

INFORMAL CAREGIVERS

HIDDEN ALLIES to the New Brunswick Healthcare System

92 Informal Caregivers in N.B. responded to our survey in the Fall of 2016



What is an Informal Caregiver?

Informal Caregivers are people who support individuals who require help with little to no pay. This survey focused on those who support Older Adults (60+). We aim to highlight the important work they do, and uncover many of the hidden emotional and socio-economic costs of being an Informal Caregiver.



Demographic Information:

79% responded to the survey in English, and 21% responded in French. 64% of respondents were female, 8% were male, and 28% preferred not to say. Responses came from 13 different counties in New Brunswick.



40% of respondents were born in the 1950's, making them at least 56 years old, a crucial "earning period" of their lives



74% of Informal Caregivers are College or University Graduates

43% of Informal Caregivers have been caring for MORE THAN 5 YEARS!

Decade the Informal Caregiver was born



34% spend more than 30 hours per week Caregiving

15% missed more than 10 scheduled work days in the last 12 months due to Caregiving responsibilities



96% take on a role providing emotional support



32% do not take time off of Caregiving, even when feeling

OVERWHELMED

How do they help?



Services Informal Caregivers provide

57%

experienced changes in **Physical Health**



90%

experienced **Emotional Strain and Stress**

experienced increased **Financial Strain**

33%



79%

sacrificed time typically spent on **Social Wellness**

COST OF CAREGIVING

NB HEALTHCARE SYSTEM



Informal Caregivers are the Hidden Foundation of the N.B. Healthcare System ... and they need more support!

We listened to Informal Caregivers from all over the province to find out the areas in which they need support:

#1 Education, Training, and Resources

There is a need for more training and workshops to increase confidence a capacity in being an informal caregiver. It was also expressed that there is a need for reliable and unbiased internet resources.

#2 More Relief, Respite services, and support groups

There were overwhelming responses asking for more relief and respite services to avoid informal caregivers becoming "burnt out". Respondents also requested more support groups where they could learn from each other.

#3 Increased Services in Rural Areas of N.B.

N.B. is a predominantly rural province, so there is an inconsistency in the access and quality of services. There is growing frustration with the lack of access to services such as transportation, delivered meals, accessible medical care, and day programs.

#4 Help in Navigating Systems and Services

Services can be complicated and separated. There is need for help in navigating the multiple systems that Informal Caregivers and Care recipients use.