

Briefing 7 June 2012



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Profile of community-dwelling older people with disability and their caregivers in Ireland

tilda
Stairte Fadaimeartha na
hÉireann um Chuid in-Aice

The Irish Longitudinal
Study on Ageing

Purpose of briefing



New data on the care of community-dwelling older people in Ireland;

with the view to shedding light on challenges and opportunities in the Irish care system;

illustrating these through the experiences of three carers.

Please note:

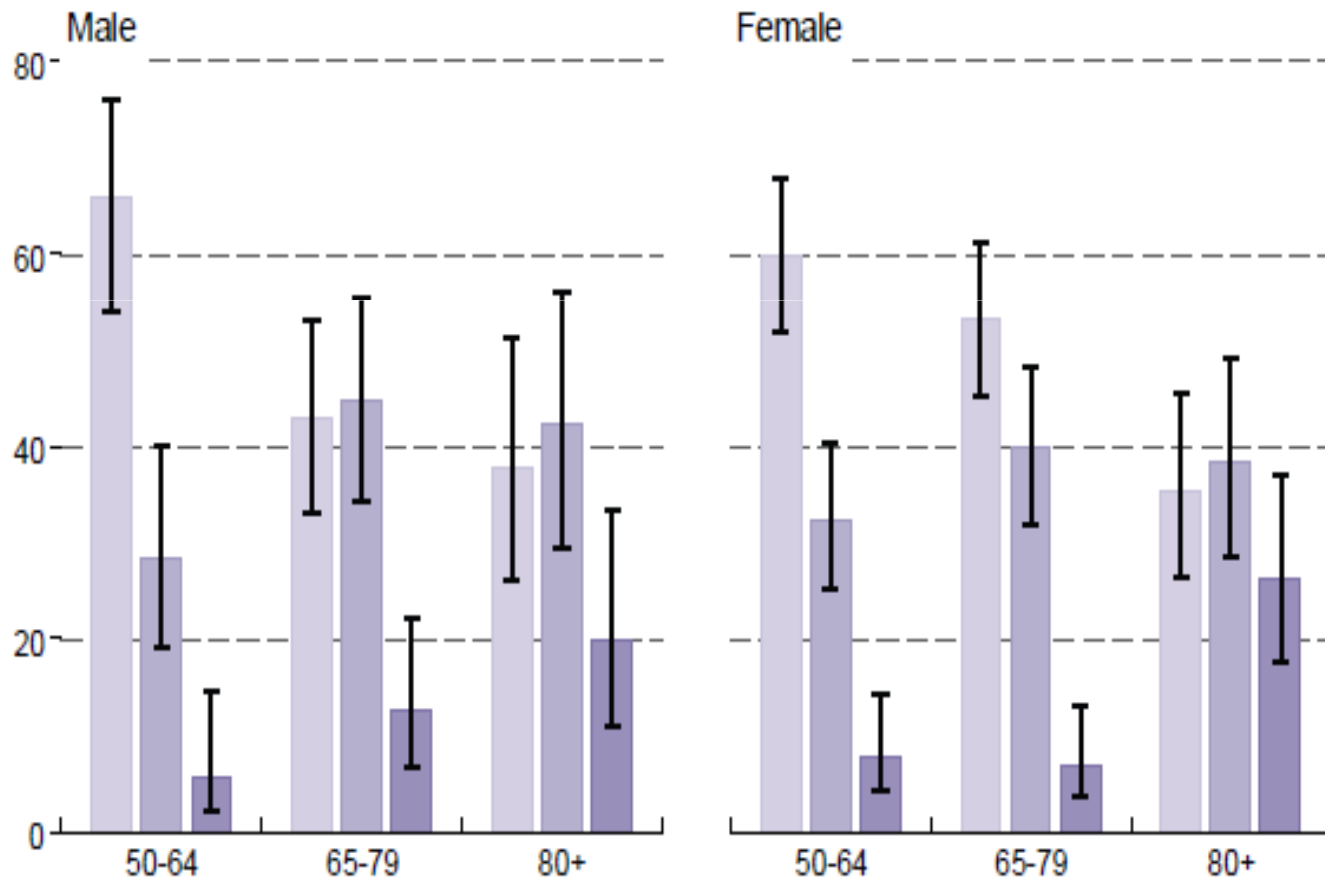
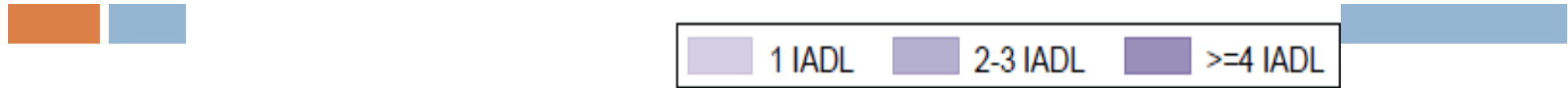
- Information pertains to people who live in the community – not older people in institutional care
- First wave of TILDA recruited participants who do not have any major memory problems / cognitive impairments
- ADL = activities of daily living (e.g. dressing, bathing, eating)
- IADL = instrumental activities of daily living (e.g. shopping, cooking, cleaning)
- Starting point is people aged 50 and over stating that they have difficulties with (I)ADL – maximally ‘objective’

