CAREGIVING AND CARE RECEIVING

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Introduction

• An estimated 8 million Canadians are caregivers for family members or friends.
• Caregiving can have negative consequences for health and finances
• Homecare is not covered under the Canada Health Act even if “medically necessary”.
  – Home care access varies across provinces
  – 461,000 Canadians had “unmet needs” for homecare
CLSA: Caregiving and Care receiving

• CLSA is first longitudinal study to collect data on caregiving and care receiving
• Opportunity to examine patterns
  – Who provides care
  – What types of care
  – Impact of caregiving on relationships, work, health, etc.
  – Use of AT/accommodations
Measures

- **Caregiving**
  - Type of care
  - # of people providing care
  - Whether live with care recipient
  - Sex of care recipient
  - Relationship with care recipient
  - Intensity of care required (i.e. weeks and hours providing care)
Measures

• Care receiving
  – Many questions are similar
    • Type of care
    • Intensity of care (i.e. weeks and hours)
  – Questions about receiving professional assistance
  – Who paid for care
  – Activity required most assistance
  – Person who provided most time and resources (e.g. relationship, living arrangements)
Findings

- **Sociodemographic characteristics**
  - **Age**
    - Caregiving: highest among participants ages 55-64 years (48.5%)
    - Care receivers: highest among those ages 75 yrs and older (21.9%)
  - **Sex**
    - Women were more likely to be both caregivers (53.9%) and care receivers (57.7%)
  - **Marital status**
    - Caregivers were usually married (7.17%) compared to care receivers (55.4%)
  - **Education**
    - Caregivers were more likely to have graduated from high school
  - **Living arrangements**
    - Most common: living with spouse (45.3%)
    - Care receivers were more likely to live alone (35.1%)
  - **Employment**
    - Many caregivers were retired (41.9%) but 60.6% of care receivers were retired.
Findings

• **Health**
  – Caregivers (64.6%) were more likely to report excellent or v. good health compared to care receivers (35%)

• **Chronic conditions**
  – Depression: Caregiver (15.7%), Care recipient 23.6%
  – Diabetes: Caregiver (15.1%), care receiver (27%)
  – Cancer: Caregivers (13.9%)
  – Heart disease: caregiver (8.7%); care receiver (19.8%)
Quality of Life

• **Social activities**
  – Out once a week: caregivers (56.5%), care receivers (46.1%)
  – Once a year: Caregivers (7.1%), care receivers (14.1%)

• **Life Satisfaction**
  – Caregivers (10.6%); care receivers (20.3%)
Discussion

• **Next steps**
  – Analyses of types of care being given/received
  – Intensity/duration
  – Caregiver/receiver relationships

• **Need for multivariate modeling** to understand factors affecting caregiving and care receiving

• **Subgroup of those aging with lifelong disability** (polio, multiple sclerosis, rheumatoid arthritis, traumatic brain injury)

• **Longitudinal analyses** (these findings are descriptive using data from 1 point in time)