INTRODUCTION

The majority of older adults who live with chronic conditions depend on family or informal caregivers for support 7 days a week (Statistics Canada, 2020). With an aging population, the number of caregivers is growing. Qualitative health research informs and advances health systems at different levels, including research, practice, and policy (Sallee & Flood, 2012).

METHODS

Qualitative Descriptive Study

Online survey link distributed via Facebook ads and community newsletters in English and French

Three open-ended questions regarding:
1. Challenges that caregivers experience
2. Positive aspects of caregiving
3. Support needs and priorities of Saskatchewan caregivers

Content Analysis for Qualitative Data Analysis (Hsieh & Shannon, 2005)

STUDY IMPLICATIONS

• Caregivers to older adults have previously shared interest in research engagement (Haase et al., 2021; Hall & Holtslander, 2022).
• Future research directions emerged from the Saskatchewan Caregiver Experience Study: Indigenous perspectives, 2SLGBTQ+, how to amplify the positive aspects of caregiving.

• Participants want to be recognized for their caregiving role by HCPs.
• Caregiver recognition positive aspects of caregiving and rates of hospitalization and institutionalization due to burnout (Mitnick et al., 2010).
• Consider the caregiver’s level of health literacy. Developing health literacy allows the caregiver to become the expert.

• Leveraging informal care in place of institutional LTC has become a key strategy in maintaining healthcare system sustainability.
• Currently only a Personal Care Home Benefit in Saskatchewan.
• Saskatchewan needs to focus on positive aging in the community.
• More intermediate care and government support for respite.

ACKNOWLEDGMENTS

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REFERENCES


CONCLUSIONS

By gathering the full spectrum of the caregiver experience in Saskatchewan, this study can help to inform how communities, governments, and our healthcare system can best support caregivers in their role.