

Characteristics of Caregiver Burden in the Canadian Longitudinal Study on Aging

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Population is aging and caregivers are aging too

- Aging population
 - 13% > 65+ years old in 2010, 21% by 2050 (USA)
 - 16% > 65+ years old in 2016, 23% by 2031 (Canada)
- Importance of informal caregivers
- Common and socially normative worldwide
 - Defined as those who do not get paid for providing care
 - Partner, child, sibling, relative, neighbor, friend, etc.
 - Economic value
 - US\$350 billion / year in USA (Gibson, 2007)
 - CAN\$25 billion / year in Canada (Hollander et al., 2009)
- Aging caregivers

Objective

- Describe the profile of caregivers among adults aged 45 years and older in Canada
- Examine effects of time spent for caregiving on caregivers' psychological burden defined as depression and dissatisfaction with life

Methods

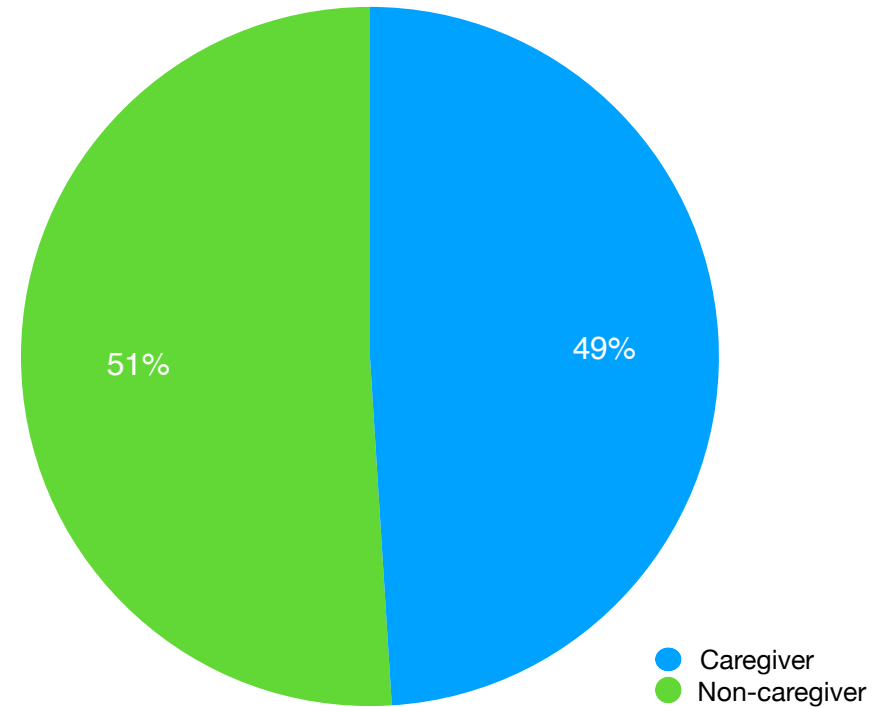
- Data: CLSA Tracking, 2010/2015
- Participants: 45-85 years old (N=21,241)
- Measures
 - Caregiver status (caregiver vs. non-caregiver)*
 - Time spent for caregiving (high vs. low): hours per week, cutoff time of 20 hours per week
 - Demographic, health and caregiving related variables*
 - Caregiver burden
 - Depression: The Center for Epidemiologic Studies Depression Scale (CESD-10)*
 - Dissatisfaction with life: The Satisfaction with Life Scale (SWL)*
- Analysis: Weighted cross-tabulations and logistic regression

Who are caregivers?

- Proportion
- Age
- Sex
- Marital status
- Education
- Income
- Retirement status
- Subjective health

