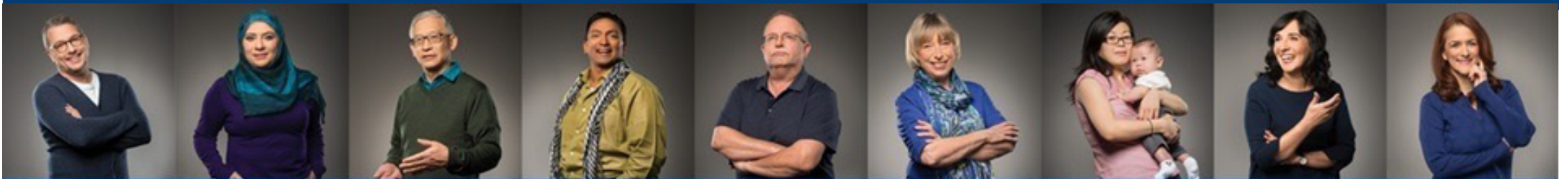


albertapatients.ca March 2022

Caregiving & Seniors' Supports in Alberta



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➤ Study information

Research methodology

- Online survey fielded via the albertapatient online research panel
 - Field dates: February 24 - March 8, 2022
 - Sample size: n=3,326
- Results reflect a representative sample of patients in Alberta
- Data was weighted to reflect gender, age and region of Albertans who have used the health care system within the past year
- A random stratified sample of albertapatient.ca panelists were invited to complete the survey. For interpretation purposes, a probability sample of this size would yield a margin of error of +/- 1.7 percentage points 19 times out of 20 at a 95% confidence interval
 - Accuracy of sub-samples of the data decline based on sample size

This research was conducted with and for the albertapatient.ca online community, operated by the Alberta Medical Association and research partner ThinkHQ Public Affairs Inc.

To learn more about albertapatient or to register as a member, please visit our website at www.albertapatient.ca.

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➤ Caregiving & Seniors' Supports in Alberta

Measuring Incidence Among Patients

Our March 2022 survey shows:

- Only 3% of those participating are seniors who receive care from a family member or friend
- Almost one-in-five (17%) participate in the care of an aging family member or friend
- Fully 78% do not provide or receive care, however, among this group nearly two-thirds (64%) say they are likely to be a caregiver at some point

➤ Caregiving & Seniors' Supports in Alberta

Seniors' Supports

Only 3% of those interviewed in March report that they are older and receive care from family members or friends and were asked follow-up questions related to their personal needs and experiences.

Given the small incidence of the sample (n=90), care should be taken in the interpretation of findings from these inquiries as the resulting margin of error is +/- 10.3 percentage points at a 95% confidence interval. As such, these findings should be treated as more directional than generalizable.

Among seniors receiving caregiving, views are mixed on the adequacy of community supports available, with roughly equal proportions saying they are and are not sufficient.

In terms of additional supports to assist aging in place for Albertans, top responses include assistance with home maintenance, home medical care, rehabilitation services and transportation supports for non-drivers

Many seniors also would benefit from access to funding for accessible home renovations, assistance with shopping/errands, medical care provided in their homes and community programs geared toward seniors (e.g., exercise, recreation).

Caregiving & Seniors' Supports in Alberta

Seniors' Supports ... continued

Given the small incidence of the sample (n=90), care should be taken in the interpretation of findings from these inquiries as the resulting margin of error is +/- 10.3 percentage points at a 95% confidence interval. As such, these findings should be treated as more directional than generalizable.

Those receiving caregiving generally feel they are able to access medical care when they need it (91%), although not necessarily in as timely or consistent way as possible (54% say “Most of the time”). This care is generally provided by their family physician/primary care clinic, although significant minorities also utilize the care of specialists and emergency rooms (23% and 22% respectively).

Almost three-in-ten (29%) of those saying they receive caregiving report they are housebound, and the vast majority do not receive home medical care.

