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Project Title

Improving Informal Caregivers' Health: Understanding the Role of Social Engagement and Health Behaviours in Influencing Multiple Health Outcomes

Project Summary

Caregiving involves a number of demands that can increase stress, suggesting that Canadians will be at increased risk for health problems due to caregiving. By focusing on a broad set of caregivers' physical and mental health outcomes, the goal of this research is to develop an evidence base for policy and practice interventions that decrease the risk of poor health outcomes among caregivers of older adults. Furthermore, social resources, such as social support and social participation, often help people cope with stress. Additionally, health behaviours like smoking, drinking, and physical activity may play a role either in diminishing or increasing stressful impact of caregiving. We will examine whether social resources as well as health behaviours alter the impact of caregiving on various health related outcomes.

Keywords

Informal caregivers; Health behavior; Social support; Social participation