Family Carers of Older People: Results of a National Survey of Stress, Conflict and Coping

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               Ms Carmel Downes
               Professor Jonathan Drennan

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- NCPOP/HSE management and steering groups
- NCPOP user group
- NCPOP advisors: Professor Simon Biggs and Professor Karl Pillemer.
Background
Projected trends in the population aged 65 years and older in Ireland 1981-2041
'Given the population projections which predict a doubling of the elderly population over the next 30 years, this will give rise to a significant increase in chronic diseases with the consequent burden on society, the healthcare system and individuals. Chronic diseases have a lifelong course and place a significant burden on the patient and their families’

(Department of Health and Children 2008, p.7)
The National Positive Ageing Strategy (2013)

‘It is expected that Ireland’s ageing population coupled with medical advances in relation to disability and chronic illness will result in more older people being cared for in the community in the years ahead’ (p.33)

NATIONAL GOAL 3: ‘Support people to age with confidence, security and dignity in their own homes and communities for as long as possible’ (p.34)

OBJECTIVE 2.3
‘Recognise and support the role of carers by implementing the National Carers’ Strategy (2012) (p.20)
The National Carers’ Strategy (2012)

VISION STATEMENT
‘Carers will be recognised and respected as key care partners. They will be supported to maintain their own health and wellbeing and to care with confidence. They will be empowered to participate as fully as possible in economic and social life’ (p.2)
4.1% of the Irish population identify themselves as a carer (aged 15 years and older) (CSO 2011)

61% are female (CSO 2011)

52% are aged between 40 to 59 years (CSO 2011)

One in five provide full-time care (i.e. 43 hours or more) (CSO 2011)

80% of primary caregivers to people aged 50 years and older are themselves aged 50 years and over (Kamiya et al. 2012)

One in five carers is aged over 65 years and is predominantly the spousal of the person being carers for (Barrett et al. 2011)
The QNHS found that two thirds of carers reported that their health and/or lifestyle were affected by their caregiving responsibilities (CS0 2012).

Family carers experience a lower quality of life and report poorer health than the general population (O’Sullivan 2008).

More than one in ten (11.4%) primary carers of people aged 50 years and older in Ireland are permanently sick or disabled (Kamiya et al. 2012).

Carers who provide care for more than 57 hours a week were more likely to report that they felt completely overwhelmed by their caregiving duties (CS0 2012).

Almost two thirds of carers felt mentally and emotionally drained while carrying out their caring role (O’Brien 2009).
Carers who experience higher levels of burden in their caregiving role may be at increased risk for engaging in abusive behaviours towards the older person in their care (Sasaki et al. 2007; Kishimoto et al. 2013).

The literature indicates that abusive behaviours by carers of older family members are relatively common (Paveza et al. 1992).

The prevalence of abusive behaviours reported by family carers ranges from 11% to as high as 62% (Cooper et al. 2008b; Yan and Kwok 2011).
Factors Associated with Abuse by Family Carers

- Carer factors
- Care recipient factors
- Caregiving factor

The International Literature
Earlier studies have focused mainly on measuring direct aggression, abuse and violence by family carers towards older people for whom they provide care (Homer and Gilleard 1990; Pillemer and Suitor 1992; Coyne et al. 1993; Pot et al. 1996).

More recent studies have focused on less severe cases, which involve ‘potentially harmful behaviours’ by family carers (Beach et al. 2005; Sasaki et al. 2007; Cooper et al. 2009; Kishimoto et al. 2013).
Potentially Harmful Carer Behaviours are:

- Behaviours directed an older person that may be deemed potentially harmful, but that may not require formal service intervention, but that may still compromise the quality of care provided by carers.

- Such behaviours may serve as a precursor to abuse or as ‘early warning signs’ that may be amenable to early, preventive intervention efforts.
Potentially Harmful Psychological Behaviours

- Using a harsh tone of voice
- Threats of a nursing home placement
- Threats to use physical force
- Threats to stop providing care
- Screaming or yelling
Potentially Harmful Physical Behaviours

- Withholding food
- Feeling afraid that you might hit or hurt
- Shaking
- Roughly handling
- Hitting or slapping
Only a small number of studies have examined potentially harmful behaviours engaged in by family carers.

