

CARE TRAJECTORIES AND WELL-BEING OUTCOMES OF OLDER CARERS

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INTRODUCTION

- Longstanding concerns about the sustainability of the family care sector amidst a ‘care crisis’
- Research on the impact of care is not new, but point-in-time snapshots limit understanding of the cumulative impact of caring
- Limited understanding of the impact of diverse life courses of care on later life well-being

PURPOSE

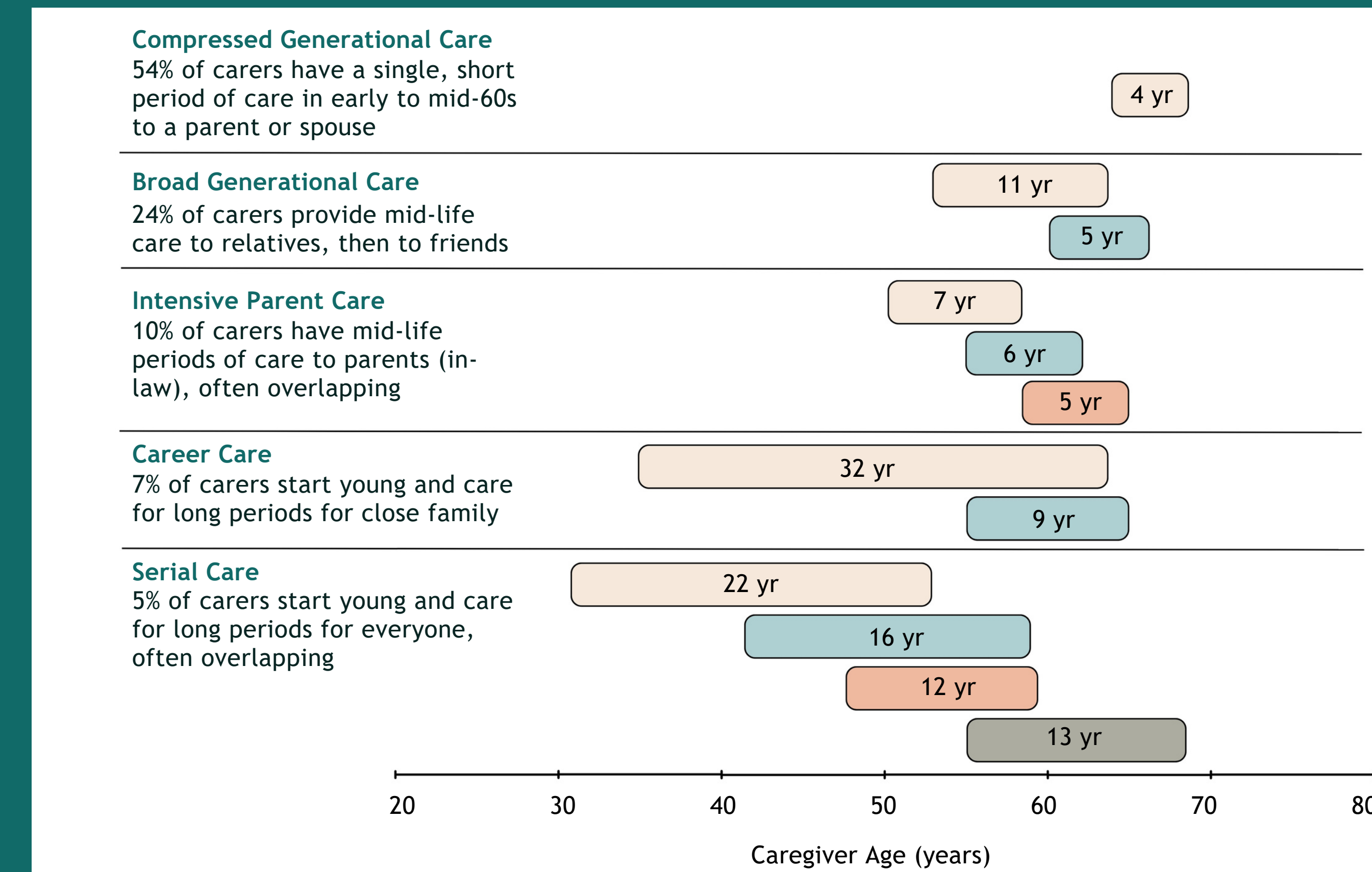
- Determine the relationship between different care trajectory types and well-being outcomes in later life

METHODS

- Most recent (2018) Statistics Canada nationally representative survey on caregiving
- Sample of 3,210 people aged 65+ who had ever provided care in their lifetime (= 2.6 million Canadians age 65+)
- Independent variables: 5 care trajectory types; Dependent variables: 3 well-being domains
- Descriptive and multivariate analyses (OLS, logistic, ordered logistic regressions)

Caregiving patterns across the life course differentially impact well-being in later life: Serial carers are at greatest risk

FAMILY CARE TRAJECTORIES ACROSS THE LIFE COURSE



MULTIVARIATE ANALYSES RESULTS FOR WELL-BEING

CARE TRAJECTORY TYPE (Serial care trajectory is the omitted category)	Income		MATERIAL WELL-BEING Overall health		Mental health		RELATIONAL WELL-BEING Loneliness		SUBJECTIVE WELL-BEING Daily stress	
	OLS regression results		Logistic Regression results		Logistic Regression results		OLS regression results		OLS regression results	
	Parameter estimate	p-value	Odds ratio	p-value	Odds ratio	p-value	Parameter estimate	p-value	Parameter estimate	p-value
Compressed generational	0.430	0.247	2.51	0.017*	0.51	0.121	-0.09	0.174	-0.394	0.008**
Broad generational	0.396	0.305	1.92	0.101	0.80	0.640	-0.03	0.627	-0.304	0.046*
Intensive parent care	0.317	0.458	2.07	0.082	0.39	0.062	-0.29	0.926	-0.396	0.013**
Career	0.162	0.716	1.28	0.001***	0.24	0.014**	-0.02	0.855	-0.449	0.006**

RESULTS
No significant differences in personal income among care trajectory types.

Compressed Generational carers were 2.5 times more likely and Career carers were 1.3 times more likely to report good to excellent health than Serial carers.

Career carers were 24% as likely as Serial carers to report having a mental health-related disability.

No significant differences in average loneliness scores among care trajectory types.

Serial carers reported higher levels of daily stress than all other care trajectory types.

* significant at .05 ** significant at .01 *** significant at .001

Icons are from the creatives at the Noun Project

DISCUSSION

- Life course care histories influence well-being outcomes for carers
- Serial carers are at highest risk of poor well-being outcomes across Material and Subjective domains

Material well-being

- higher risk of poor mental and physical health outcomes indicates a cumulative toll of care labour
- no influence on income suggests a buffering effect of Canada’s income security programs

Relational well-being

- no influence on loneliness points to a knowledge gap about pathways to loneliness

Subjective well-being

- most powerfully, a life-time of care reduces carers’ ability “to be and do what they most value” in later life
- Findings indicate how life courses of family care contribute differentially to cumulative advantage/disadvantage and risks of late-life exclusion