

CPR

of combining work and care

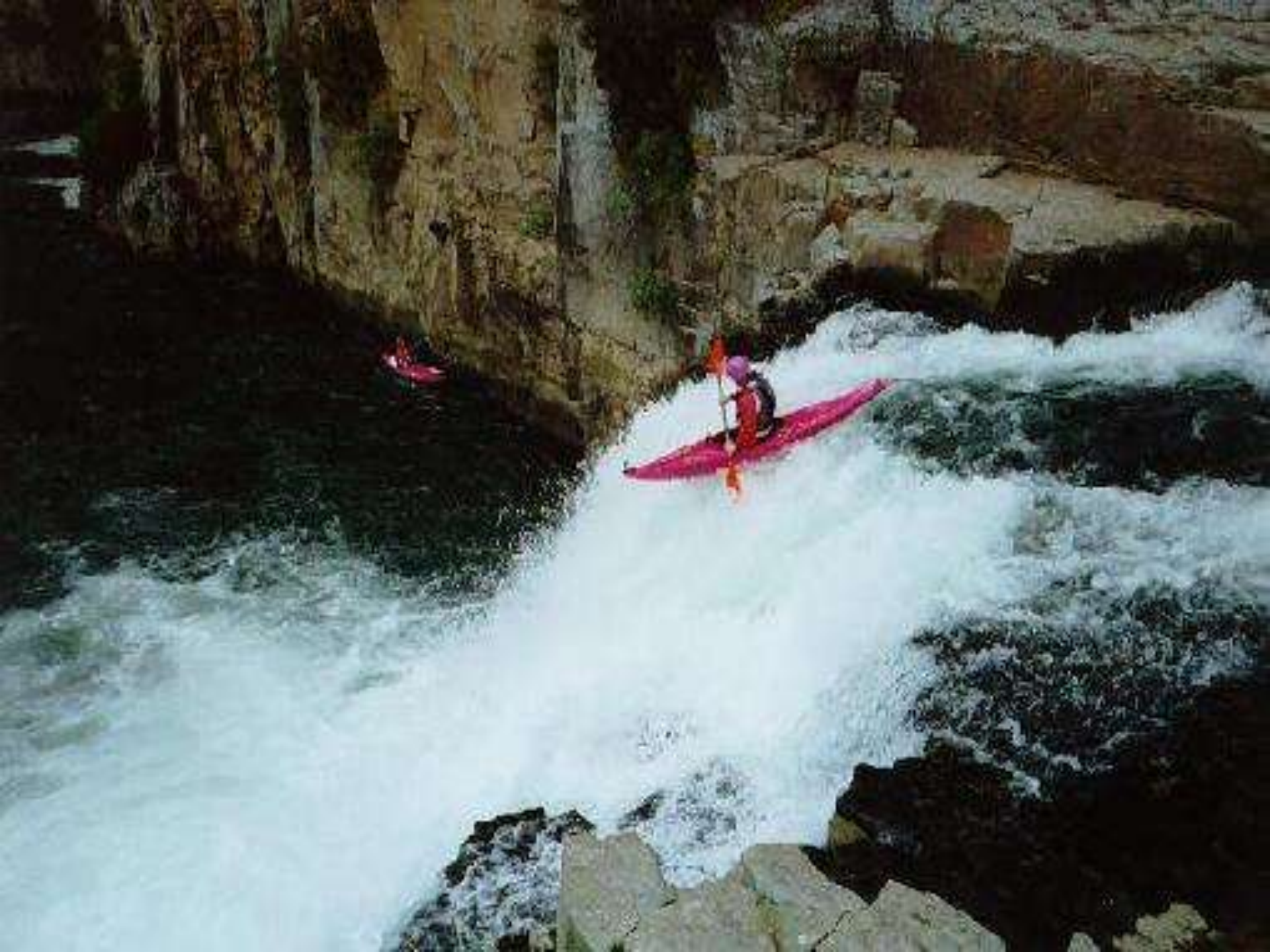


Presented by: Tracey-Lee Dalton
University of Auckland
New Zealand



My story: Lived experience of care

My study: Caring for the carers





Who Cares?