➤ Caregiving & Seniors' Supports in Alberta

Caregiver Supports

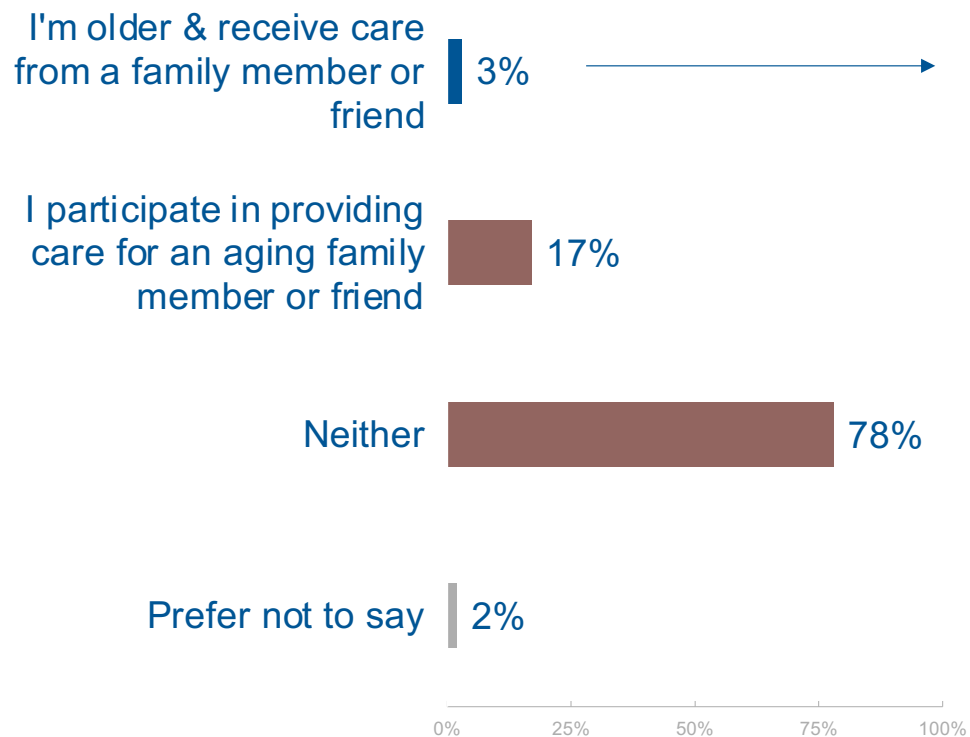
When asked what resources they need to maintain/improve their own mental health, caregivers participating in our March survey most commonly note that “finding time for themselves” is important (61%).

Other commonly cited needs include:

- Seeking mental health advice/counselling for themselves
- Looking after their own physical health
- Finding opportunities to take a break from their caregiving responsibilities
- Finding out what to expect in the future as it relates to their caregiving
- Finding assistance with their own responsibility at home; and
- Seeking help when it comes to financial/legal/work issues

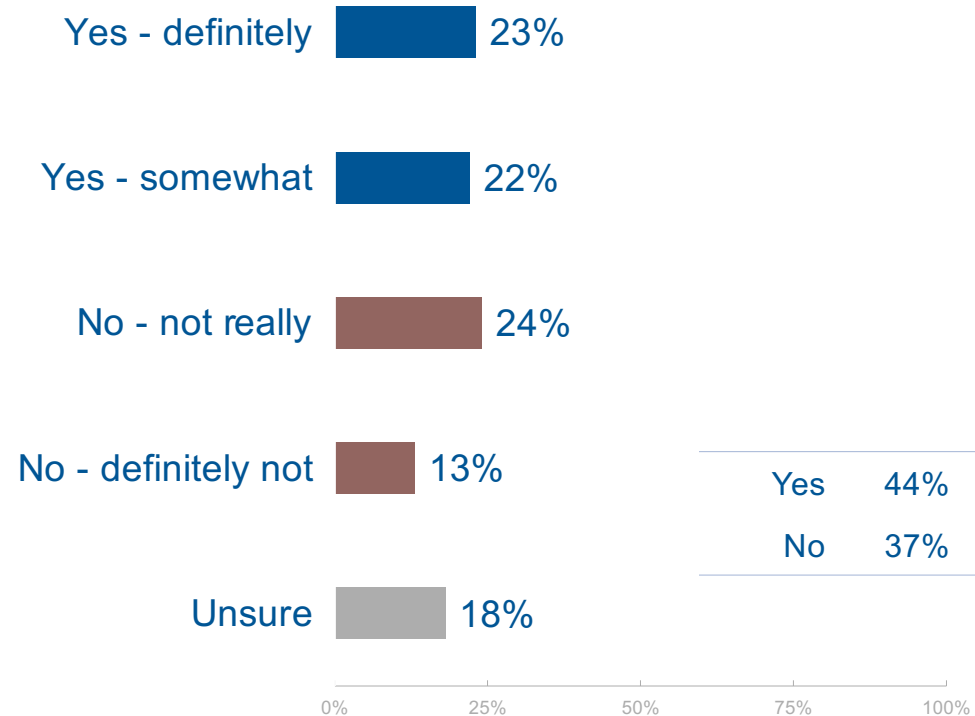
➤ Respondents' Caregiving / Receiving Status and Presence of Supports

Which of the following best describes your own situation currently?



