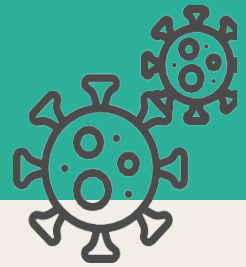


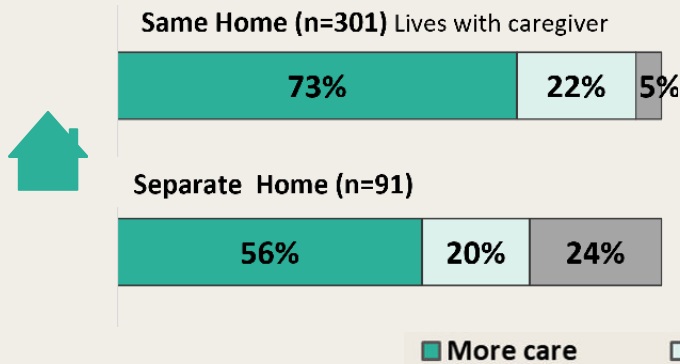
Alberta Family Caregivers:

Impacts of the COVID-19 Pandemic

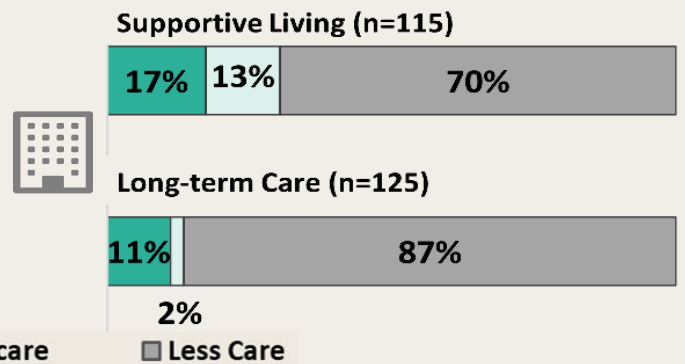


Family Caregiving in COVID-19: A Tale of Two Solitudes

Private homes: Overwhelmed by providing care



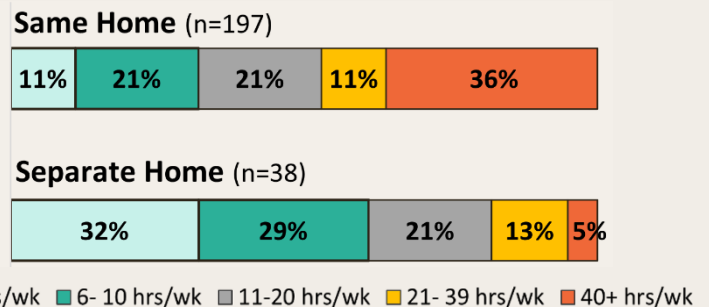
Congregate Care: Unable to provide care



Caregiver's additional care work since the COVID-19 pandemic began

68% added 11 to 40+ hours a week in the same home.

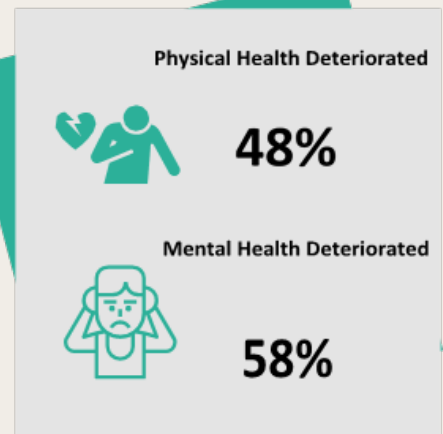
39% added 11 to 40+ hours a week in the separate home



Stress, Anxiety, Loneliness

Negative Impacts on Health and Wellness During COVID-19

- 57%** Unable to take a break
- 68%** Always thinking care
- 78%** are Anxious since COVID-19* (State Anxiety Scale Tluczek)
- 86%** are Lonely since COVID-19** (DeJong Gierveld Loneliness Scale)
- 79%** Feel frustrated
- 61%** Trouble sleeping