In the UK, 52% of family carers of people with dementia reported that they engaged in some physically or psychologically harmful behaviour towards the care recipient with dementia and a third of the carers (34%) met the criteria for ‘significant harmful behaviour’ (Cooper et al. 2009).

One third of the carers (33%) reported that psychologically abusive behaviours had occurred sometimes in the previous three months (Cooper et al. 2009).

Just 1.4 per cent reported that physically abusive behaviours had occurred sometimes (Cooper et al. 2009)
NCPOP Research

Community-dwelling older people
(N=2,021)
(Naughton et al. 2010)

Nursing and care staff in nursing homes (N=1,316)
(Drennan et al. 2012)

Family carers of older people
(N=2,311)
(Lafferty et al. 2014)
1. To examine the nature and type of care provided by family carers to older people
2. To measure carer burden among family carers who provide care to an older family member
3. To measure the extent to which family carers experience conflict in the caregiving relationship
4. To measure the extent to which family carers engage in potentially harmful behaviours towards older family members
5. To identify factors associated with potentially harmful behaviours engaged in by family carers
6. To examine family carers’ experiences of support and coping in their role as caregiver.
Research Design
Recipients of a Carer’s Allowance (May 2013)

- 56% Care provided to persons <65 years
- 44% Care provided to an older person (65 years and over)
Methods

- A cross-sectional survey
- A nationally representative sample of family carers in receipt of a carer’s allowance for care provided to a person aged 65 years and older
- An anonymous postal questionnaire comprising a suite of instruments including:
  - Center for Epidemiologic Studies Depression Scale (CES-D) (Radloff 1977)
  - Zarit Burden Interview (ZBI) (Zarit et al. 1980)
  - Modified version of the Conflict Tactics Scale (M-CTS) (Beach et al. 2005; Cooper et al. 2009)
  - Positive Value and Quality of Support subscales (McKee et al. 2003)
- Three mailouts:
  1. Pre-notice letter by the DSP
  2. Cover letter, questionnaire, stamped addressed envelope
  3. Cover letter, spare questionnaire, stamped addressed envelope
Sampling

55,682*
Carers in receipt of a carer’s allowance

24,484*
Carers in receipt of a carer’s allowance for care provided to a person aged 65 years and older

4,000
Carers randomly selected

2,422
Questionnaires returned

2,311
Eligible questionnaires

* (DSP May 2013)
<table>
<thead>
<tr>
<th>Section 1</th>
<th>Carers’ profile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Section 2</td>
<td>Carers’ health and wellbeing</td>
</tr>
<tr>
<td>Section 3</td>
<td>Caregiving and caregiving activities</td>
</tr>
<tr>
<td>Section 4</td>
<td>Caregiving experience</td>
</tr>
</tbody>
</table>
| Section 5 | Experience of conflict  
  A) Carers’ experiences of mistreatment  
  B) Potentially harmful carer behaviour |
| Section 6 | Carers’ experiences of support and coping |
| Section 7 | Care recipient profile |
Results
Results - Carers’ Profile

Age of Carers

- < 46 years: DSP database (21.6%) and Survey respondents (19.8%)
- 46-64 years: DSP database (46.1%) and Survey respondents (48.0%)
- ≥ 65 years: DSP database (31.3%) and Survey respondents (32.2%)
Results - Carers’ Profile

Gender of Carers

- Females: 72.3% (DSP database), 71.8% (Survey respondents)
- Males: 27.7% (DSP database), 28.2% (Survey respondents)
### Results - Carers’ Profile