Challenges

Care recipient

- **Lost in medical jargon**
- **Loss of identity and independence**
- **FRUSTRATION!!!**
- **Anger, grief over loss and struggle to accept change**
- **Anxiety / Depression**
- **Loneliness / Isolation**

Caregiver

- **Lost in medical jargon**
- **Loss of identity and independence**
- **FRUSTRATION!!!**
- **Anger, grief over loss and struggle to accept change**
- **Anxiety / Depression**
- **Loneliness / Isolation**

My study

Caring for Caregivers developing critical success factors that are associated with positive outcomes for informal caregivers of people with disabilities or chronic illness



C_{PR} Context

New Zealand

- **1.1 million had a disability (24%)** [\(Stats NZ 2014\)](#)
- **aged 65 = / >**
 - 59% were disabled**
 - 13% of total population**
 - projected to double (26%) by 2060**
- **10% of the population are caregivers**
- **1 in 8 NZ workers are informal caregivers**
- **Workers aged 35 – 64 years a greater proportion of working caregivers (61%) compared to general population (50%)**
- **Increased demand for caregivers**



**Why support
caregivers?**

cP_R Perception

Common caregiving themes:

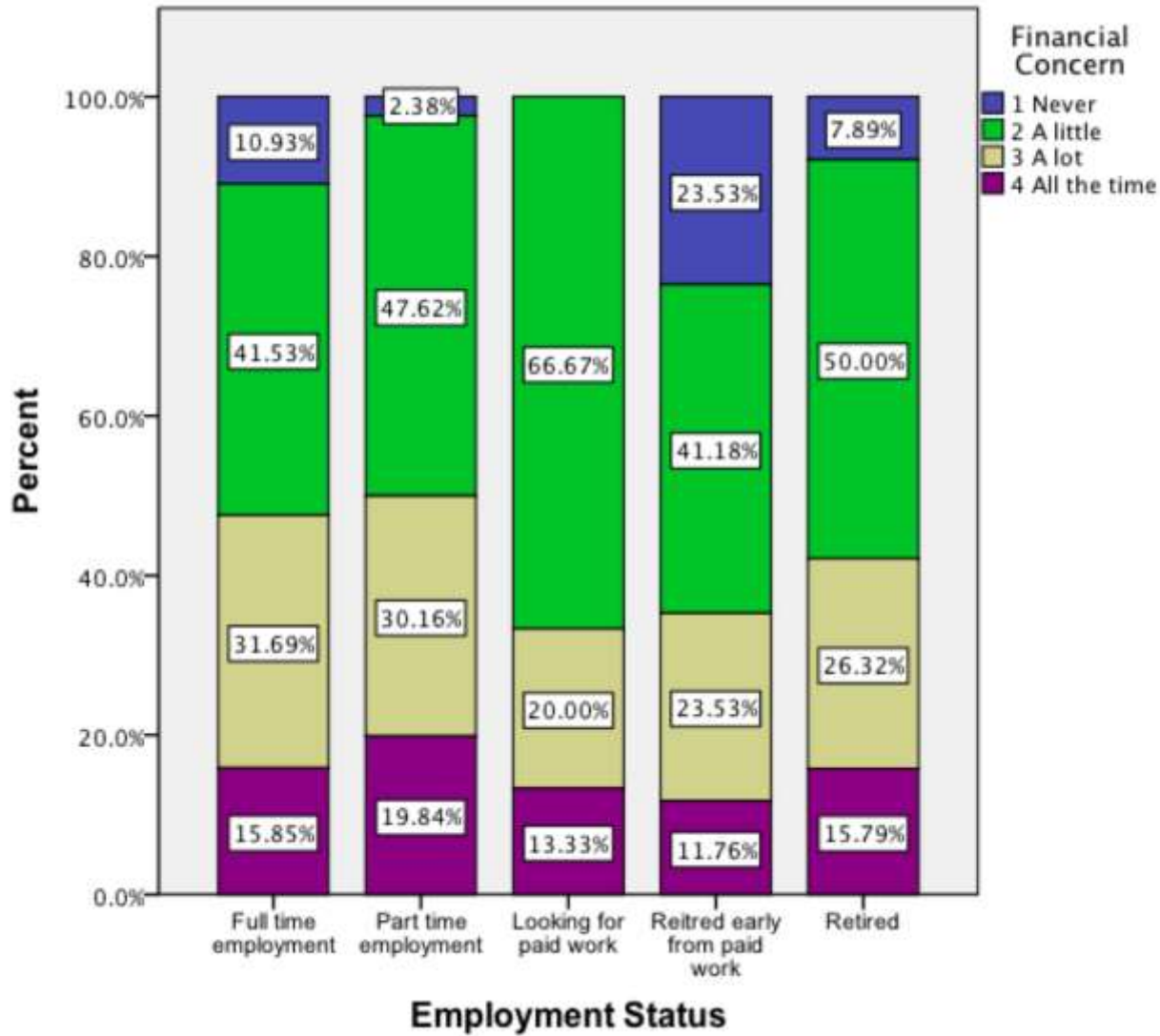
- **large impact on lives**
- **battling the system**
- **all consuming**

