CLSA Approved Project

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Project Title
The Association between Mental Health Outcomes and Informal Caregiving Responsibilities among Older Adults

Project Summary
Many high-income countries such as Canada face an aging population over the next few decades. Informal (unpaid) caregiving by family members is an essential part of elder care and the aging process. It is therefore important to understand how caregiving responsibilities and activities are be associated with certain mental health outcomes and a caregiver’s quality of life. The evidence on this topic is inconsistent. Some studies found that caregiving is associated with better health, and others found poorer health. The goal of this project is to look at this relationship and whether other factors may change the association. Using the CLSA dataset, I propose to describe the relationship between caregiving and mental health outcomes and see if certain aspects of caregiver-recipient relationship or characteristics influence the association between caregiving and health. This might help explain some of the different outcomes from other studies.

Keywords
Caregiving, Aging, Mental health