ADL/IADL disability prevalence



- Among community-dwelling older people in Ireland, 11% of men and 14% of women aged 50+ have at least one limitation in daily activities. This translates into **164,000 older adults with care and support needs living in communities across Ireland**
- The prevalence of limitations in the oldest age group **80 and over** is **27% for men**, and **39% among women**

Percentage of older men and women with IADL disabilities, by age group and number of disabilities



Note. N = 599; Error bars correspond to 95% confidence intervals

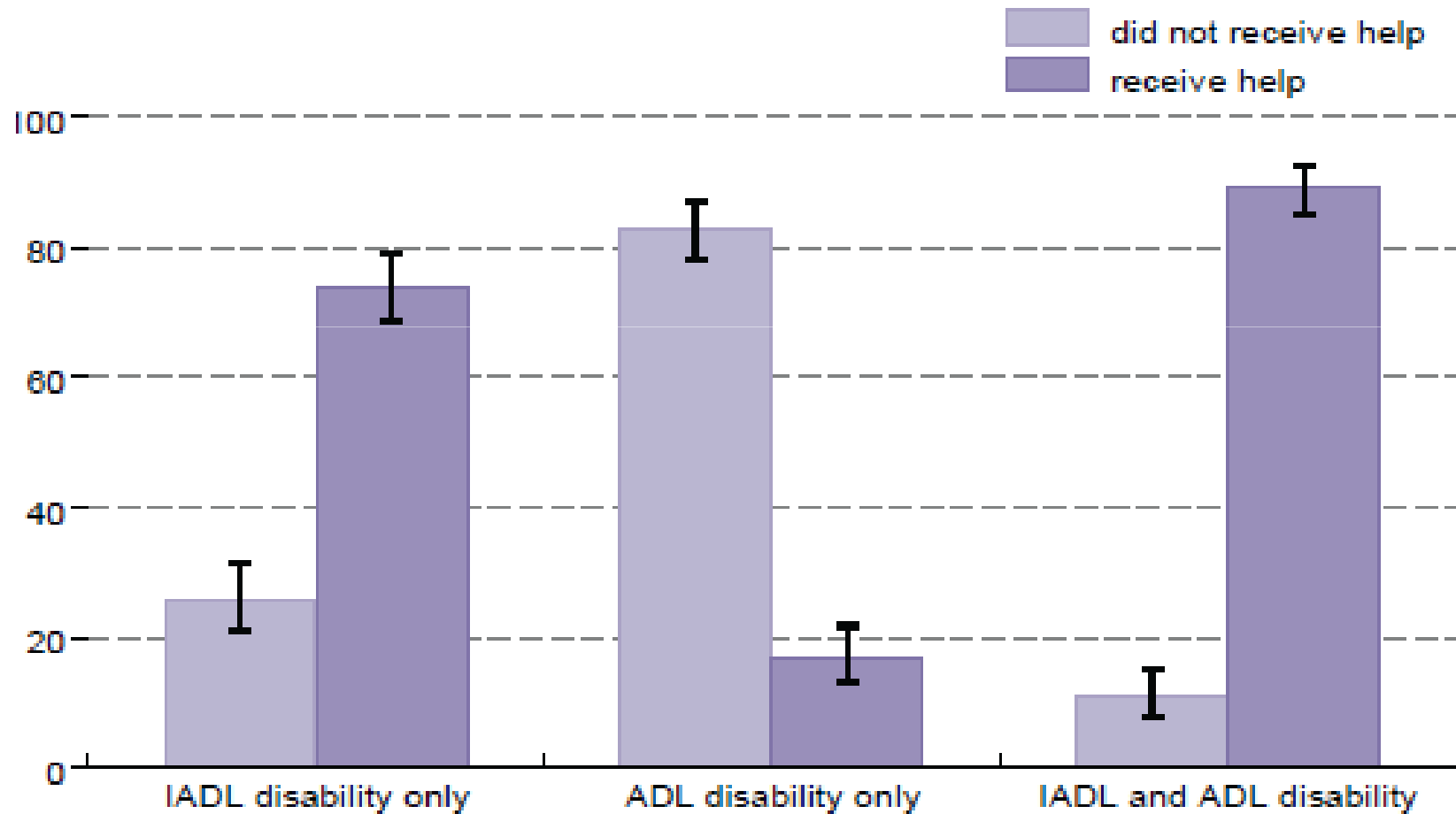
Disability by age and living arrangements