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>% (n)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ethnic/cultural background</strong></td>
<td></td>
</tr>
<tr>
<td>White Irish</td>
<td>95.1 (2185)</td>
</tr>
<tr>
<td>Irish traveller</td>
<td>0.5 (11)</td>
</tr>
<tr>
<td>Other white background</td>
<td>4.0 (92)</td>
</tr>
<tr>
<td>Black/Black Irish/African/Black other</td>
<td>0.1 (2)</td>
</tr>
<tr>
<td>Asian/Chinese/Other Asian</td>
<td>0.2 (5)</td>
</tr>
<tr>
<td>Other/Mixed background</td>
<td>0.1 (3)</td>
</tr>
<tr>
<td><strong>Marital status</strong></td>
<td></td>
</tr>
<tr>
<td>Single (Never married)</td>
<td>25.2 (581)</td>
</tr>
<tr>
<td>Married/Civil partnership</td>
<td>62.5 (1441)</td>
</tr>
<tr>
<td>Living with a partner</td>
<td>2.8 (65)</td>
</tr>
<tr>
<td>Separated/Divorced</td>
<td>6.4 (148)</td>
</tr>
<tr>
<td>Widowed</td>
<td>3.1 (69)</td>
</tr>
<tr>
<td><strong>Number of full-time dependants (other than the care recipient)</strong></td>
<td></td>
</tr>
<tr>
<td>No other dependants</td>
<td>62.3 (1248)</td>
</tr>
<tr>
<td>1 other dependant</td>
<td>22.5 (451)</td>
</tr>
<tr>
<td>2 other dependants</td>
<td>7.0 (141)</td>
</tr>
<tr>
<td>≥ 3 other dependants</td>
<td>8.2 (164)</td>
</tr>
<tr>
<td><strong>Living arrangements</strong></td>
<td></td>
</tr>
<tr>
<td>Co-residing with the care recipient</td>
<td>72.4 (1663)</td>
</tr>
<tr>
<td>Not residing with the care recipient</td>
<td>27.6 (633)</td>
</tr>
</tbody>
</table>
Carers’ self-rated General Health by Gender

<table>
<thead>
<tr>
<th>Health Level</th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poor</td>
<td>3.8%</td>
<td>4.2%</td>
</tr>
<tr>
<td>Fair</td>
<td>26.6%</td>
<td>28.6%</td>
</tr>
<tr>
<td>Good</td>
<td>48.5%</td>
<td>49.6%</td>
</tr>
<tr>
<td>Very good</td>
<td>21.0%</td>
<td>17.6%</td>
</tr>
</tbody>
</table>
Results - Carers’ Health and Wellbeing

Depressive symptoms among Carers

- 44% CES-D score < 16
- 56% CES-D score ≥ 16
Results - Carers’ Health and Wellbeing

Level of Burden experienced by Carers

- Little or no burden (0-20) 26.5%
- Mild to moderate burden (21-40) 6.6%
- Moderate to severe burden (41-60) 26.6%
- Severe burden (61-88) 40.3%
Results – Caregiving relationship

Relationship to the Care recipient

- Adult Child: 51.5%
- Spouse: 31.1%
- Other relative: 15.0%
- Non relative: 2.4%
Results - Caregiving

Hours of care provided by carers in an average week

- ≤ 19 hours: 48.3%
- 20 to 39 hours: 17.5%
- 40 to 59 hours: 16.4%
- 60 to 80 hours: 15.8%
- > 80 hours: 2.0%
## Results - Caregiving

<table>
<thead>
<tr>
<th>Coping appraisal</th>
<th>Never % (n)</th>
<th>Sometimes % (n)</th>
<th>Often % (n)</th>
<th>Always % (n)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you feel you cope well as a caregiver?</td>
<td>0.5 (12)</td>
<td>14.9 (340)</td>
<td>29.5 (673)</td>
<td>55.1 (1256)</td>
</tr>
<tr>
<td>Do you find caregiving worthwhile?</td>
<td>2.9 (65)</td>
<td>18.3 (415)</td>
<td>21.6 (489)</td>
<td>57.2 (1295)</td>
</tr>
<tr>
<td>Do you have a good relationship with the person you care for?</td>
<td>1.1 (24)</td>
<td>7.4 (169)</td>
<td>16.6 (378)</td>
<td>74.9 (1703)</td>
</tr>
<tr>
<td>Do you feel that anyone appreciates you as a caregiver?</td>
<td>12.4 (283)</td>
<td>31.0 (705)</td>
<td>22.4 (508)</td>
<td>34.2 (776)</td>
</tr>
</tbody>
</table>
### Results - Caregiving