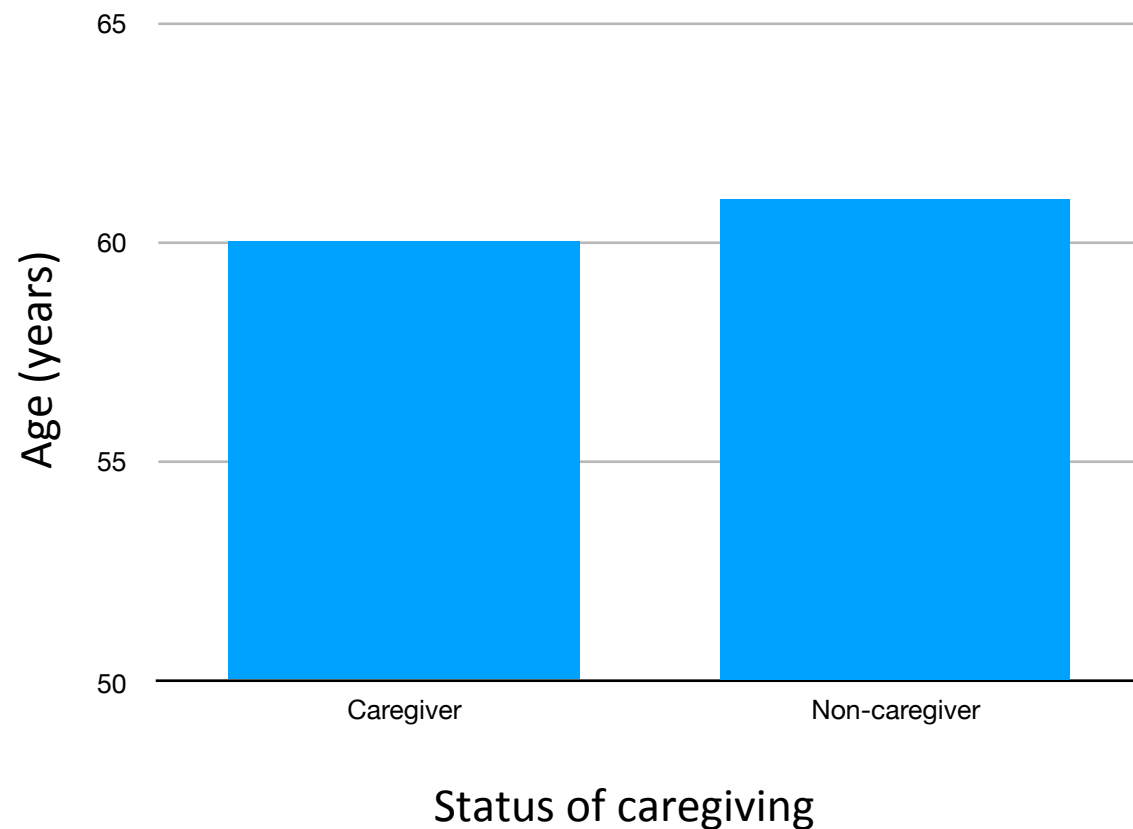
Who are caregivers?- Proportion

- **49%** of population >45 yrs old
- Younger (60 vs. 61 yrs old)
- Female
- Single or Married
- Education
- Income
- Not completely retired yet
- Healthier



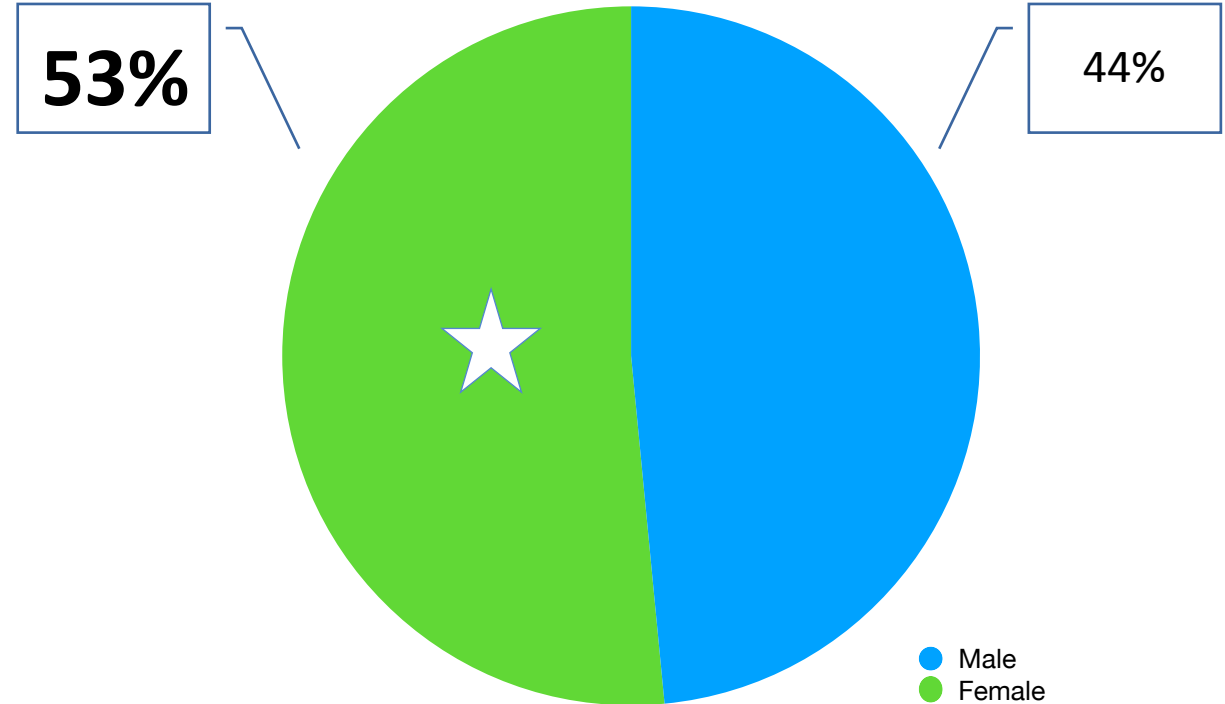
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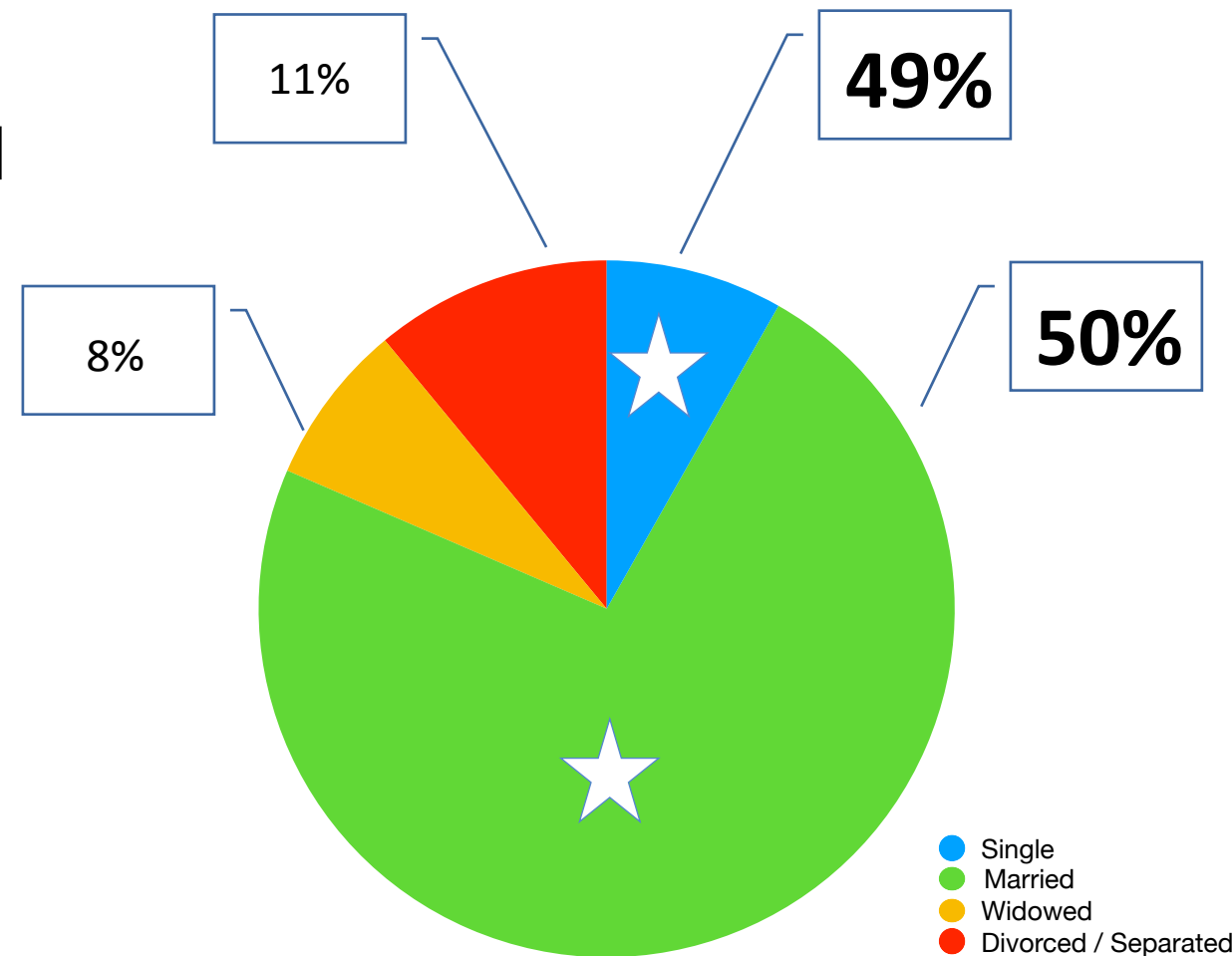
Who are caregivers? - Sex