	Not disabled	IADL disability only	ADL disability only	IADL & ADL disability
Living alone				
50-64	88.0	3.3	5.6	3.1
65-79	82.0	6.0	5.8	6.1
80+	66.2	12.5	5.8	15.5
Total	81.1	6.3	5.7	6.9
Living with spouse				
50-64	91.2	2.3	3.3	3.2
65-79	86.6	3.0	7.2	3.1
80+	73.1	9.8	8.9	8.2
Total	88.1	3.1	5.4	3.4
Living with others				
50-64	93.3	2.3	3.1	1.3
65-79	82.6	4.4	5.3	7.8
80+	54.0	16.9	6.2	22.8
Total	89.6	3.4	3.6	3.4

Disability by age and education

	Not disabled	IADL disability only	ADL disability only	IADL & ADL disability
Primary/none				
50-64	87.1	4.5	5.1	3.2
65-79	81.0	5.4	7.3	6.4
80+	62.5	14.8	5.6	17.1
Total	80.4	6.6	6.2	6.9
Secondary				
50-64	93.2	1.9	2.9	2.0
65-79	88.5	2.7	5.6	3.3
80+	70.5	9.4	9.0	11.0
Total	91.0	2.4	3.9	2.7
Third/higher				
50-64	93.9	1.5	3.3	1.3
65-79	88.5	2.8	5.4	3.3
80+	76.4	4.2	10.4	9.0
Total	92.0	1.9	4.1	2.1

Percentage receiving help



Note. N = 889; Missing obs = 0; Error bars correspond to 95% confidence intervals

Community care = unpaid care



- The vast majority of care-givers for community-dwelling older people are unpaid (89.5%)
- Across developed countries, informal (family) care provision is estimated to supply the bulk of caring, ranging from 70 to 90% of all care-givers

Informal care is often very intensive



- Among older people who get help with personal care and household tasks, assistance from family members and friends amounts to 30 hours per week on average.

Caregiver characteristics

Characteristics		Main carers (n=570) %	Others carers (n=447) %	All carers (n=1,117) %
Age	<16 years	0.7	2.9	1.7
	16-49 years	19.6	39.8	28.5
	50-64 years	29.5	15.7	23.4
	65-79 years	16.1	2.7	10.2
	80+ years	2.5	0.4	1.6
	Unknown	31.2	38.0	34.2
Sex	Female	68.2	67.8	68.0
	Male	31.4	31.8	31.6

The older carer is central



- Majority of the main caregivers are aged 50 and over.