Base: All respondents (n=3,326)

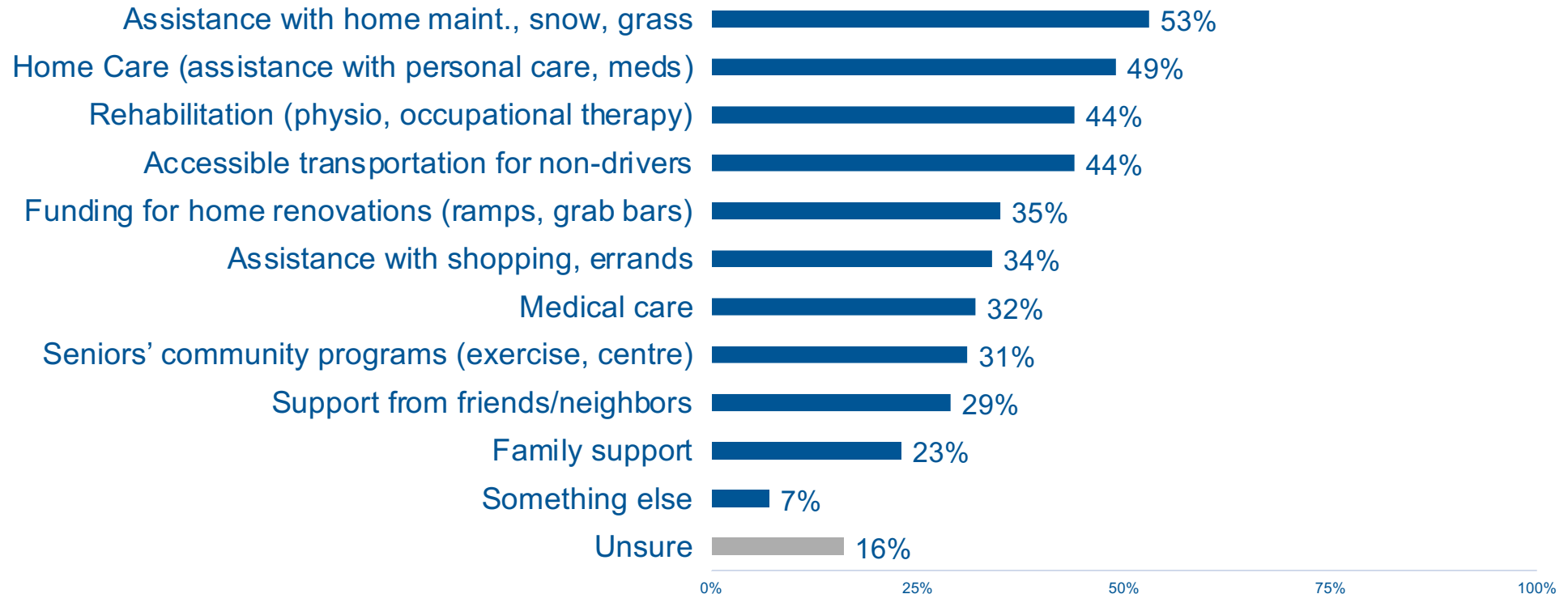
Are there currently services and supports in your community adequate to support you at home?



