

# The Impact of COVID-19 on Family Caregivers of People Living with Dementia in the Community

## About this Research

The COVID-19 pandemic has **impacted older adults** more than any other group in Canada, especially those with **chronic conditions like dementia**.

People living with dementia **rely heavily on family caregivers** for day to day care. Yet many of the **supports and resources** that caregivers rely on have been **cut back or cancelled** during the pandemic.

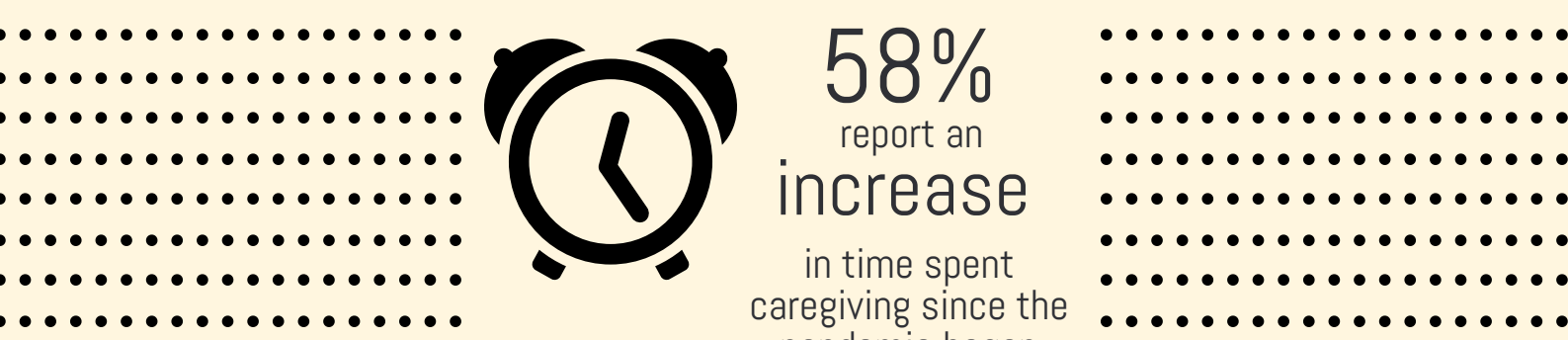
It is important that caregivers are well supported during a crisis. Our research team designed a **survey** and conducted **focus groups** to find out:

How are caregivers doing during the pandemic?  
What has changed for them?  
What supports and information do they need?

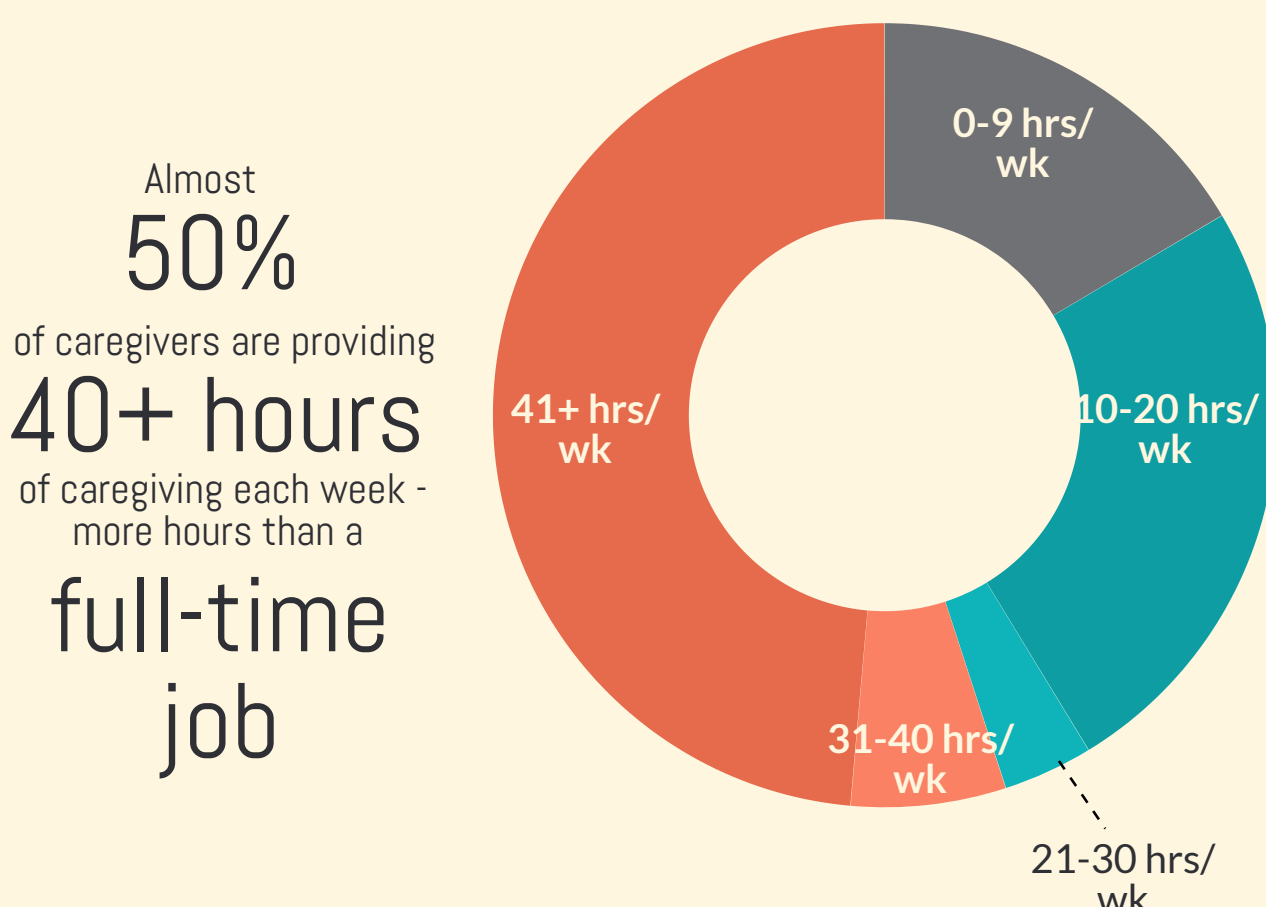
## Who are our caregivers in the community?