<table>
<thead>
<tr>
<th>Perceived quality of support</th>
<th>Never % (n)</th>
<th>Sometimes % (n)</th>
<th>Often % (n)</th>
<th>Always % (n)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you feel well supported by your friends and/or neighbours?</td>
<td>15.7 (357)</td>
<td>30.1 (685)</td>
<td>20.1 (457)</td>
<td>34.0 (773)</td>
</tr>
<tr>
<td>Do you feel well supported by your family?</td>
<td>11.7 (263)</td>
<td>24.6 (553)</td>
<td>17.4 (391)</td>
<td>46.4 (1044)</td>
</tr>
<tr>
<td>Do you feel well supported by health and social services?</td>
<td>18.3 (415)</td>
<td>32.1 (730)</td>
<td>19.9 (451)</td>
<td>29.8 (676)</td>
</tr>
<tr>
<td>Overall, do you feel well supported in your role of caregiver?</td>
<td>11.9 (273)</td>
<td>31.4 (718)</td>
<td>22.1 (503)</td>
<td>34.6 (791)</td>
</tr>
</tbody>
</table>
Results – Profile of Care recipients

Age and Gender of Care recipients

<table>
<thead>
<tr>
<th>Age Category</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>65 to 74 years</td>
<td>34.6%</td>
<td>21.2%</td>
</tr>
<tr>
<td>75 to 84 years</td>
<td>42.2%</td>
<td>38.0%</td>
</tr>
<tr>
<td>≥ 85 years</td>
<td>23.20%</td>
<td>40.8%</td>
</tr>
</tbody>
</table>
## Results – Profile of Care recipients

### Dependency levels of Care recipients

<table>
<thead>
<tr>
<th>Level of help required with…</th>
<th>Can do with no help</th>
<th>Can do with some help</th>
<th>Cannot do at all</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
</tr>
<tr>
<td>Housework (e.g. clean floors)</td>
<td>7.4 (159)</td>
<td>19.0 (407)</td>
<td>73.6 (1579)</td>
</tr>
<tr>
<td>Taking a bath or shower</td>
<td>17.3 (376)</td>
<td>36.9 (801)</td>
<td>45.8 (994)</td>
</tr>
<tr>
<td>Walking</td>
<td>20.9 (453)</td>
<td>58.7 (1274)</td>
<td>20.4 (442)</td>
</tr>
<tr>
<td>Dressing and undressing</td>
<td>28.0 (607)</td>
<td>50.4 (1092)</td>
<td>21.6 (467)</td>
</tr>
<tr>
<td>Cutting and eating food</td>
<td>44.8 (961)</td>
<td>42.4 (910)</td>
<td>12.9 (276)</td>
</tr>
<tr>
<td>Using the toilet</td>
<td>52.5 (1132)</td>
<td>33.5 (722)</td>
<td>14.0 (302)</td>
</tr>
</tbody>
</table>
Mistreatment Experienced by Carers
Overall, more than half of carers (56.3%) experienced some form of mistreatment by the care recipient in the previous three months.

Just over a third of carers (37.1%) reported that the mistreatment occurred sometimes or more frequently.
Results – Psychological Mistreatment Experienced by Carers

- Overall, half of respondents (56.3%, 1263/2244) reported that they experienced some form of psychological mistreatment by the care recipient in the previous three months.

