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

* See https://datapreview.clsa-elcv.ca/datasets
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
Who are caregivers? - Age

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

[Bar chart showing age distribution between caregivers and non-caregivers]
Who are caregivers? - Sex

• 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? – Marital 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? – Education

- 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? – Income

- 49% of population >45 yrs old
- Younger (60 vs. 61 yrs old)
- Female
- Single or Married
- Education

**Income**
- Not completely retired yet
- Healthier

CAN$10K≈US$8K
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

- Excellent: 47%
- Very good: 35%
- Good: 43%
- Fair: 49%
- Poor: 51%
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
- Female
- Male

Relationship to care recipients
- Partner
- Parent
- Child
- Relatives
- Friends

Time commitment of caregiver

Low
High
High vs. low caregiving

Location of caregiving

Time commitment of caregiver

Types of assistance

Time commitment of caregiver
### A preliminary model to examine associations between caregiving and depression (CESD-10)

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

Depressed: CESD-10 ≥10
A preliminary model to examine associations between caregiving and dissatisfaction with life (SWL)

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