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**Project Title**

Aging Caregivers: An Analysis of Employment, Health, Life Satisfaction and Financial Well-being

**Project Summary**

Globally, the population is aging. In Canada, the movement of baby boomers (aged 45-64) into their senior years in 2011 has increased the proportion of frail elderly (Beaujot, 2012). This will greatly impact the growing population of aging informal caregivers who support the elderly while balancing paid employment, a task that can be emotionally, mentally and physically challenging (Kramer & Kipnis, 1995; Edwards, Zarit, Stephens & Townsend, 2002; Robinson, Barbee, Martin, Singer & Yegidis, 2003). Our research aims to improve the health of elderly caregiver Canadians by better understanding the aging process and the specific factors at work for those who also juggle paid employment. Our hypotheses are specific to the research question: How can the health of elderly caregiver Canadians be improved or best sustained given the aging process and the specific factors at work for those who are also juggling paid employment? This will be investigated by analyzing CLSA data.

**Keywords**

Aging care-givers, Health, Informal care, Care-giver employees