- Over a third of carers (37.2%, 834/2244) reporting that the psychological mistreatment occurred at least sometimes.
## Results – Psychological Mistreatment Experienced by Carers

<table>
<thead>
<tr>
<th>Psychological mistreatment</th>
<th>Never</th>
<th>Almost never</th>
<th>Sometimes</th>
<th>Most of the time</th>
<th>All the time</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>In the past three months, has the person you care for…</em></td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
</tr>
<tr>
<td>Used a harsh tone of voice, insulted or sworn at you</td>
<td>53.9 (1224)</td>
<td>17.6 (400)</td>
<td>24.5 (555)</td>
<td>2.7 (61)</td>
<td>1.3 (29)</td>
</tr>
<tr>
<td>Screamed or yelled at you</td>
<td>55.1 (1254)</td>
<td>17.1 (390)</td>
<td>24.3 (552)</td>
<td>2.7 (62)</td>
<td>0.7 (17)</td>
</tr>
<tr>
<td>Shouted at you in anger</td>
<td>55.3 (1252)</td>
<td>17.5 (395)</td>
<td>24.2 (547)</td>
<td>1.8 (41)</td>
<td>1.2 (28)</td>
</tr>
<tr>
<td>Threatened to use physical force against you</td>
<td>88.8 (2019)</td>
<td>6.2 (140)</td>
<td>4.3 (98)</td>
<td>0.4 (9)</td>
<td>0.3 (7)</td>
</tr>
<tr>
<td>Threatened to hit or throw something at you</td>
<td>90.9 (2068)</td>
<td>5.3 (120)</td>
<td>3.3 (74)</td>
<td>0.4 (9)</td>
<td>0.1 (3)</td>
</tr>
</tbody>
</table>
In total, one in seven (13.4%) carers reported being physically mistreated by the care recipient,

5.6% reported that the physical mistreatment occurred ‘at least sometimes’ in the previous three months.
# Results – Physical Mistreatment Experienced by Carers

<table>
<thead>
<tr>
<th>Physical mistreatment</th>
<th>Never</th>
<th>Almost never</th>
<th>Sometimes</th>
<th>Most of the time</th>
<th>All the time</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>In the past three months, has the person you care for...</em></td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
</tr>
<tr>
<td>Made you feel afraid that s/he might hit or hurt you</td>
<td>89.8 (2039)</td>
<td>5.9 (133)</td>
<td>3.8 (86)</td>
<td>0.4 (8)</td>
<td>0.2 (5)</td>
</tr>
<tr>
<td>Pushed, grabbed shoved, or pinched you</td>
<td>91.5 (2084)</td>
<td>4.9 (112)</td>
<td>3.0 (68)</td>
<td>0.5 (11)</td>
<td>0.1 (3)</td>
</tr>
<tr>
<td>Thrown something at you</td>
<td>93.3 (2117)</td>
<td>3.9 (89)</td>
<td>2.6 (58)</td>
<td>0.1 (3)</td>
<td>0.1 (3)</td>
</tr>
<tr>
<td>Hit or slapped you</td>
<td>94.1 (2141)</td>
<td>3.7 (84)</td>
<td>2.1 (47)</td>
<td>0.0 (0)</td>
<td>0.1 (3)</td>
</tr>
<tr>
<td>Kicked you or hit you with his/her fist</td>
<td>95.7 (2177)</td>
<td>2.8 (63)</td>
<td>1.3 (30)</td>
<td>0.1 (3)</td>
<td>0.1 (2)</td>
</tr>
</tbody>
</table>
Results

Potentially Harmful Behaviours Engaged in by Carers
Overall, a total of 36.8% of respondents reported engaging in any potentially harmful behaviours in the previous three months.

17.0% of carers reported that they engaged in potentially harmful behaviours at least sometimes.
In total, 35.9% of respondents reported engaging in any potentially harmful psychological behaviours in the previous three months.

16.6% of respondents indicated that they engaged in these psychological behaviours at least sometimes in the previous three months.
### Results – Potentially Harmful Psychological Behaviours by Carers

