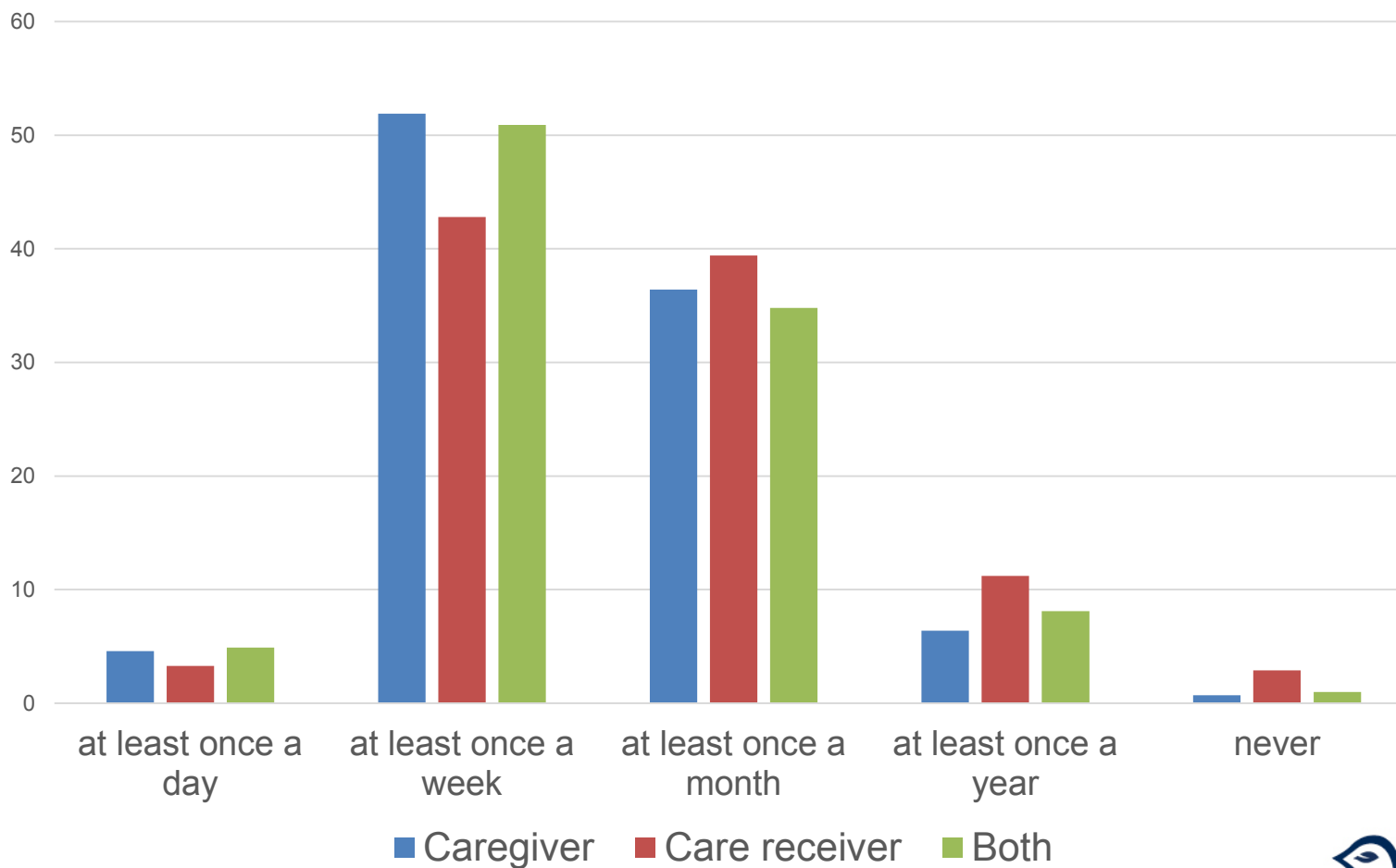
- **IADLs:** receivers (19%), both (16%)
- **ADLs**
  - 1-2: receivers (14%), both (9%)
  - 3-4: receivers (3%), both (1%)
- **No help needed:** caregiver (97%); receiver (63%), both (74%)