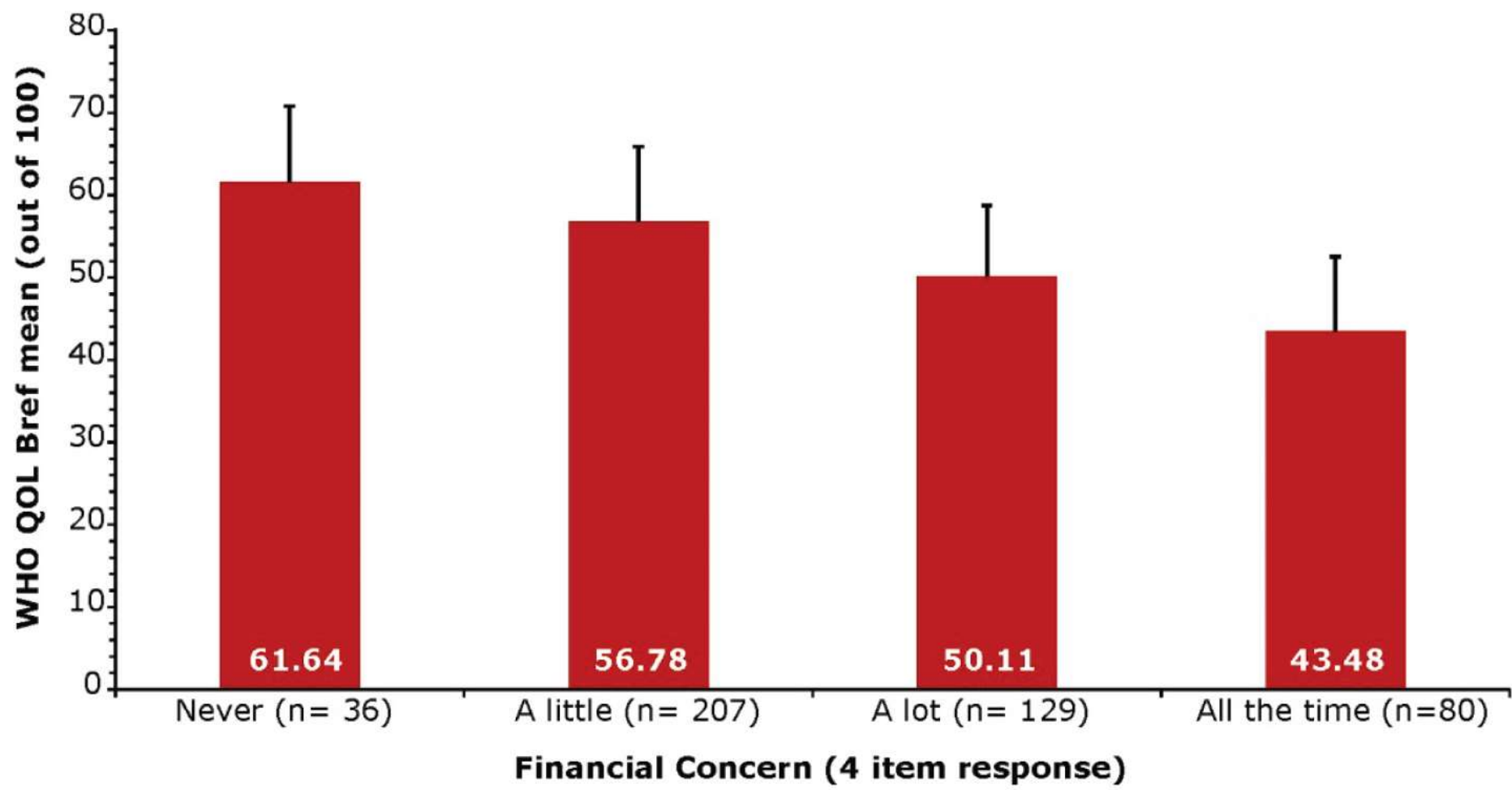
"There was an awful lot of interruption to my working day"