This reflects the enormous contribution that the ageing population is making to the care of older family members.

- Good news story?

Older people may increasingly be available to provide care for the very old.

Care-giving is highly gendered



- Seven out of 10 main caregivers are women
- Nine out of 10 paid caregivers are women

Caregiver characteristics

Relationship	Spouse	43.5	5.6	26.8
	Child/adopted Child	25.4	57.3	39.4
	Non-relative	21.2	22.6	21.8
	Other relative	9.8	14.5	11.9
Labour Market Status	Full-time employed	7.2	17.0	11.5
	Part-time employed	5.3	6.7	5.9
	Self-employed	2.5	2.7	2.6
	Unemployed	4.2	4.7	4.4
	Retired	20.7	1.8	12.4
	Permanently sick or disabled	11.4	2.2	7.4
	Homemaker	10.7	4.9	8.2
	Other	2.5	3.1	2.8
	Missing*	35.6	56.8	44.9

Importance of spousal caregivers

- Spouses are most frequently identified as the main caregiver
- Spousal carers are increasingly older and some have care needs themselves

The spousal caregiver is often unsupported

- Among spouse carers, only 11.7% receive the carer's allowance or carer's benefit

This finding calls for discussion on additional ways of supporting ageing spouse carers.

- Improve awareness of half-rate carer's allowance
- Assess adequacy of (at-home) respite care
- Training, counselling, information more widely available

Adult children remain very important



- Half of 50-64-year-olds with surviving parents help their parents with household tasks, on average for 10 hours per week
- One quarter of 50-64-year-olds with surviving parents provide personal care to their parents, on average for 18 hours per week

The challenge of de-institutionalisation



- With falling rates of institutional living, more people rely on home care services
- This means that home care systems have to adapt to coping with higher levels of disability

Alternatives to family care



- Those who are not (or not exclusively) cared for by their family members have varying patterns of formal service use, differentiated by purchasing power and preferences, and by the extent to which the state is involved in financing care
- Trend towards marketisation, as some older people turn to the market when levels of public home care services are reduced

Formal care often not very formal



- Of paid caregivers, 62% are contracted through the formal home care sector
- 38 % are not affiliated to any organisation or company
 - **Why is this sector still not regulated?**
 - **Better incentives to take recourse to registered providers**

To conclude



- ❑ Older people are not just recipients of care
- ❑ Care of older people is increasingly care **by** older people
- ❑ The most significant emerging feature of the care system in Ireland is the growing prevalence of spousal care-giving
- ❑ Adult daughters and sons also remain central
- ❑ Vast majority are unpaid and receive little support

Recommendations



- Investigate and implement supports that older (spousal and adult child) carers need
- Regulate formal home care sector – in line with institutional care sector

Say No To Ageism...



- Because older people are too often seen as a burden (care recipients)
- And not often enough seen as the single most vital underpinning of the social care system in Ireland