- Out of 230 total responses, **109 respondents** said they were a caregiver for a person with dementia living in the community.
- 66% of these caregivers are caring for a spouse, and 24% for a parent.
- Most caregivers are 51 years of age or older

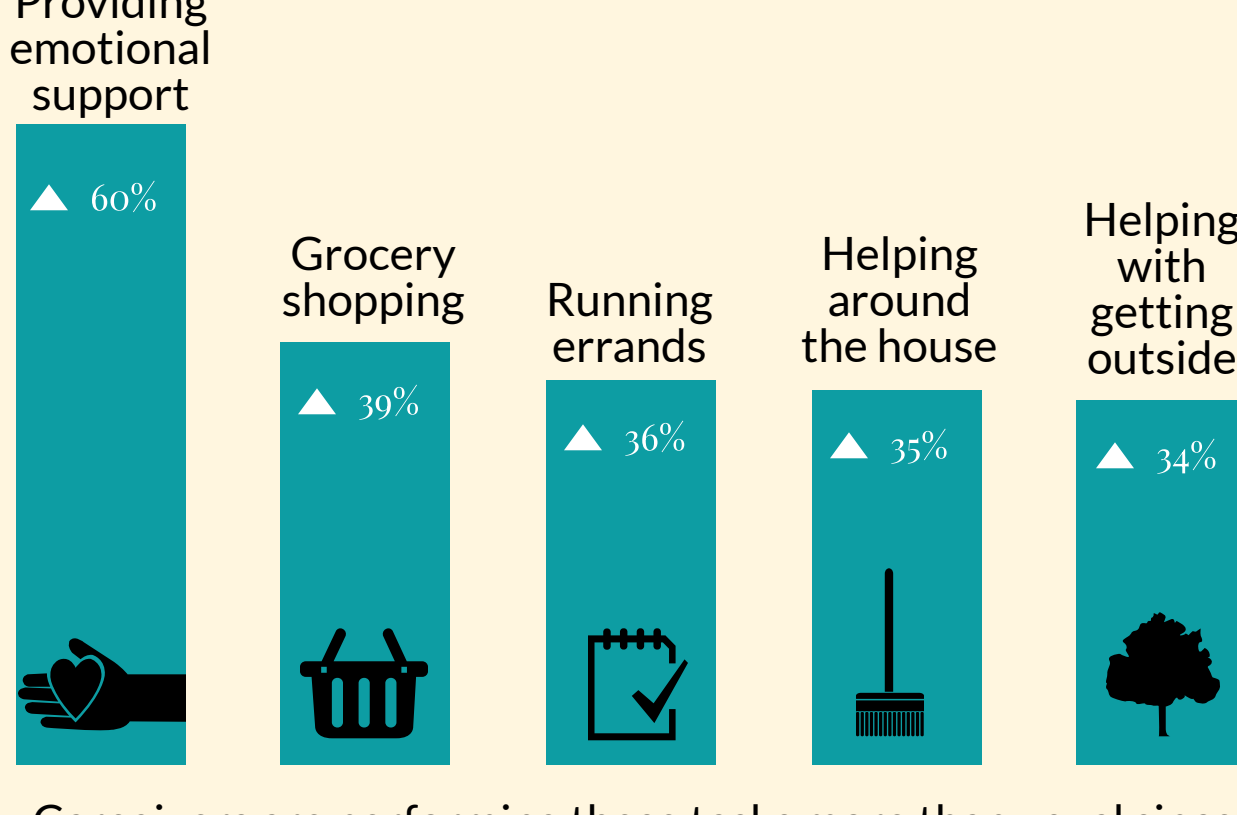
## How have hours spent caregiving changed?



