

CLSA Approved Project

Applicant

Dr. Allison Williams, McMaster University

E-mail Address

awill@mcmaster.ca

Project Title

Impacts of changes in social support and social participation on the better health and life satisfaction among carer-employees: an analysis of Canadian Longitudinal Study on Aging

Project Summary

Carer-employees are unpaid carers who are simultaneously working in paid employment. Stress from the workplace is often compounded with stress from caregiving, causing negative health effects for carer-employees. While the correlates of social support and health status are relatively well studied in both international and Canadian contexts, few studies have focused on older carer-employees between the ages of 45 and 64. Our research aims to better understand the health of older carer-employees through examining how social support, social participation, and a range of work-related variables are implicated in their health status. Our hypotheses are specific to the following research question: Do changes in social support and social participation positively impact health status and life satisfaction among older carer-employees? This will be investigated by analyzing three waves of CLSA data.

Keywords

carer-employees, social support, social participation, health, life satisfaction