

Applicant

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Project Title

A longitudinal analysis of social isolation among family caregivers in Canada

Project Summary

Caregiving is associated with complex health and wellbeing outcomes among caregivers. However, there has been limited study conducted to examine social isolation as a caregiving outcome, or to establish the association between social isolation and mental/physical health. Longitudinal data on caregiving provides a more comprehensive understanding of the health and wellbeing changes among caregivers over time, and identifies risk factors of adverse outcomes. This project aims to examine social isolation, physical and mental health among middle- and older-age Canadians in relation to their involvement in caregiving over time, such as caregiver status and intensity. The findings will inform policymakers and service providers to better support caregivers and promote a caregiver-friendly society. The current study will conduct longitudinal data analysis based on the Baseline, Follow-up 1, and Follow-up 2, and the COVID-19 studies data of the Canadian Longitudinal Study on Aging.

Keywords

caregiving, social isolation, physical health, mental health, CLSA