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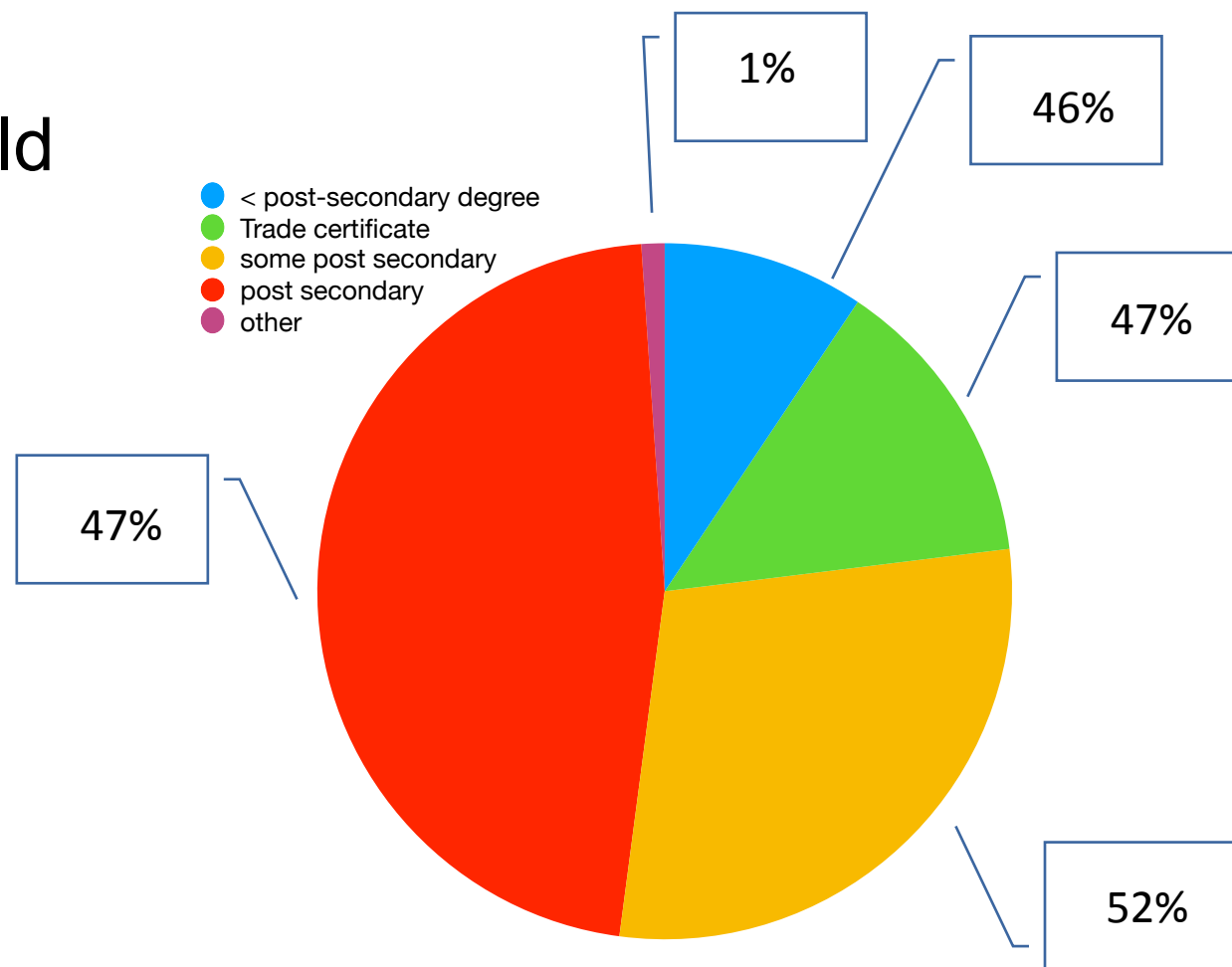
Who are caregivers? – Marital status

