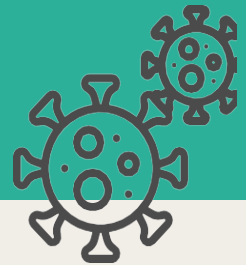


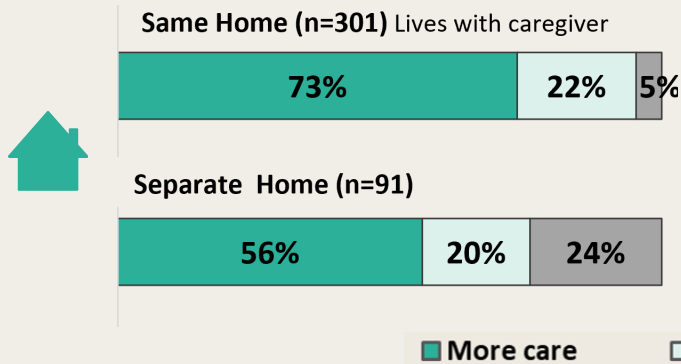
# Alberta Family Caregivers:

## Impacts of the COVID-19 Pandemic

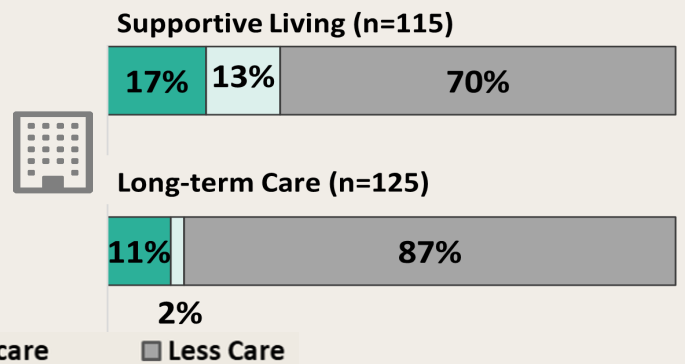


### Family Caregiving in COVID-19: A Tale of Two Solitudes

#### Private homes: Overwhelmed by providing care



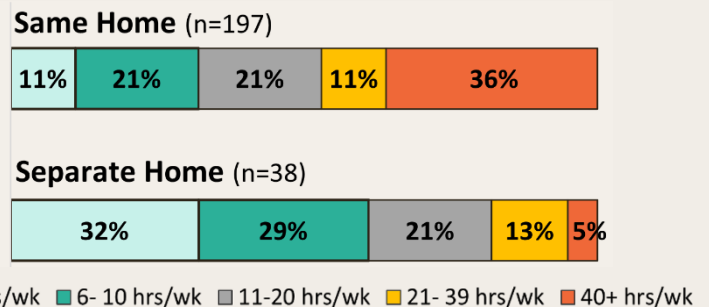
#### Congregate Care: Unable to provide care