Base: Receives care (n=90)* | *Caution: Small sample size

➤ Aging in Place - Need for Additional Resources

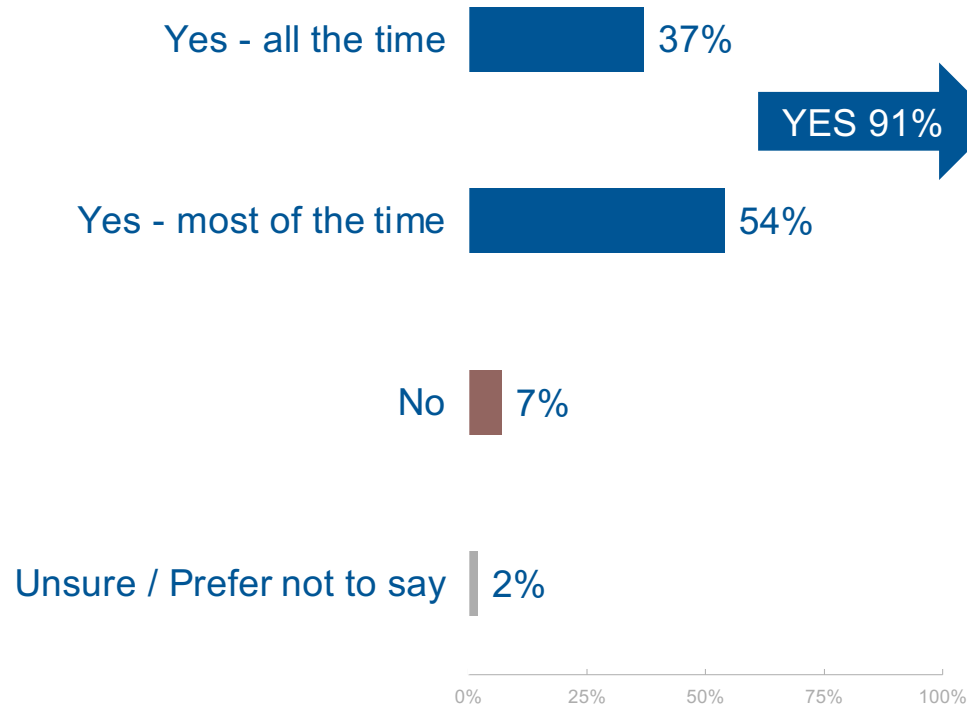
What additional resources are needed to support Albertans in your community to age in place?



Base: Receives care (n=90)* | *Caution: Small sample size | MULTIPLE MENTIONS

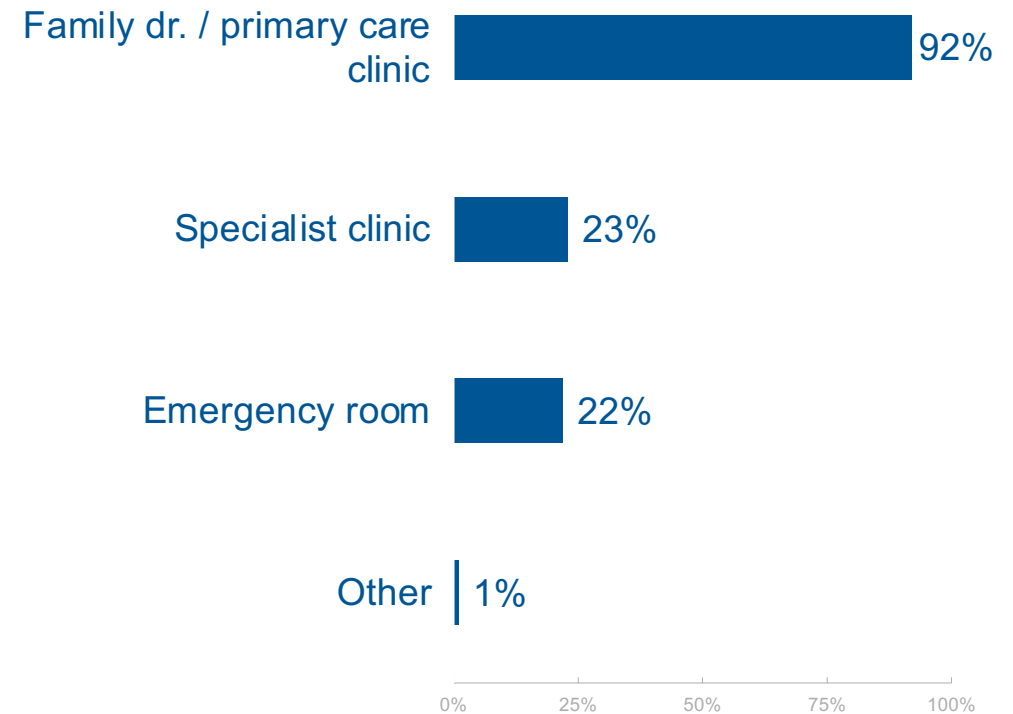
➤ Accessibility of Medical Care for Care Receivers

Are you currently able to access medical care when you need it?