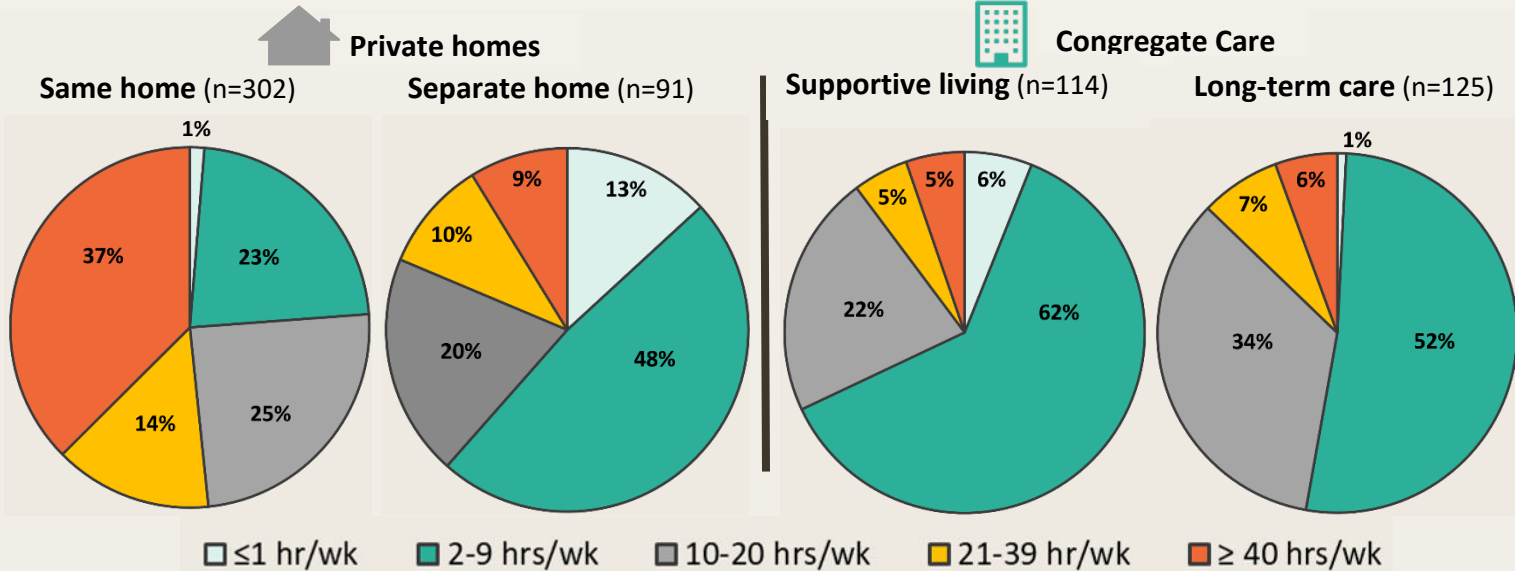


*Anxiety typically increases as care responsibilities and exhaustion increase. Anxiety and depression increase premature mortality rates by 76% as compared to those without anxiety. (See report for references)
 **Loneliness carries the same health risk as smoking 15 cigarettes a day. Loneliness is twice as harmful to health as obesity is and the risk of premature mortality due to loneliness is as lethal as alcoholism.

Caring for many hours a week before the COVID-19 pandemic!

Pre-COVID-19: Hours of Care by Care Location

More than a full-time job: **37%** of Family Caregivers who live with the receiver provided 40+ hrs/wk of care
 Substantive care in LTC: **34%** of Family Caregivers of LTC residents provided 10-20 hrs/wk of care



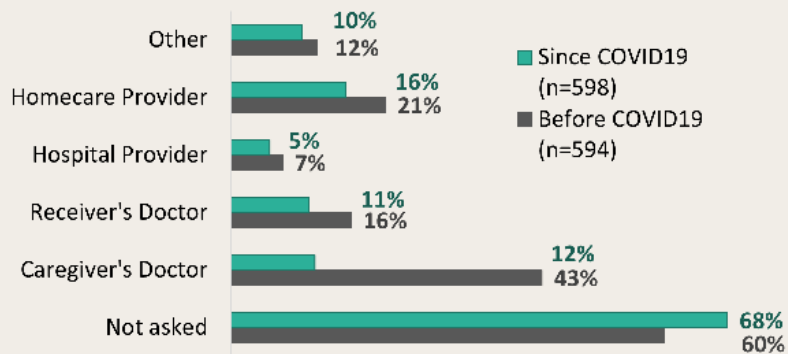
Are health providers asking caregivers about their caregiving situation?

43% Before COVID-19

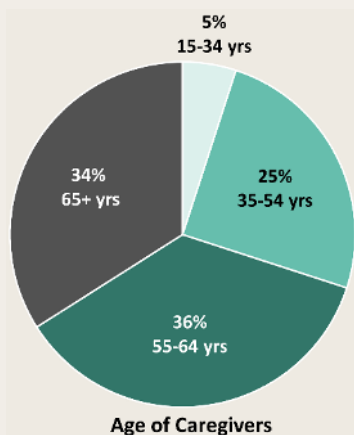
32% Since COVID-19 began

Who asked you about your caregiving*?

*identified from 1-7 providers

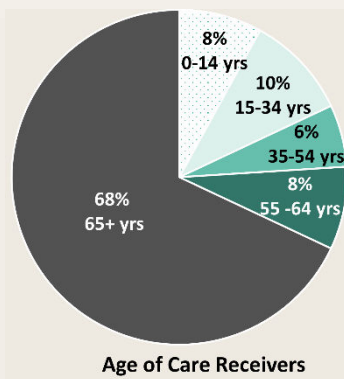


About this Survey



604 Family Caregivers participated

85% Women 14.6% Men 0.4% Other



3 in 10 cared for 2+ people
 7 in 10 care for 1 person

All AHS ZONES
 9% North
 44% Edmonton
 11% Central
 28% Calgary
 8% South