#### 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

**Physical Health Deteriorated**

**48%**

**Mental Health Deteriorated**

**58%**

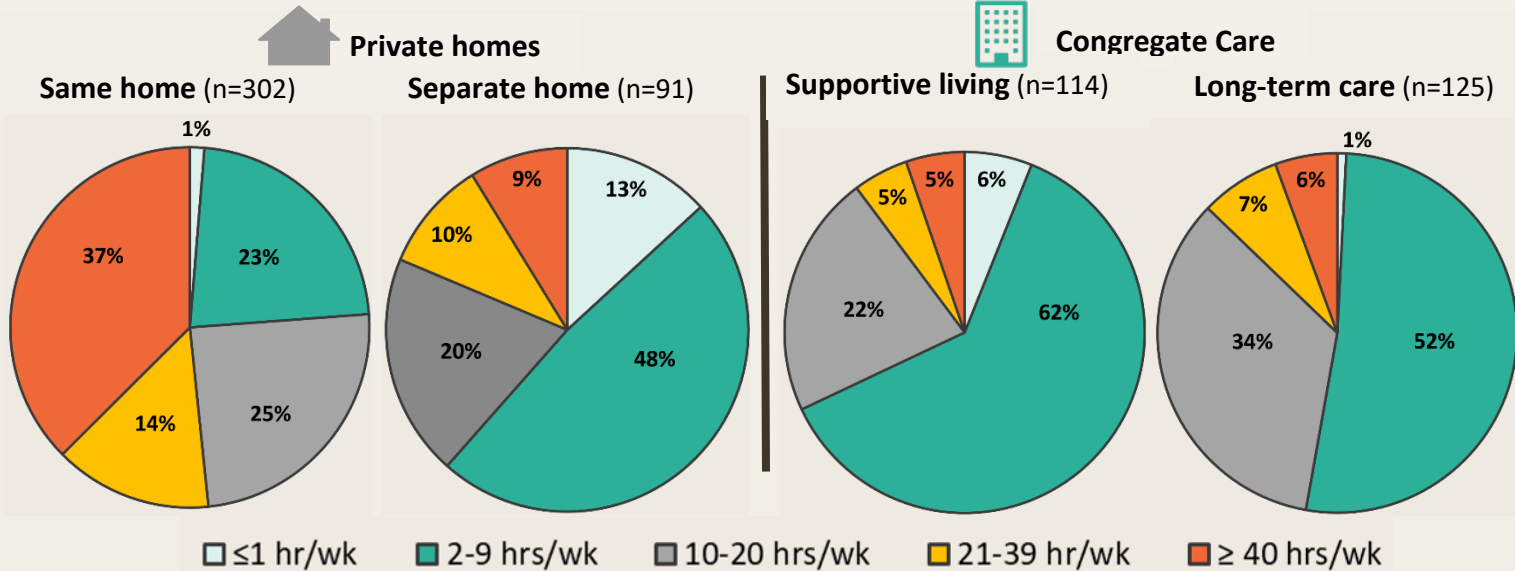
\*Anxiety typically increases as care responsibilities and exhaustion increase. Anxiety and depression increase premature mortality rates by 76% as compared to those without anxiety. (See report for references)

\*\*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



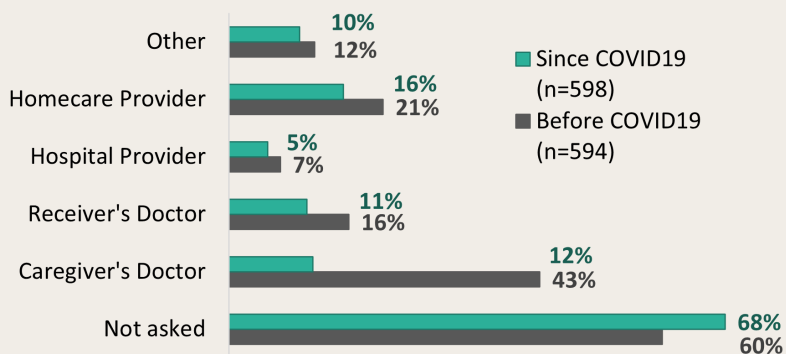
## Are health providers asking caregivers about their caregiving situation?

**43%** Before COVID-19

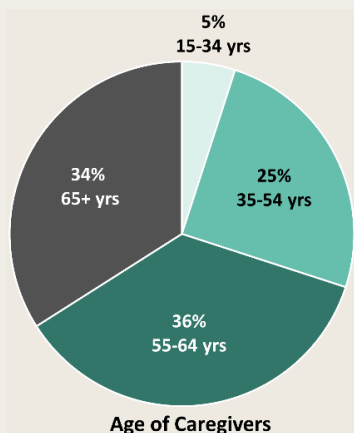
**32%** Since COVID-19 began

## Who asked you about your caregiving\*?

\*identified from 1-7 providers

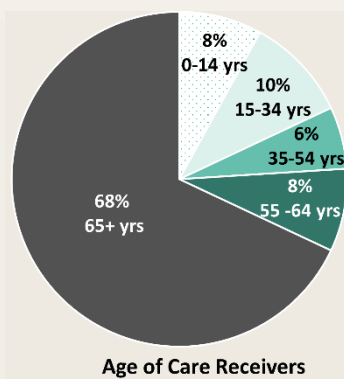


## About this Survey



## 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

