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Project Title

Examining social inequalities in caregiver well-being: an analysis of CLSA data on caregiving across levels of social stratification

Project Summary

In Canada, a significant percentage of seniors served as caregivers, with gender differences observed in caregiving tasks. While informal caregiving has been associated with reduced long-term care facility placements and lower fiscal costs, some studies highlight its adverse impacts on caregivers' financial, mental, and physical health. In light of informal caregivers' crucial yet vulnerable positions, the Quebec government has enacted a law recognizing and supporting their role, accompanied by a national action plan. In reality, caregivers are heterogeneous; however, current understanding of this heterogeneity is lacking. This study proposes a series of analyses to explore sex and gender differences in the association between social factors and caregiver health outcomes. As the population continues to age, caregivers will be more important than ever. Our findings may have policy implications to improve the lives of caregivers.

Keywords

caregivers, stress, social inequalities, well-being, biomarkers, depression