<table>
<thead>
<tr>
<th>Psychological Mistreatment</th>
<th>Never</th>
<th>Almost never</th>
<th>Sometimes</th>
<th>Most of the time</th>
<th>All the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the past three months, have you…</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
</tr>
<tr>
<td>Used a harsh tone of voice, insulted or sworn at or called the person you care for names?</td>
<td>70.8 (1609)</td>
<td>16.6 (378)</td>
<td>12.1 (272)</td>
<td>0.4 (10)</td>
<td>0.1 (3)</td>
</tr>
<tr>
<td>Screamed or yelled at the person you care for?</td>
<td>80.2 (1823)</td>
<td>11.6 (264)</td>
<td>7.7 (175)</td>
<td>0.3 (7)</td>
<td>0.2 (4)</td>
</tr>
<tr>
<td>Threatened to send the person you care for to a nursing home?</td>
<td>89.6 (2037)</td>
<td>5.6 (127)</td>
<td>4.5 (102)</td>
<td>0.2 (4)</td>
<td>0.1 (3)</td>
</tr>
<tr>
<td>Threatened to stop taking care of or abandon the person you care for?</td>
<td>89.8 (2043)</td>
<td>6.2 (141)</td>
<td>3.8 (86)</td>
<td>0.1 (2)</td>
<td>0.1 (3)</td>
</tr>
<tr>
<td>Threatened to use physical force against the person you care for?</td>
<td>97.5 (2221)</td>
<td>1.8 (42)</td>
<td>0.6 (14)</td>
<td>0.1 (1)</td>
<td>0.0 (0)</td>
</tr>
</tbody>
</table>
Overall, a total of 8.0% of respondents reported engaging in any potentially harmful physical behaviour.

2.7% of respondents reported that they engaged in such physical behaviours towards the care recipient at least sometimes in the previous three months.
## Results – Potentially Harmful Physical Behaviours by Carers

<table>
<thead>
<tr>
<th>Physical Mistreatment</th>
<th>Never</th>
<th>Almost never</th>
<th>Sometimes</th>
<th>Most of the time</th>
<th>All the time</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the past three months, have you...</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
<td>% (n)</td>
</tr>
<tr>
<td>Felt afraid that you might hit or hurt the person you care for?</td>
<td>93.8 (2137)</td>
<td>4.0 (92)</td>
<td>2.0 (45)</td>
<td>0.1 (2)</td>
<td>0.1 (2)</td>
</tr>
<tr>
<td>Roughly handled the person you care for in other ways?</td>
<td>96.5 (2196)</td>
<td>2.6 (59)</td>
<td>0.8 (20)</td>
<td>0.0 (0)</td>
<td>0.1 (1)</td>
</tr>
<tr>
<td>Hit or slapped the person you care for?</td>
<td>98.6 (2247)</td>
<td>0.9 (21)</td>
<td>0.4 (9)</td>
<td>0.1 (1)</td>
<td>0.0 (0)</td>
</tr>
<tr>
<td>Shaken the person you care for?</td>
<td>98.3 (2241)</td>
<td>1.3 (30)</td>
<td>0.4 (8)</td>
<td>0.0 (0)</td>
<td>0.0 (0)</td>
</tr>
<tr>
<td>Withheld food from the person you care for?</td>
<td>99.3 (2261)</td>
<td>0.6 (14)</td>
<td>0.1 (3)</td>
<td>0.0 (0)</td>
<td>0.0 (0)</td>
</tr>
</tbody>
</table>
Factors Associated with Potentially Harmful Carer Behaviours
Results - Carer Factors Associated with Potentially Harmful Carer Behaviour

- Co-residence: 74.3% not co-resident, 83.5% co-resident
- Age:
  - < 46 years: 85.2%
  - 46-64 years: 83.0%
  - ≥ 65 years: 79.5%
- Co-residence: 9.30% not co-resident, 19.90% co-resident
- Gender:
  - Female: 84.2%
  - Male: 80%
- Co-residence: 80% not co-resident, 84.2% co-resident
- Age: 20.50% not co-resident, 17.00% co-resident
- Gender: 15.80% not co-resident, 20.00% co-resident
### Results – Caregiving Factors Associated with Potentially Harmful Carer Behaviour

#### Depressive Symptoms

<table>
<thead>
<tr>
<th>CES-D Score ≥16</th>
<th>No PHBs</th>
<th>PHBs</th>
</tr>
</thead>
<tbody>
<tr>
<td>72.8%</td>
<td>27.2%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CES-D Score &lt;16</th>
<th>No PHBs</th>
<th>PHBs</th>
</tr>
</thead>
<tbody>
<tr>
<td>89.6%</td>
<td>10.4%</td>
<td></td>
</tr>
</tbody>
</table>