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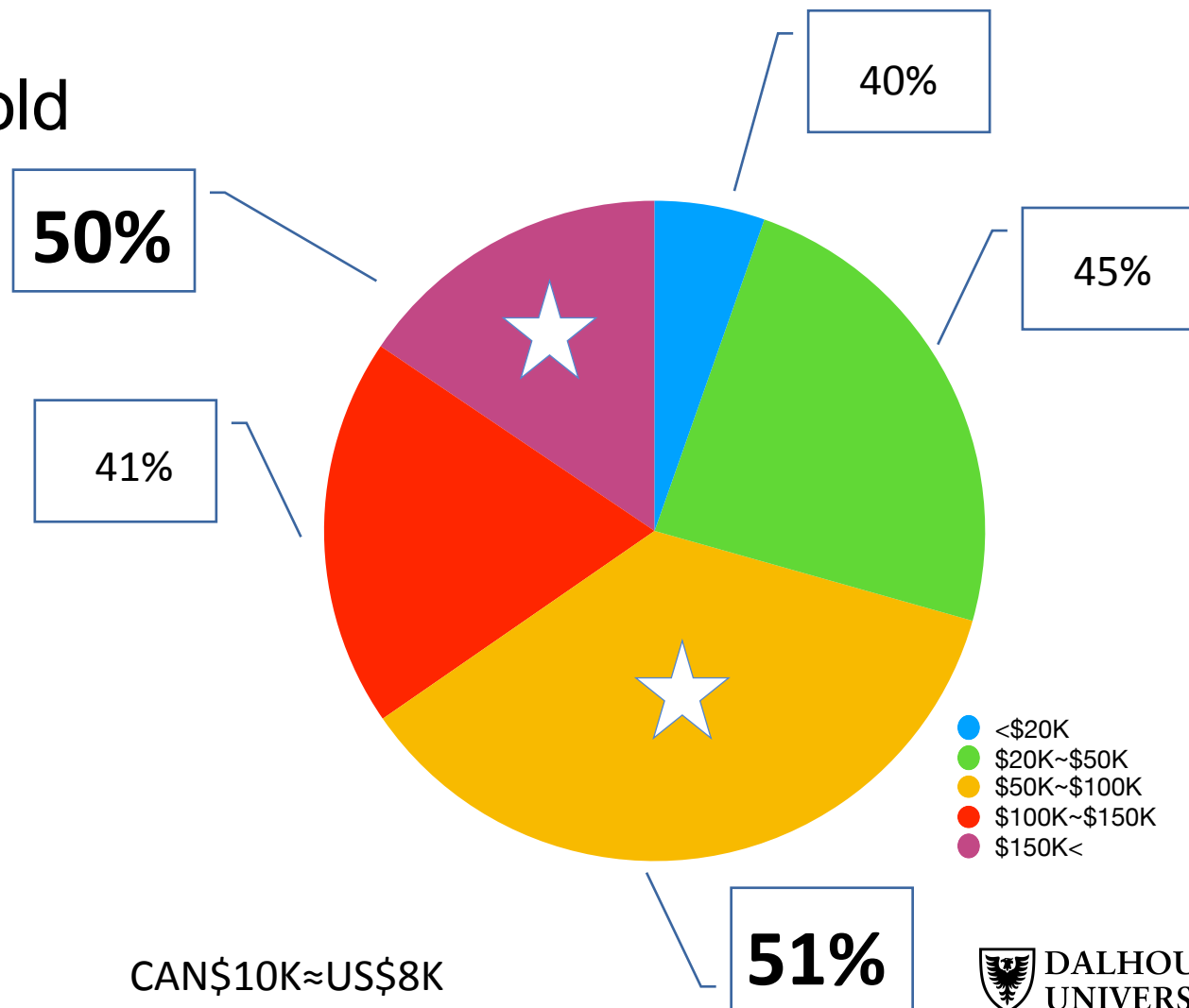
Who are caregivers? – Education