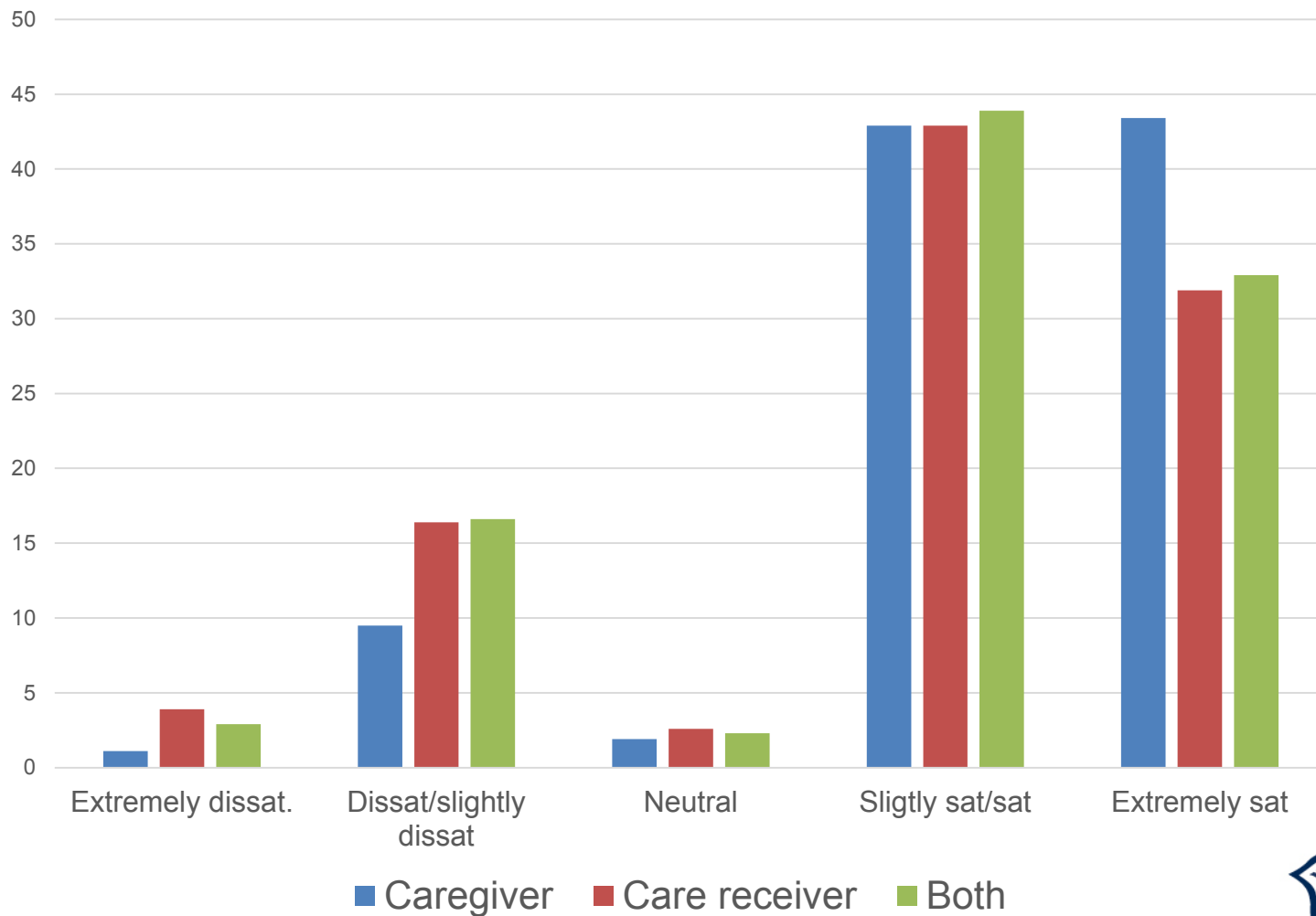
# Chronic conditions



# Quality of Life: Social Activities



# Quality of Life: Life Satisfaction





# Summary

- **Age**

- **Caregiving**: highest among those ages 55-64 years (35.7%)
- **Care receiving**: highest among those age 75 and over (32.8%).

- **Sex**: Women are more likely to be:

- Caregivers (53.9%)
- Care receivers (57.5%), and
- Both caregivers/receivers (64%)



## Summary (cont)

- **Health:** Care receivers (9.7%)/both (6.2%) were more likely to report poor health than caregivers (0.9%).
- **Chronic conditions:** Care receivers/both had nearly double the rate of chronic conditions than caregivers.
- **Social activities:** Care receivers have much lower rates of “getting out” with family and friends than caregivers
- **Life satisfaction:** Care receivers (21.3%)/both (19.5%) have twice the rate of dissatisfaction with life than caregivers.



## Future Directions

- **Descriptive analyses** to examine variations in types of assistance given/received, intensity, duration, relationships, etc.
- **Multivariate modeling**, including differences across provinces
- **Both caregiver/care receiver**: new area
- **Longitudinal analyses**

## Reference

Sheets, D., Young, L., Griffith, L., Raina, P. (2018). Ch. 6. Caregiving and Care receiving. In *The Canadian Longitudinal Study on Aging (CLSA) Report on Health and Aging in Canada. Findings from Baseline Data Collection 2010-2015*. (P. Raina, C. Wolfson, S. Kirkland, L. Griffith, Eds.), p75-83. <https://www.clsa-elcv.ca/doc/2639>

# THANK YOU!

FOR MORE INFORMATION:  
DSHEETS@UVIC.CA



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# Upcoming CLSA Webinars

**Disability Associated Multimorbidity including  
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**Kathryn Fisher, PhD**

March 28, 2019 | 12 p.m. ET



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