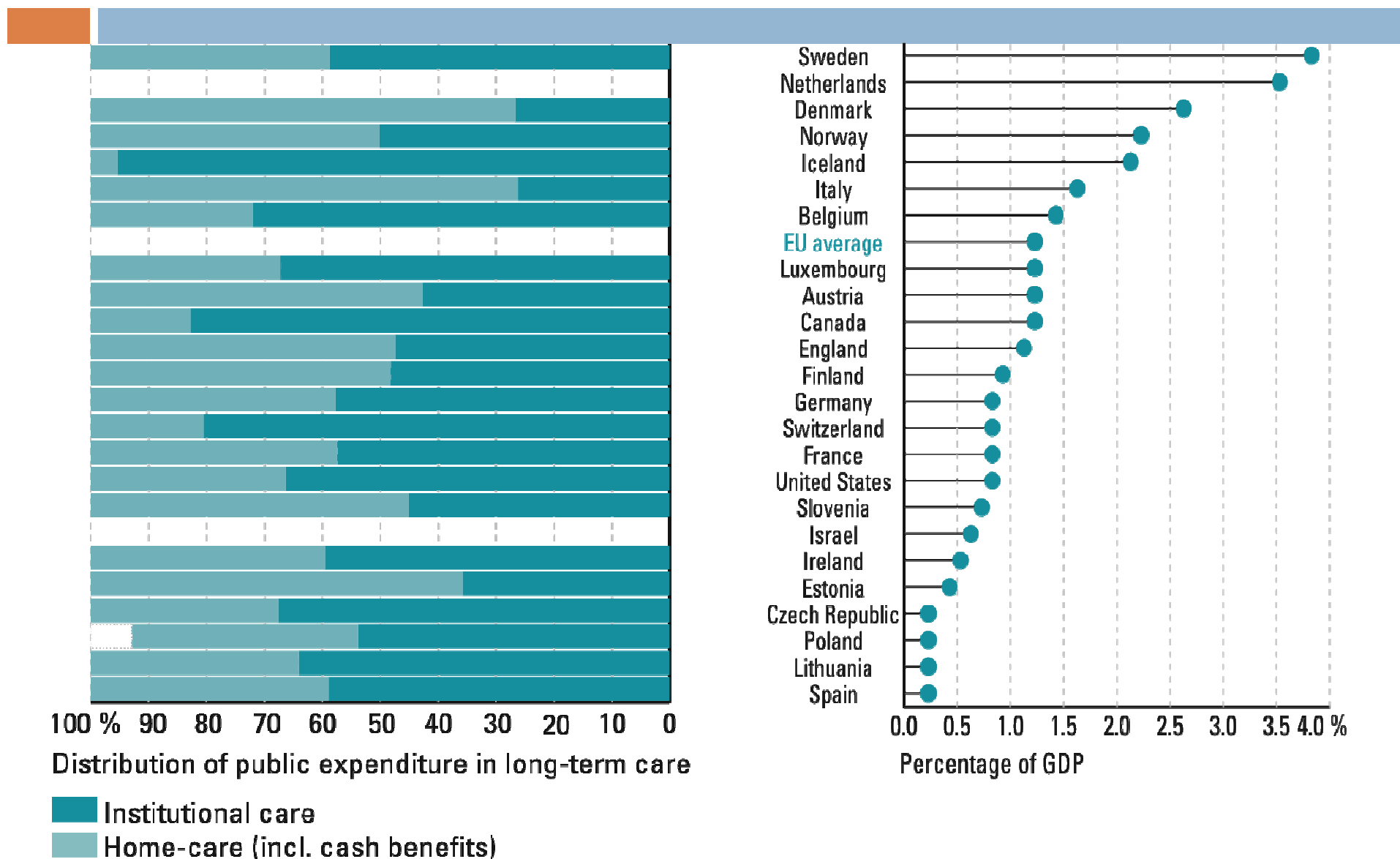
Prevalence of specific IADL difficulties and % receiving help

	Prevalence (%)	Receiving help (%)
Preparing a hot meal	2.7	84.9
Doing household chores	5.2	80.5
Shopping for groceries	4.5	92.3
Making telephone calls	0.1	71.0
Taking medications	1.2	78.5
Managing money	1.8	75.4
Total	8.0	75.0

Prevalence of specific ADL difficulties, % receiving help and most commonly used assistive devices

	Prevalence	% Receiving help	Use of the equipment	Most common equipment used
Get dressed	9.3	30.0	14.7	Device for putting on socks
Walking	1.9	36.5	72.4	Walking stick
Bathing	5.2	49.0	56.3	walking frame or stick
Eating	1.1	24.5	9.1	N/A
Getting in or out of bed	2.7	29.0	35.0	Walking stick
Going to toilet	1.7	22.0	44.0	Portable toilet
Total	9.0	17.0	N/A	N/A

Social expenditure on long-term care (% of GDP) and distribution of expenditure between institutional and home care (Source: Huber et al. 2009)



% of population aged 65+ receiving home care services and institutional care
 (Source: Huber et al. 2009)