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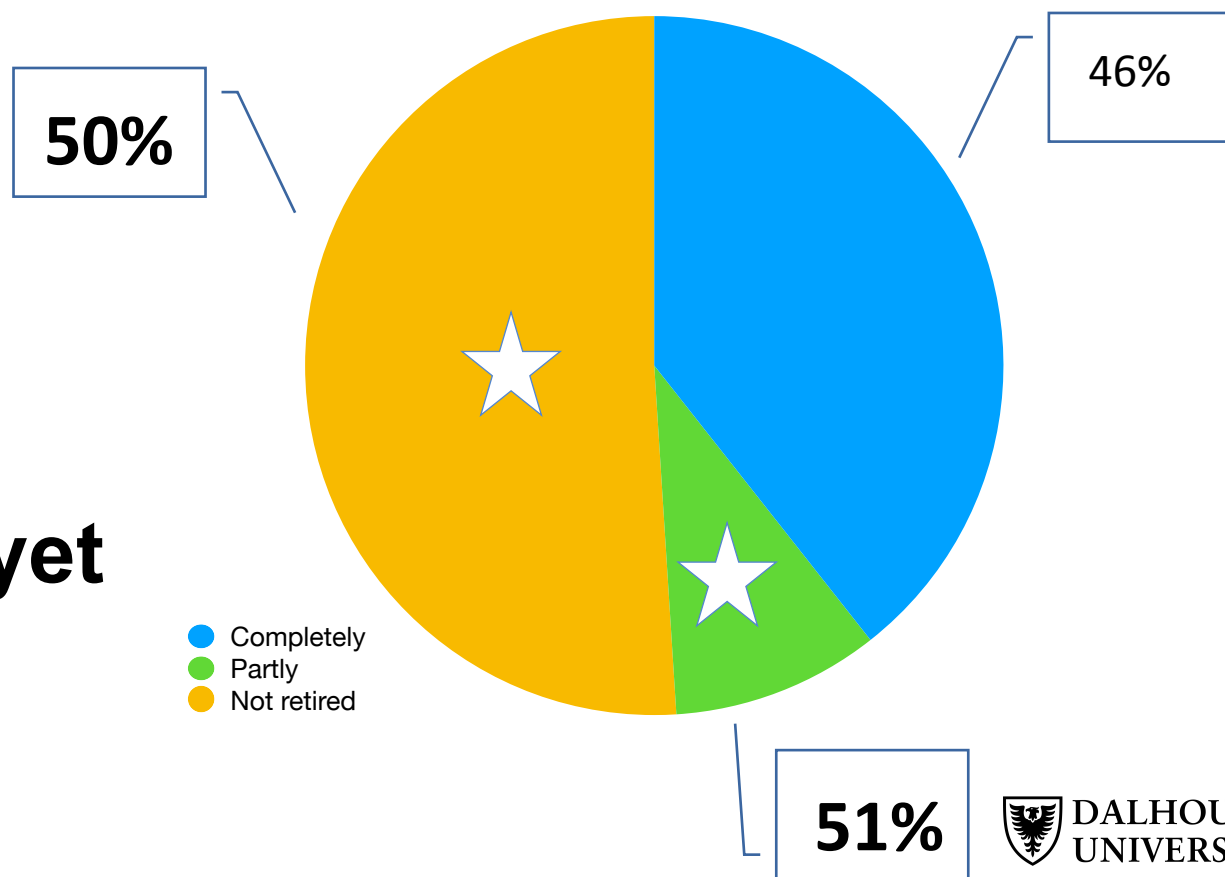
Who are caregivers? – Income

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- **Income**
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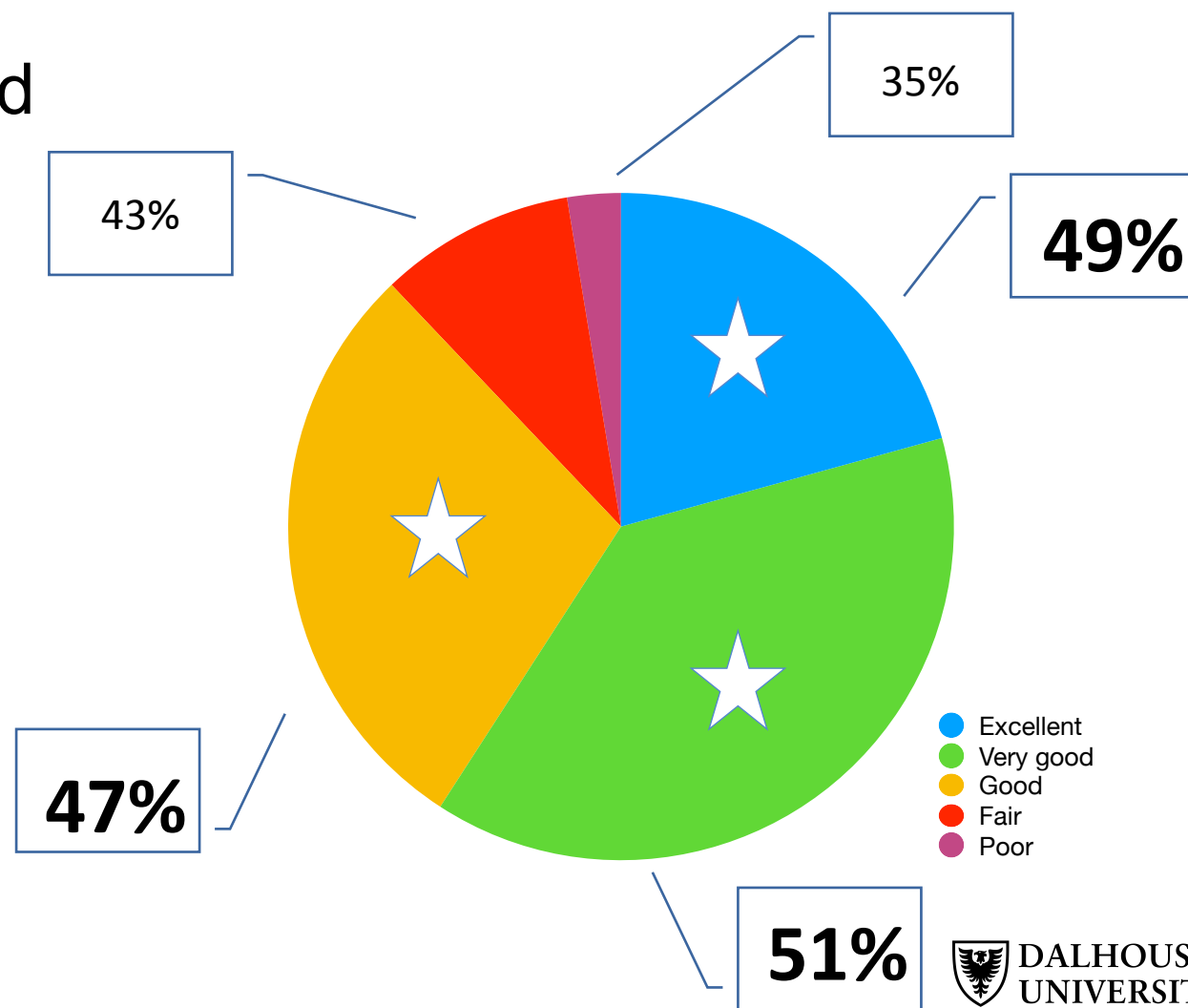
Who are caregivers? – Retirement status

