



# Family Caregivers of BC

December 3, 2020



OFFICE OF THE  
**SENIORS** ADVOCATE  
BRITISH COLUMBIA

# The Report

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## 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.”

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- 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

# Who is Providing Care?

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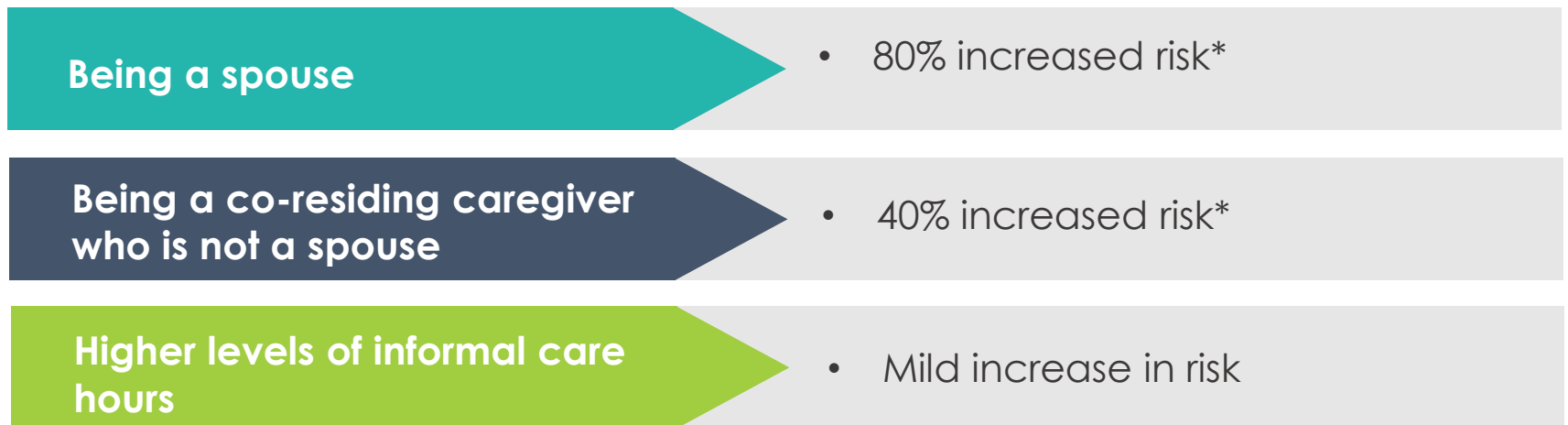
- 91% of primary caregivers were family members
  - 58% were adult children
  - 21% were a spouse
  - 12% were other family members
- On average, caregivers provide 20 hours per week of informal care
  - Co-residing caregiver – 32 hours per week
  - Not co-residing – 11 hours per week



# What Increases Risk of Distress?

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## Caregiver Factors



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

# Additional Caregiver Support

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- **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



# More Control, Less Distress

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- **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.

# Pre-Pandemic LTC Visit Activities

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Personal care such as help to the toilet, bathing, and dressing	<b>22%</b>
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Grooming such as hair combing, shaving, nail care	<b>46%</b>
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Meal time help/encourage my loved one to eat	<b>45%</b>
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Take for walks or do exercise with them	<b>68%</b>
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Helped them keep up with current events	<b>60%</b>
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Took them out for appointments and or social outings	<b>62%</b>
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## LTC Visit Frequency & Duration – Pre-COVID-19 & Now

Frequency	Pre-Pandemic	Currently
Daily	18%	3%
Several times per week, but not always daily	41%	
Weekly	20%	56%*
Every other week	6%	15%
Monthly	6%	8%
Other	7%	18%

Duration	Pre-Pandemic	Currently
30 minutes or less	4%	49%
30 minutes to one hour	27%	34%
One hour to two hours	39%	7%
Two to four hours	19%	1%
More than four hours	7%	<1%
Other	4%	5%

# Essential Visitor Experience

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- **48%** notified of essential visitor provision
- **43%** of respondents met criteria for essential visits
- **42%** of applied for essential visits
- **45%** of requests denied



## Essential visits have been defined by the Provincial Health Officer as:

- Visits for compassionate care, including critical illness, palliative care, hospice care, end of life, and Medical Assistance in Dying;
- Visits paramount to the patient/client's physical care and mental well-being, including:
  - Assistance with feeding, mobility and/or personal care;
  - Communication assistance for persons with hearing, visual, speech, cognitive, intellectual or memory impairments;
  - Assistance by designated representatives for persons with disabilities, including provision of emotional support; and
  - Visits for supported decision making.
- Volunteers registered pre-COVID providing the services described above.
- Visits required to move belongings in or out of a client's room.

## Concerns: Realities and Observations

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### Where and How Visits Take Place

- 30% of visits are only outside
- 21% of visits are in residents rooms
- 20% of visits had plexiglass or another barrier
- 69% of visits were observed by staff
- 77% were not able to touch/hug their loved one



**QUESTION**

**ANSWER**

# Thank you

## Contact

[www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)

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