



CLSA Approved Project

Applicant

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Project Title

Health Effects of Caregiving

Project Summary

The role of the informal caregiver has become an important source for seniors to allow them to age at home because there often is no exchange of money for this type of care (i.e. care provided by family and friends). While there is no monetary exchange for the provision of care, there may be direct and indirect opportunity costs for the caregiver and health care budget. Direct costs to the caregiver may be a reduction in one's stock of physical and mental health as a consequence of their caregiving responsibilities, which, will indirectly impact health spending as the caregiver consumes more health services. The aim of this research is to investigate the health effects that caregivers experience and as a result of their caregiving responsibilities. We estimate the impact of caregiving on the caregiver's health using Canadian longitudinal data. We use statistical matching to control for selection bias and endogeneity.

Keywords

Caregiving, Health effects of caregiving, Self-rated health