

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 requiring 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)