- 49% of population >45 yrs old
- Younger (60 vs. 61 yrs old)
- Female
- Single or Married
- Education
- Income
- **Not completely retired yet**
- Healthier



Who are caregivers? – Health

- 49% of population >45 yrs old
- Younger (60 vs. 61 yrs old)
- Female
- Single or Married
- Education
- Income
- Not completely retired yet
- **Healthier**

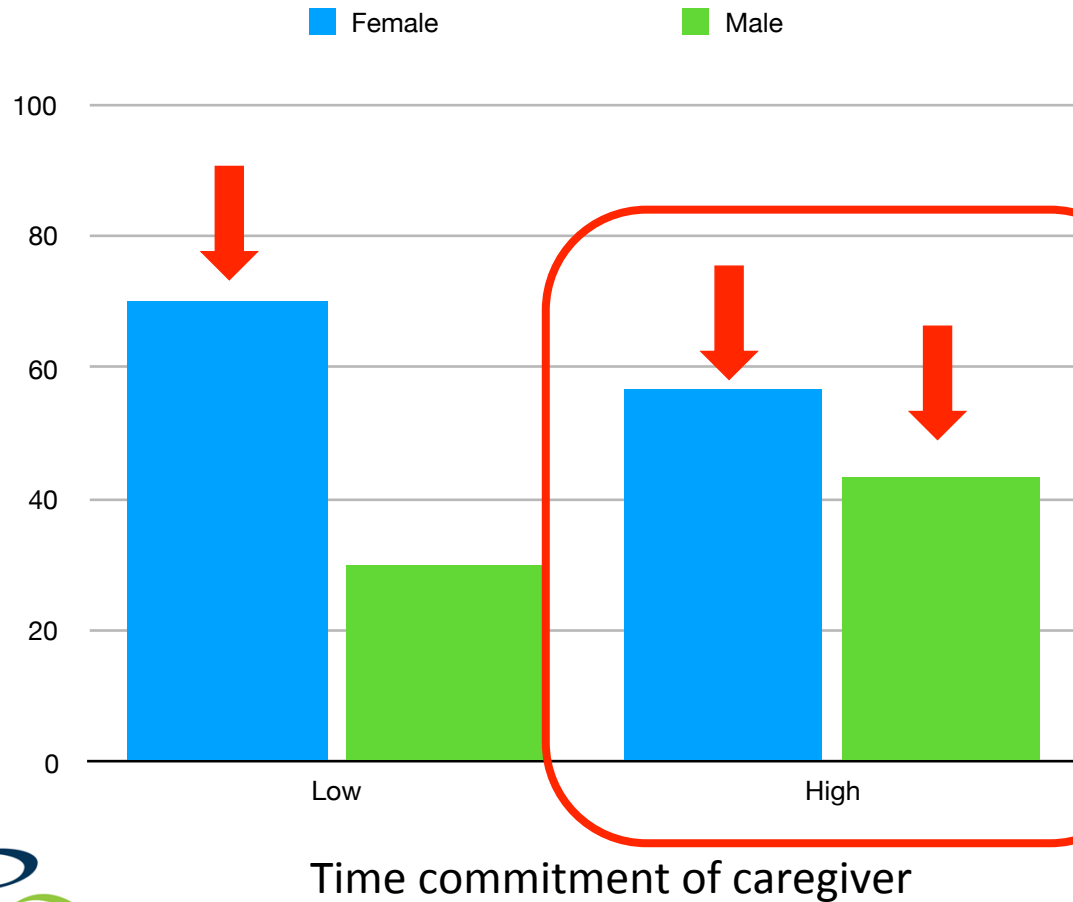


Who spends a lot of time for caregiving?