Base: Receives care (n=90)* | *Caution: Small sample size

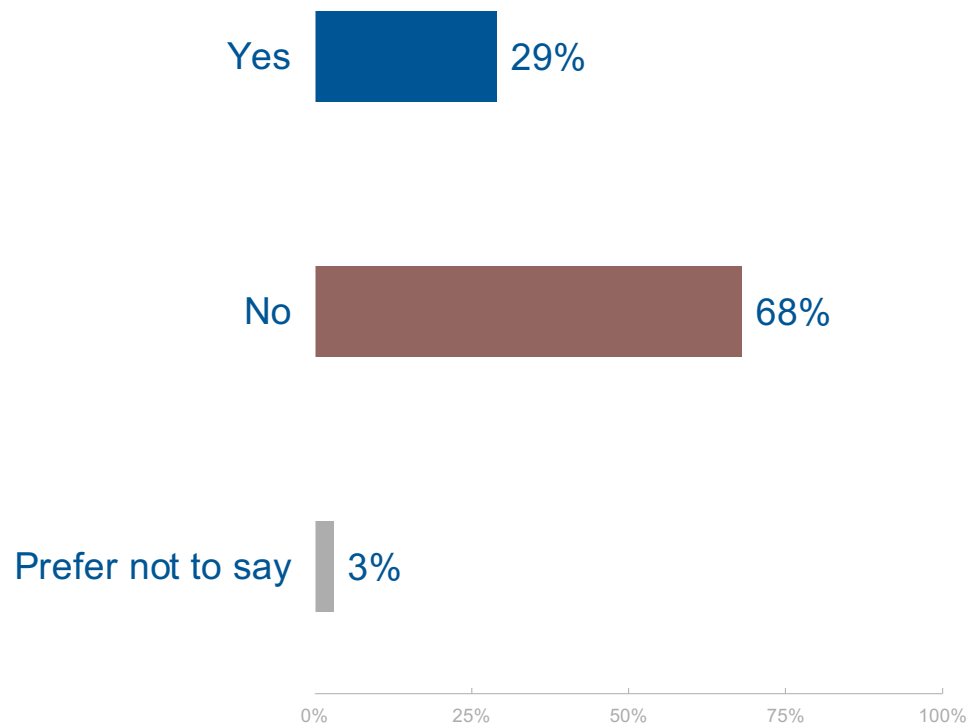
How do you usually access and receive medical care? **



Base: Yes (n=81)* | *Caution: Small sample size | **MULTIPLE MENTIONS

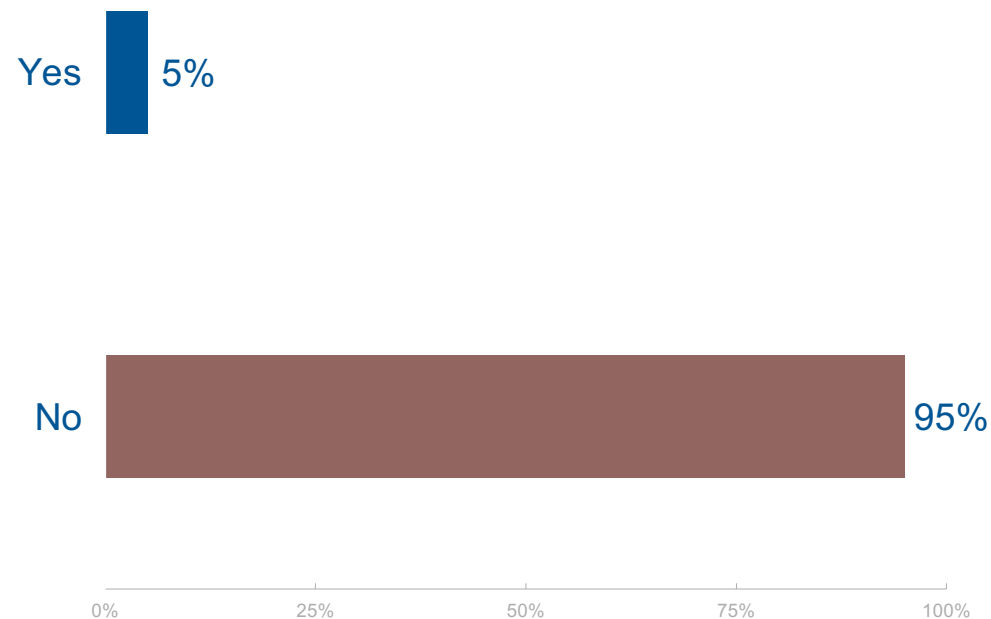
➤ Housebound Respondents' Home Medical Care Status

Are you currently housebound?



