



Personal Support and Healthcare Resources for Carepartners

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OFFICE OF THE
SENIORS ADVOCATE
BRITISH COLUMBIA

Caregivers

- ❖ Statistics Canada estimates there are approximately 1 million unpaid caregivers in the province
- ❖ Replacing the care they provide with care from paid caregivers has an estimated cost of \$3.5 billion in B.C.
- ❖ Caregiver activities:
 - ❖ Can range from a ride to the grocery store or a medical appointment to assistance with everyday activities, such as bathing, toileting or medication management



The report

Caregivers in Distress: A Growing Problem 2017

- ◆ Focuses on caregiver distress for those providing informal care to clients receiving publicly-subsidized home support services in B.C.
- ◆ Why this focus?
 - ◆ The availability of robust, comparable assessment data for home support clients
 - ◆ These clients represent the most highly vulnerable seniors who without caregivers would likely need to move to a supportive living environment

The report

Caregivers in Distress: A Growing Problem 2017

- ◆ The August 2017 report found B.C. had one of the highest levels of caregiver distress in the country
 - ◆ 31% of home support clients have a caregiver in distress.
 - ◆ 62% of people admitted to LTC had a caregiver in distress prior to the resident's admission
 - ◆ Made recommendations on the need to improve supports for caregivers including increasing service levels for Adult Day Programs (ADP), respite beds and home support



How are we doing? Not very well

- ◆ Rate of caregiver distress **31%**
- ◆ Hours per day of home support for distressed care givers
 - 20% < 1 hour
 - 43% < 2 hours
 - 18% < 3 hours
 - 10% < 4 hours
 - 9% > 4 hours
- ◆ MAPLE 4/5
 - 4= 35% no distress, 39% distressed
 - 5= 10% no distress, 31% distressed
- ◆ ADP has 114 clients on the wait list, although a 7.2% increase in the numbers of days and a 9.9% increase in the number of clients in the last year.
- ◆ Burden is shifting from public system to family caregivers

Analysis: who are we caring for?

- ◆ There are 30,363 clients receiving long-term home support

Characteristics	Aug. 2017 Report
Age	82.3
Activities of Daily Living (ADL 3+)	20%
Moderate to severe cognitive impairment	21%
*MAPLe 4+	52%
Dementia	32%
Aggressive behaviour	12%
Difficulty with medication management	72%

*MAPLe – Method for Assigning Priority Levels



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Who is providing care?

- ◆ 91% of primary caregivers were family members
 - ◆ 58% were adult children
 - ◆ 21% were a spouse
 - ◆ 12% were other family members
- ◆ On average, caregivers provide 20 hours per week of informal care
 - ◆ Co-residing caregiver – 32 hours per week
 - ◆ Not co-residing – 11 hours per week



What increases risk of distress?

Client Factors

Mild cognitive impairment	<ul style="list-style-type: none">• Almost doubles the risk
Moderate to severe impairment	<ul style="list-style-type: none">• Triples the risk
Potential or actual problem with depression	<ul style="list-style-type: none">• Over doubles the risk
Dementia	<ul style="list-style-type: none">• 25% increased risk
Presence of any behavioural & psychological symptoms of dementia	<ul style="list-style-type: none">• 75% increased risk

What increases risk of distress?

Caregiver Factors

Being a spouse	<ul style="list-style-type: none">• 80% increased risk*
Being a co-residing caregiver who is not a spouse	<ul style="list-style-type: none">• 40% increased risk*
Higher levels of informal care hours	<ul style="list-style-type: none">• Mild increase in risk

*relative to non-co-residing caregiver (any relation)

Effect of co-residing on distress

Rate of Distress	
Co-residing Caregiver	
Spouse	48%
Adult child	38%
Non-residing Caregiver	
Adult child	26%
Other relative	22%
Friend or neighbour	15%



More control – less distress

- ◆ **Choices in Supports for Independent Living (CSIL)** is a program that allows clients to receive money directly from their health authority and use that money to pay for the care they need.
- ◆ The data indicate that caregivers of clients under the CSIL program have a **50% lower risk of caregiver distress** even though they are caring for someone who, on average, has a higher level of complex care needs than non-CSIL home support clients.

Additional caregiver support

- ◆ Beyond increased service levels, how can service providers better support caregivers?
 - ◆ Develop strategies to identify caregivers earlier
 - ◆ Link caregivers with community supports
 - ◆ Provide training and education for caregivers so that they feel confidence in their caregiving skills

Recommendations

1. Increase adult day program access
2. Increase home support hours and recognize respite hours as a need
3. Improve access to CSIL
4. Re-organize respite beds and increase the capacity
5. Empower caregivers

Thank you

Contact

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