

“Knowledge is power.  
In this day and age,  
power comes from  
digital technology.”

~Employed Family Caregiver

# IMPROVING LIVES Through Digital Technology

Nearly 600 caregivers surveyed<sup>1</sup> said their top-ranked goals were their physical health, mental and emotional health and their financial well-being.

Surprisingly, care-related, social well-being, employment and educational goals varied in priority across age groups behind these top 3 goals.

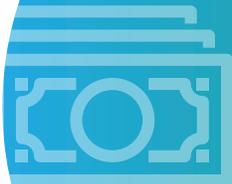
## CAREGIVERS’ TOP 3 GOALS

### Physical Health

4.5 of 5 caregivers have goals about their physical health such as getting more sleep, exercise and eating healthier meals.

Like 3 of 5 caregivers, do you use technology to monitor your own health such as tracking fitness activity and monitoring vitals?

3 of 5 caregivers have goals about better managing the financial demands of care for themselves and their care receivers.



### Financial Well-being

Like 3.5 of 5 caregivers, do you use technology to manage finances of the person you care for including banking, paying bills, and filing income tax?

More than 4 of 5 caregivers have goals about their mental and emotional health such as coping better, having a life outside of their care situation, feeling less guilty, and worrying less about who they care for.

### Mental & Emotional Health

Like 3 of 5 caregivers, do you use technology to help achieve peace of mind while providing care?

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# ARE YOU CURRENTLY USING TECHNOLOGY FOR CARE?

While almost all caregivers reported using digital technology (computers, tablets, smartphones, apps or internet-based tools) in their everyday lives, only 2 out of 3 of these caregivers were using digital technology to integrate their care responsibilities with the rest of their lives.

**7 of 10 caregivers used technology to coordinate care such as making appointments, sharing care among family members and organizing transportation or services.**

**9 of 10 caregivers used technology to keep in touch with friends and family.**



**7 of 10 caregivers used technology to better understand the health conditions of their care receivers.**

**Almost half of caregivers used technology to manage care from a distance.**

The findings presented in this infographic are from a pan-Canadian online survey of 600 family caregivers that collected data between May and September 2018. The study aimed to better understand caregivers' holistic goals throughout their care journeys, and the potential role of technology to help meet their goals.

## To Cite:

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