

The Impacts of COVID-19 On Alberta Family Caregivers

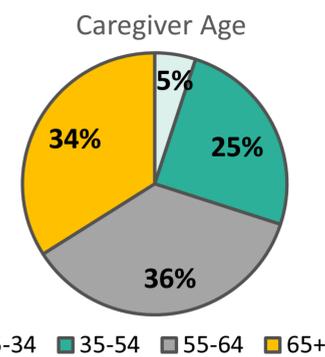
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INTRO
 COVID-19 has been challenging for most people. Carers UK found 70% of carers are providing more care than before and 55% felt overwhelmed and worried they are going to burn out. Family caregivers provide over 80% of the care for older people with dementia, chronic illness, impairments, and at the end of life.

RESEARCH QUESTION: What are the impacts of the COVID-19 pandemic and public health protocols to control it on Alberta Family Caregivers?

METHODS
 This online survey was carried out on the University of Alberta REDCap data collection platform from June 23 to July 31, 2020.

PARTICIPANTS
 604 current family caregivers responded to the survey. 85% female, 14.6% male and 0.4% identified as other.



COVID-19 Family Caregiving Crisis with Two Solitudes:

1. Overwhelmed with caregiving needs in private homes .
2. Restricted from caregiving in congregate living.

Both solitudes increased family caregiver distress, anxiety, and loneliness.

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

Physical Health Deteriorated

48%

Mental Health Deteriorated

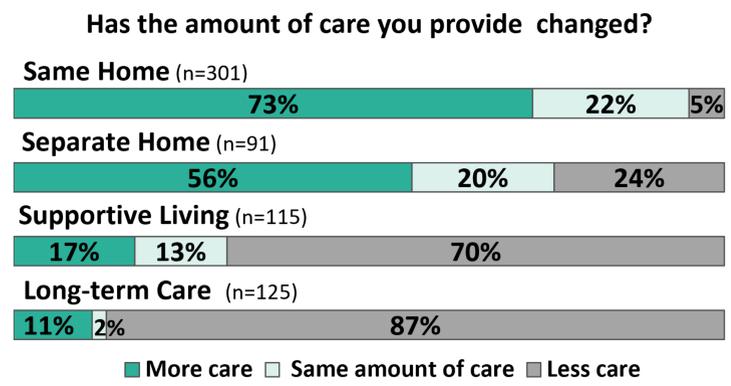
58%

" My husband receives care from AHS Palliative Care, but of course, the nurses cannot visit and help with caring for my husband and respite is not possible because he is so vulnerable. The AHS nurse does call approximately once a month, but there is nothing she can do so we are just here waiting for it to end"

Full report on website: Caregivercare.ca

FINDINGS

Providing MORE CARE after the COVID-19 Pandemic began



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

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