Base: Receives care (n=90)* | *Caution: Small sample size

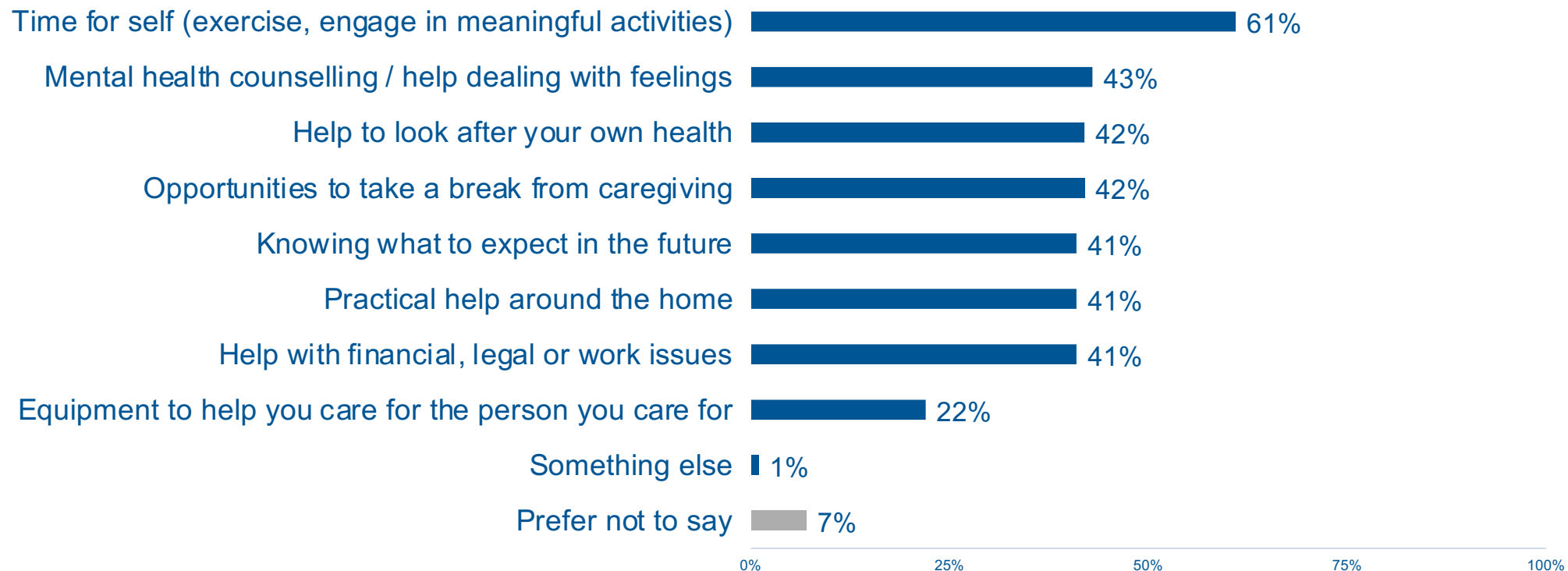
Do you receive medical care in your home: visits by a family doctor, nurse practitioner or medical specialists?



Base: Housebound (n=26)* | *Caution: Small sample size

> Caregivers - Additional Resources Needed to Support Own Mental Health

You mentioned you participate in the care of an aging friend or family member. As a caregiver, what resources do you need to maintain or improve your own mental health?



Base: Gives care (n=561) | MULTIPLE MENTIONS

Caregivers - Additional Resources Needed to Support Own Mental Health

By Age and Gender

As a caregiver, what resources do you need to maintain or improve your own mental health?