“I miss time to myself - now it's 24/7 care.”

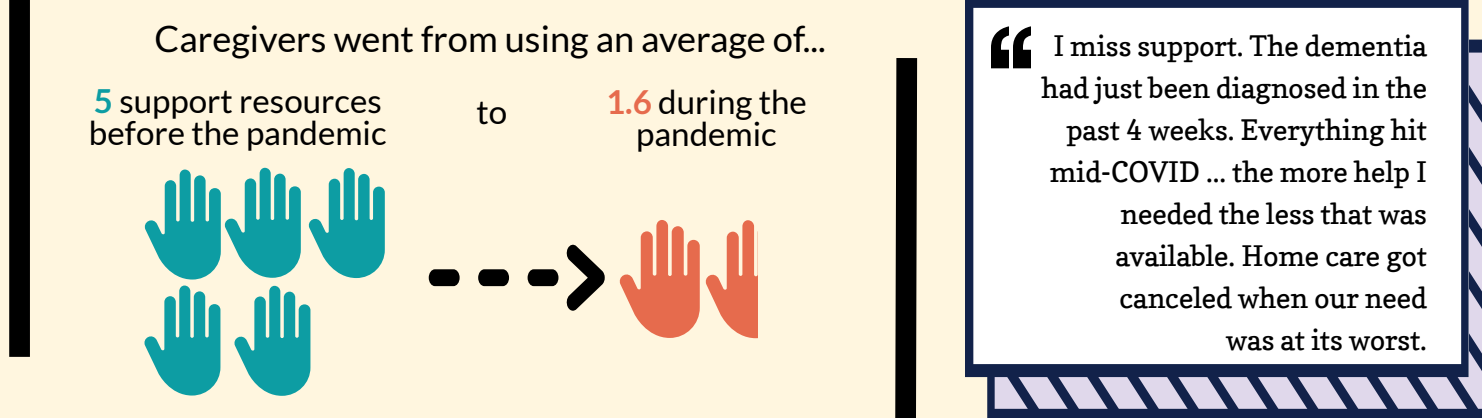


## How have caregiving tasks changed?

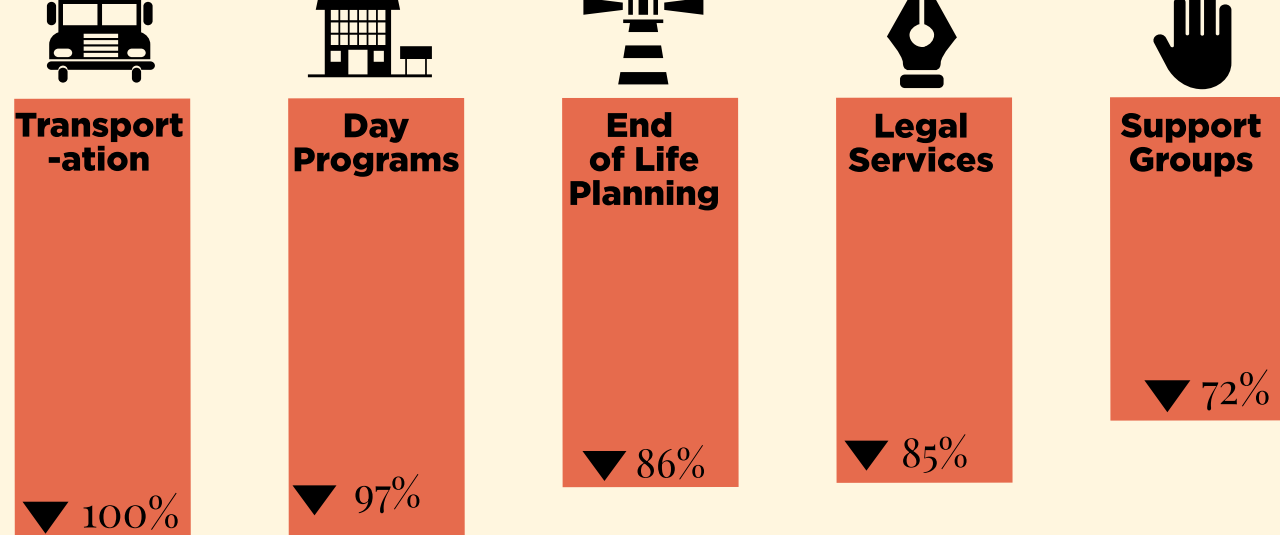


Caregivers are performing these tasks more than usual since the pandemic began

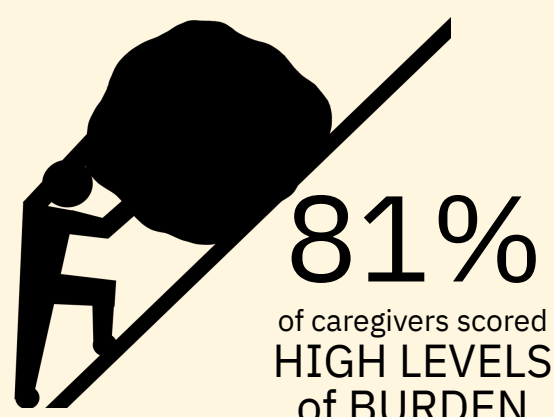
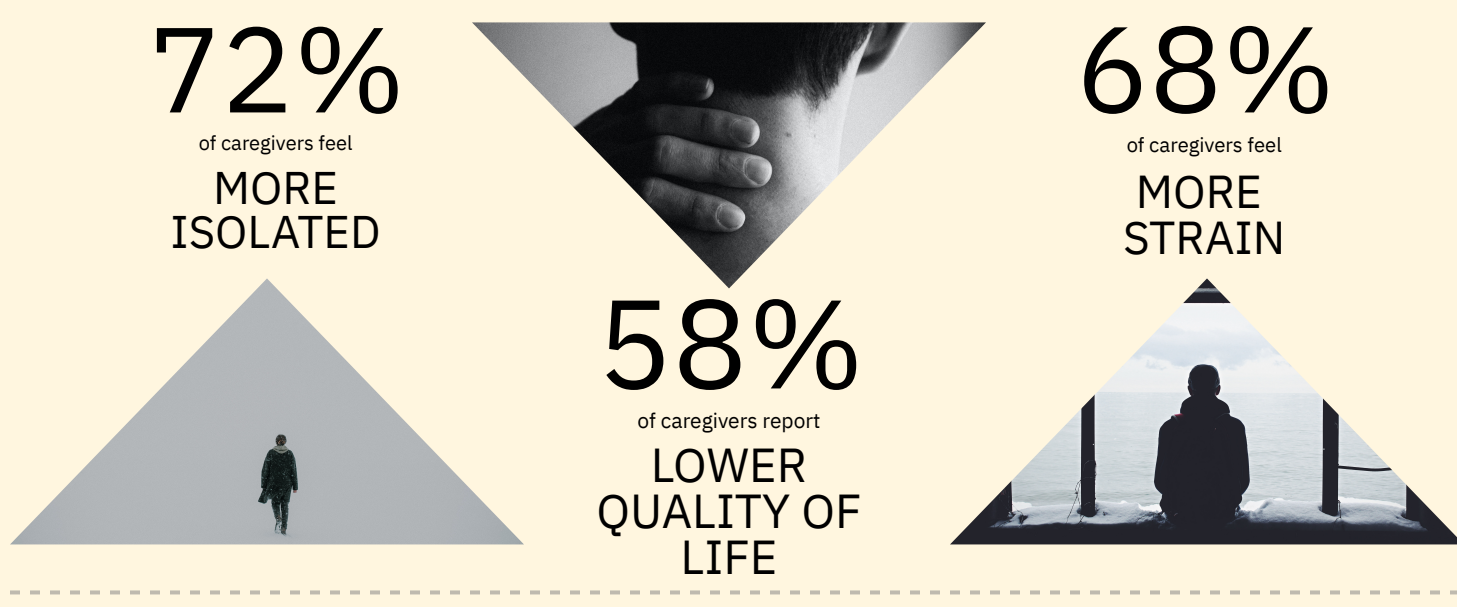
## How have available resources changed?



Biggest decreases in resources accessed:



## How are people with dementia and their caregivers coping?



“I worry that this will last longer than I can manage at home, alone, isolated.”

“I worry about my Mother's isolation and reduced activity, which has worsened her short term memory loss”

81% of caregivers report AN INCREASE IN RESPONSIVE BEHAVIOURS related to dementia since the pandemic began