#### General Health

<table>
<thead>
<tr>
<th>Good/very good</th>
<th>No PHBs</th>
<th>PHBs</th>
</tr>
</thead>
<tbody>
<tr>
<td>86.2%</td>
<td>13.8%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poor/fair</th>
<th>No PHBs</th>
<th>PHBs</th>
</tr>
</thead>
<tbody>
<tr>
<td>75.9%</td>
<td>24.1%</td>
<td></td>
</tr>
</tbody>
</table>

Legend:
- No PHBs
- PHBs
Results - Carer Factors Associated with Potentially Harmful Carer behaviour

- Living with the care recipient
- Ethnic/cultural background (non-Irish)
- Age of the carer (≥ 65 years)
- Gender of the carer (being male)
- Depressive symptoms (higher levels of depressive symptoms)
- Self-rated health (poor/fair health)
- Social class (professional/managerial)
- Rural Vs Urban (urban area)
- Carer Burden (higher levels of burden)
Results – Caregiving Factors Associated with Potentially Harmful Carer Behaviour

- **Quality of Relationship**
  - Good/Excellent: 13.5% PHBs, 86.5% No PHBs
  - Poor/Fair: 43.1% PHBs, 56.9% No PHBs
  - Other: 13.4% PHBs, 86.6% No PHBs
  - Adult Child: 15.5% PHBs, 84.5% No PHBs
  - Spouse: 21.8% PHBs, 78.2% No PHBs

- **Duration of Care**
  - >5 years: 19.3% PHBs, 80.7% No PHBs
  - 3-5 years: 16.8% PHBs, 83.2% No PHBs
  - <3 years: 10.8% PHBs, 89.2% No PHBs

- **Hours of Care/wk**
  - >80 hours: 20.2% PHBs, 79.8% No PHBs
  - 60-80 hours: 16.1% PHBs, 83.9% No PHBs
  - 40-59 hours: 15.5% PHBs, 84.5% No PHBs
  - ≤39 hours: 10.6% PHBs, 89.4% No PHBs
• Perceived quality of caregiving relationship (poor/fair)
• Relationship to the care recipient (spousal carer)
• Duration of care (providing care for longer)
• Hours of care provided a week (greater no. of hours)
• Levels of help provided (higher levels of care provided)
• Appraisal of the caregiving experience (less positively valued)
• Perceived adequacy of social and professional support (perceived less adequate)
Results – Care recipient Factors Associated with Potentially Harmful Carer Behaviour

- **No Dementia**
  - 15.1% PHBs
  - 84.9% No PHBs

- **Dementia**
  - 23.6% PHBs
  - 76.4% No PHBs

- **Age of Care Recipient**
  - **≥85 years**
    - 12.9% PHBs
    - 87.1% No PHBs
  - **75-84 years**
    - 17.8% PHBs
    - 82.2% No PHBs
  - **65-74 years**
    - 21.2% PHBs
    - 78.8% No PHBs
Dementia diagnosis
Age of the care recipient (64 to 74 years)
Dependency levels (higher dependency levels)
Implications of the findings
Implications of the findings
Strategies

- Support services
- Routine screening
- Education and training
- Carer’s Health and Wellbeing
- Promote a good carer-care recipient relationship
Conclusions
Conclusions

- New insights into the carer-care recipient relationship in family caregiving.
- Prevalence of potentially harmful carer behaviour
- Factors associated with potentially harmful carer behaviour
- Predictors of potentially harmful carer behaviour
- Informs health and social policy and professional practice
- Highlights the need for continued support for carers
- Preventive intervention efforts needed to target carer burden
Former First Lady Rosalynn Carter once said:

"There are four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers."

Mind our carers and they will mind us!
Family Carers of Older People: Results of a National Survey of Stress, Conflict and Coping

Project Lead: Dr. Attracta Lafferty

Project Team: Professor Gerard Fealy
Ms Carmel Downes
Professor Jonathan Drennan

WEAAD Conference 12th June 2014