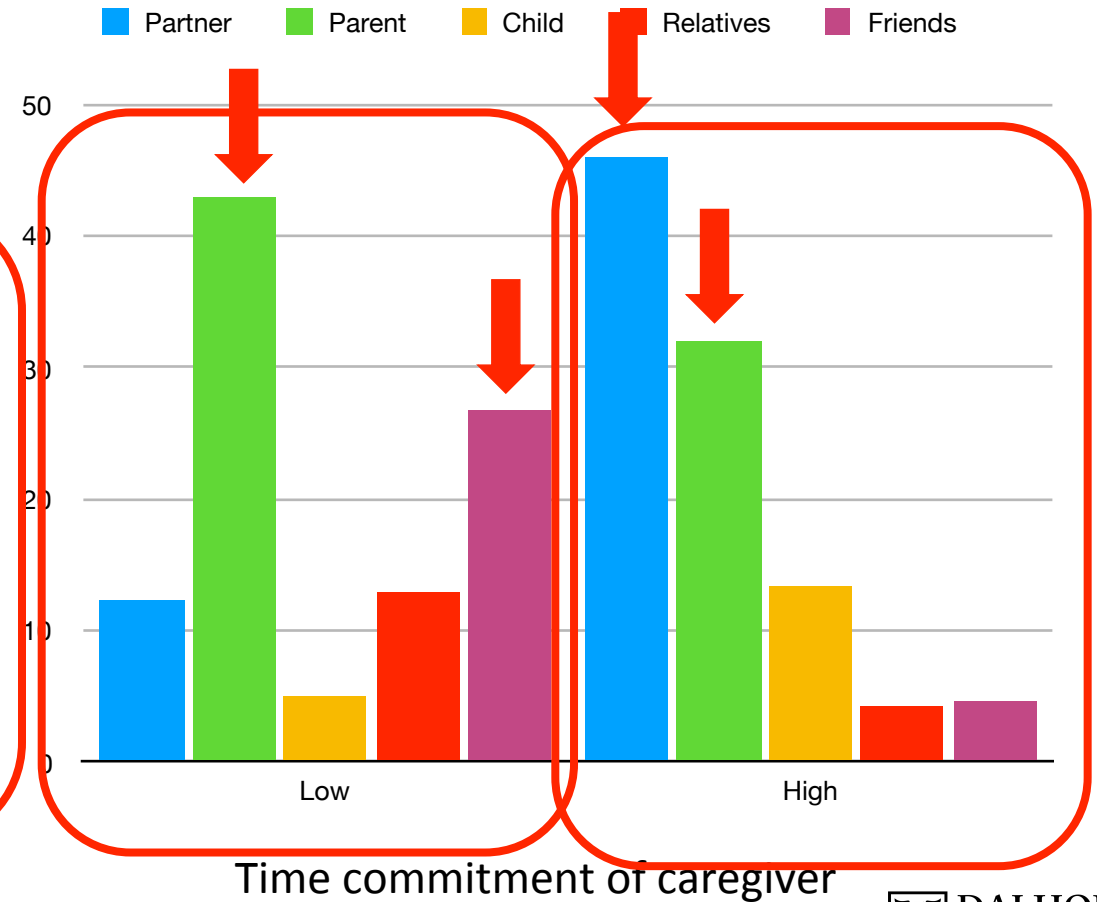
- Mean = 6.8 hours per week
 - High time commitment: >20 h/week): 6% of caregivers
 - Low time commitment: <20 h/week: 94% of caregivers
- **Older** (63 years old vs. 59 years old)
- **Females** (8%) vs. Males (4%)
- **Widowed** (10%), **Single** (10%), Divorced/Separated (7%), Married (6%)
- **Lower income <\$50K** (9%) vs. Higher income >\$50K (5%)
- **Completely retired** (8%) vs. Not retired (5%)
- **Poor health** (9%) vs. Good health(6%)

