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Project Title

A longitudinal analysis of social isolation and loneliness among family caregivers in Canada

Project Summary

Family caregiving is invaluable in the healthcare system. However, family caregivers experience social isolation and loneliness due to providing care to family members or friends in need due to health, disability or aging-related issues. Both social isolation and loneliness have a negative impact on health and wellbeing, particularly on psychological wellbeing. The primary purpose of the proposed study is to understand the social isolation and loneliness among Canadian family caregivers, including the change of social isolation and loneliness experienced by family caregivers, the relationship between caregiving characteristics and social isolation and loneliness, as well as whether social isolation and loneliness mediate the relationship between family caregiving and psychological wellbeing among family caregivers. The current study will conduct longitudinal data analysis based on the baseline and first follow-up data of the Canadian Longitudinal Study on Aging.

Keywords

Family caregiving, Social isolation, Loneliness, Psychological wellbeing