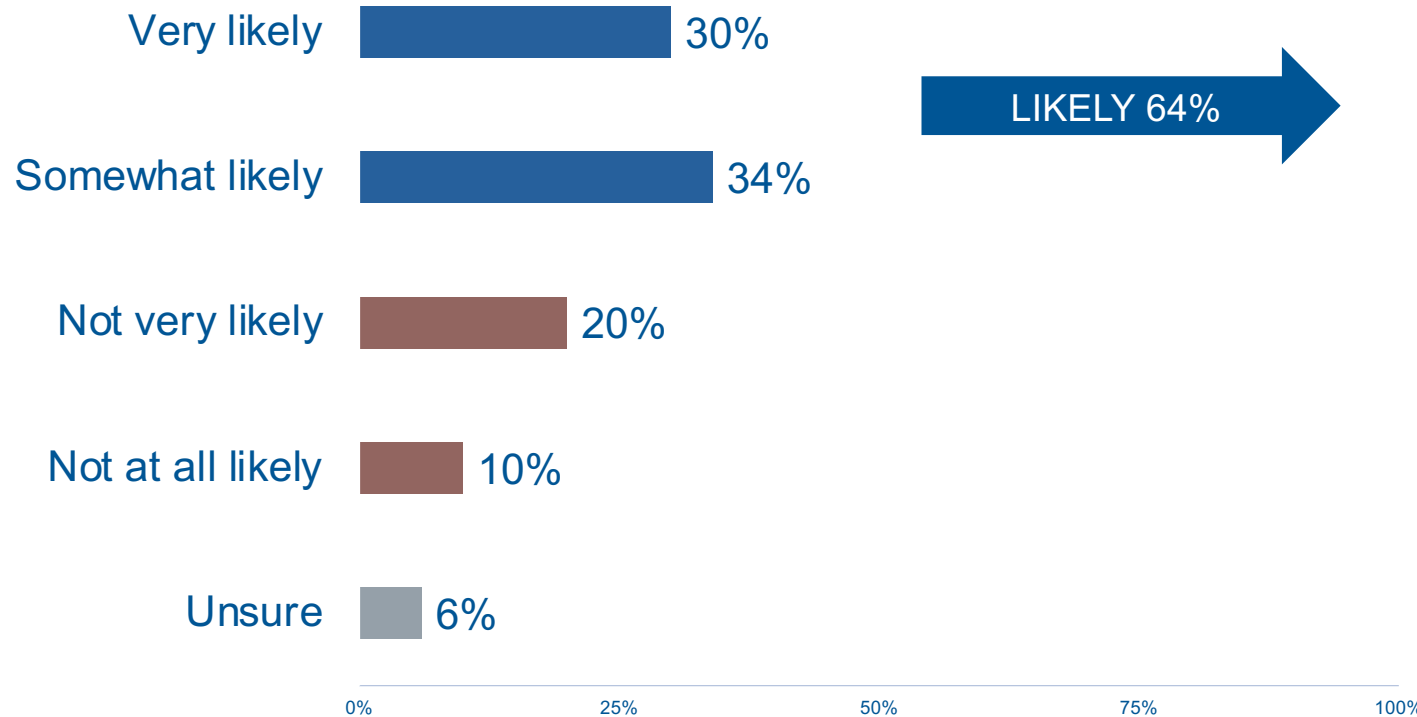
	TOTAL (n=561)	Age (Years)				Gender	
		<45 (n=259)	45-54 (n=116)	55-64 (n=114)	65+ (n=71)*	Male (n=280)	Female (n=281)
Time for self	61%	70%	58%	54%	44%	67%	55%
Mental health counselling	43%	51%	48%	31%	25%	44%	42%
Help to look after own health	42%	57%	39%	26%	19%	57%	27%
Opportunities to take a break	42%	49%	40%	34%	32%	48%	36%
Knowing what to expect in the future	41%	35%	57%	42%	36%	46%	36%
Practical help around the home	41%	53%	43%	23%	24%	50%	32%
Help with financial, legal, work issues	41%	49%	43%	34%	17%	49%	33%
Equipment to help your caregiving	22%	25%	24%	15%	14%	26%	17%
Something else	1%	1%	-	1%	1%	-	2%
Prefer not to say	7%	2%	10%	11%	16%	6%	9%

Base: Gives care | *Caution: Small sample size | MULTIPLE MENTIONS

Likelihood of Becoming a Caregiver

Among those who are neither a caregiver or receiver

How likely is it that, at some point in your life, you will be responsible for caring for an aging parent, relative or friend?



% saying "Likely"

Age

< 45 years	75%
45 - 54	67%
55 - 64	50%
65+	36%

Gender

Male	59%
Female	68%

HH Income

<\$40K	47%
\$40K-\$99K	61%
\$100K+	67%

Base: Neither gives / receives care (n=2,595)



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