High vs. low caregiving

Sex of care recipients

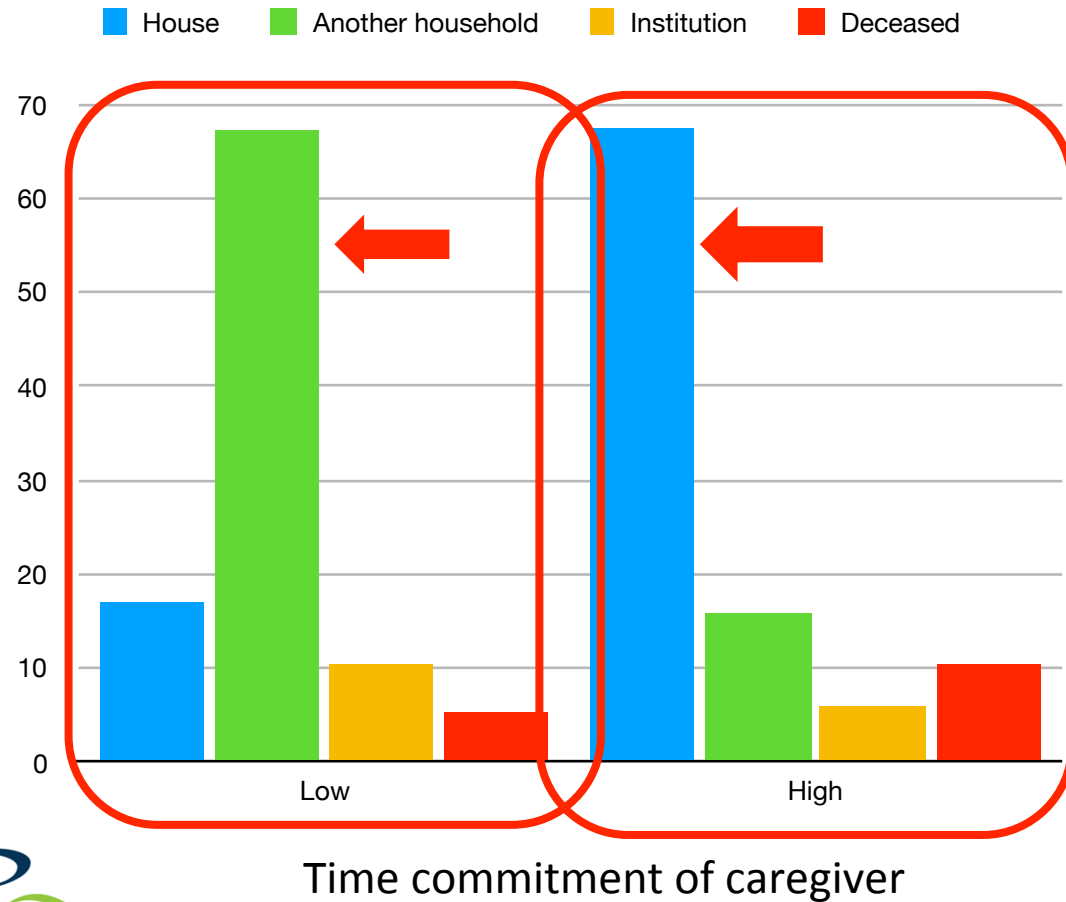


Relationship to care recipients

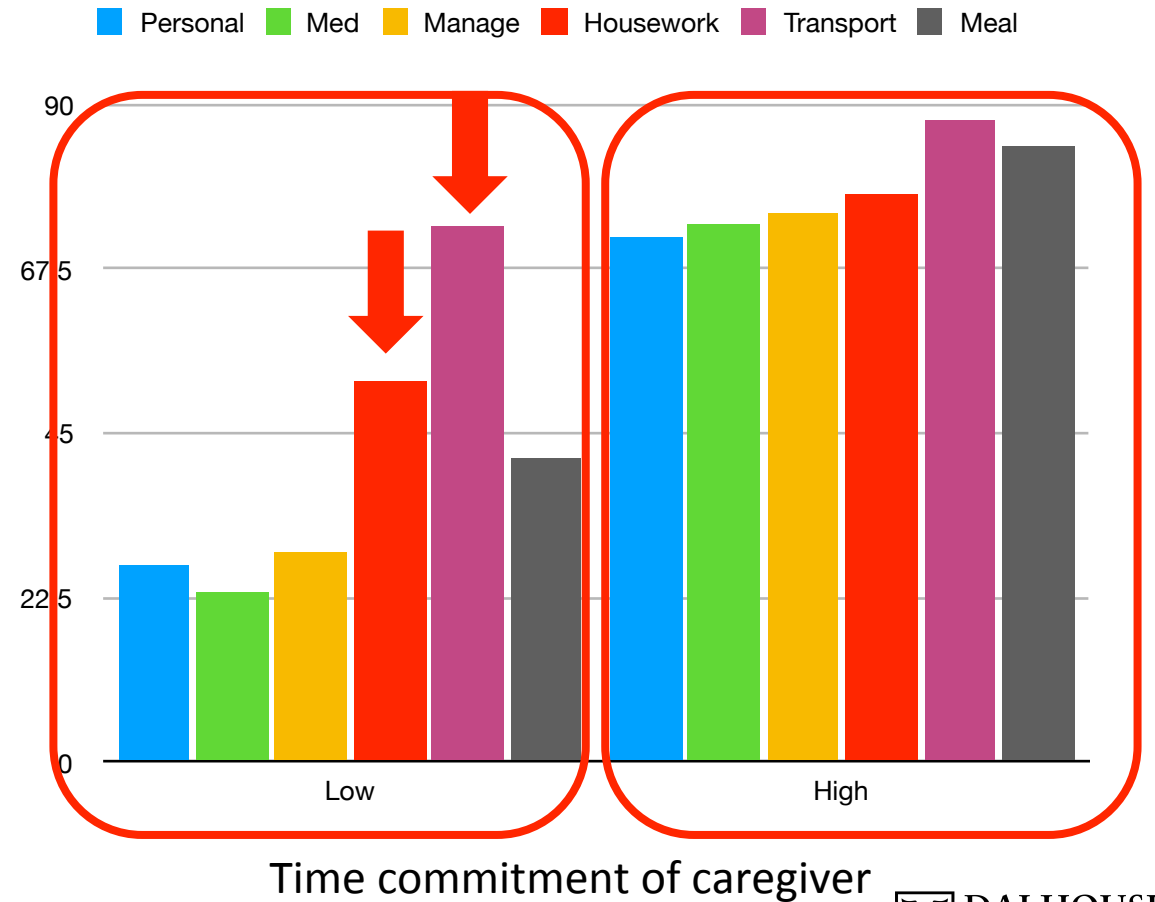


High vs. low caregiving

Location of caregiving



Types of assistance



A preliminary model to examine associations between caregiving and depression (CESD-10)

	OR [95% CI]
Age	0.97 [0.96-0.98]
Sex (male)	1.22 [1.07-1.39]
Marital status (single)	
<i>Married</i>	0.65 [0.52-0.80]
<i>Widowed</i>	1.10 [0.84-1.45]
<i>Divorced/Separated</i>	1.09 [0.86-1.39]
Household income (>\$50K)	1.73 [1.50-1.99]
Retired (completely)	1.24 [1.05-1.47]
Subjective health rating (good)	4.27 [3.70-4.92]
Time commitment (non-CG)	
<i>Low</i>	0.94 [0.83-1.07]
<i>High</i>	1.85 [1.39-2.47]

Depressed :
CESD-10 ≥10

A preliminary model to examine associations between caregiving and dissatisfaction with life (SWL)

	OR [95% CI]
Age	0.96 [0.95-0.97]
Sex (male)	0.81 [0.71-0.93]
Marital status (single)	
<i>Married</i>	0.37 [0.30-0.46]
<i>Widowed</i>	0.62 [0.46-0.84]
<i>Divorced/Separated</i>	1.01 [0.80-1.26]
Household income (>\$50K)	2.20 [1.88-2.57]
Subjective health rating (good)	4.70 [4.03-5.46]
Time commitment (non-CG)	
<i>Low</i>	0.90 [0.78-1.03]
<i>High</i>	2.05 [1.47-2.84]

Summary

- Informal caregiving is common in Canada
- Most common care recipients are a parent or a partner
- Caregivers are primarily assisting with transportation and housework
- Most caregivers provide less than 20 hours / week care
- Depression and life dissatisfaction increase with higher time intensity of caregiving

Future direction

- Profile of subgroups
 - e.g., caregivers who also receive care (6.8% in the current data)
- Other variables
 - Ethnicity
 - Social network and support

Thank you!