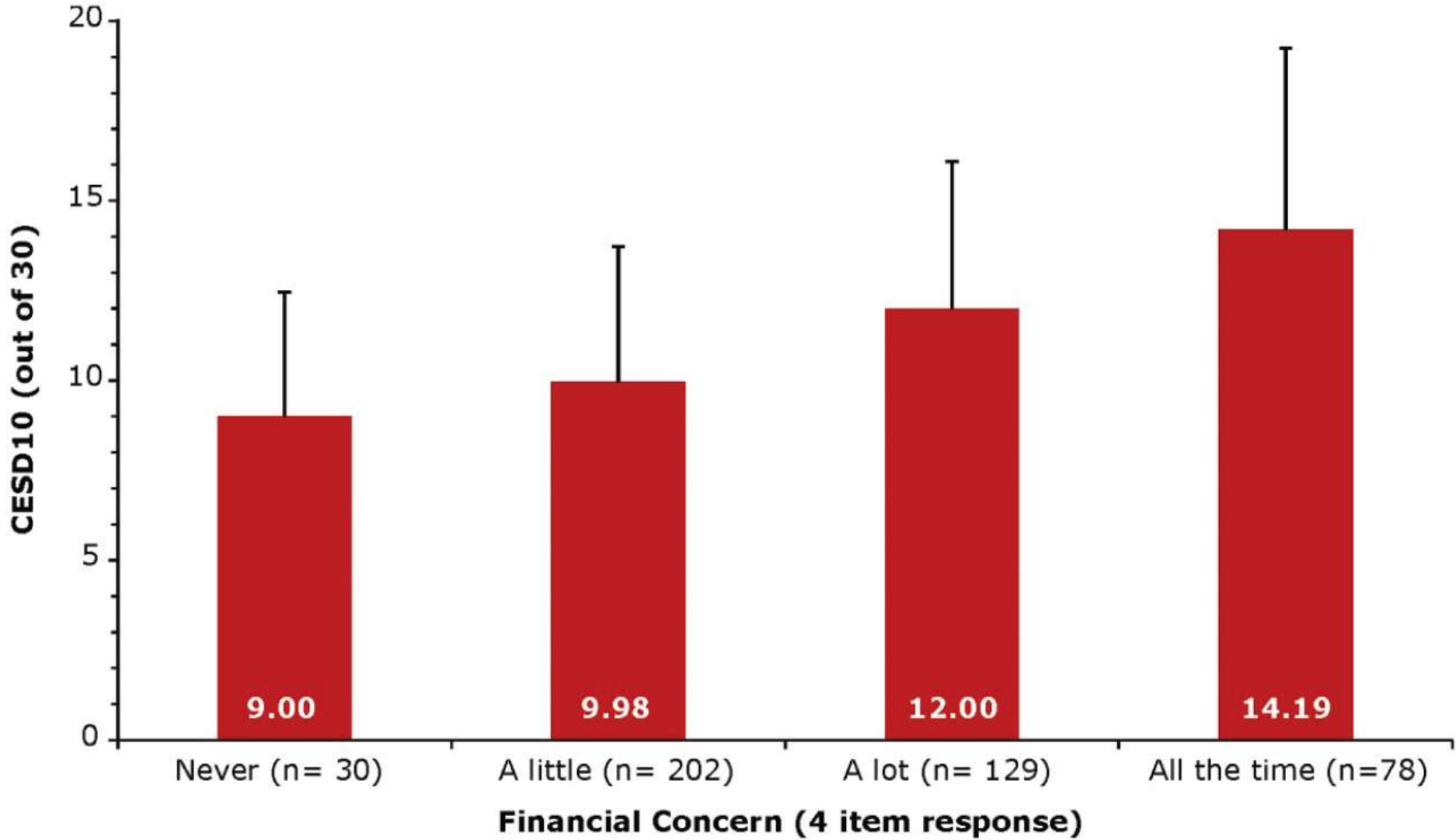
Perception

Caregivers (663) paid work impacted:

- **40% hindered ability to work to full potential**
- **61% altered or gave up paid work**
- **31% impossible to work despite the desire**







P Perception

- **Limitation** - to developing the nationally consistent and effective service has been the implementation through 20 DHBs not as a single national process
- **Required** effective, integrated and cost effective home-based service to meet the ever-growing needs of New Zealanders both in volume and in acuity levels
(Graeme Titcombe, August 2015 - recipient of a lifetime achievement award at the 2015 Home and Community Health Association Conference Awards NZ)

P Perception

Caregiver issues:

- **Need increased cohesiveness and access to services 24%** 379 responses
- **Difficulty obtaining assistance from government agencies 38%** 663 respondents.
- **Employers were sympathetic but did nothing to help 21% of caregivers** 288 respondents

CPRR Recommendations

Caregivers in paid work want:

- **Employers to respond to their stress**
- **Stress management strategies**
- **Flexible work hours**

Working caregivers (403 responses) reported:

- Stress of juggling paid work & care 77%
- Inflexible work hours 32%

Recommendations

Formal services must adequately meet user needs – carers & care recipients

Caregivers in paid work want support services to be:

Flexible

Affordable

Suitable

Reliable

Working caregivers (403 respnses) identified service issues:

Inflexible 24%

Expense 21%

Unreliable 25%

Unsuitable 31%

R Recommendations

- **Caregivers with extensive support enjoy a better QoL & less depression**
- Sole caregivers more likely - poorer QoL & depression than caregivers with extensive support from friends, family & social services
- **Within Maori culture caregiving is the whānau (extended family) responsibility**
- Pakehas higher burden than Maori (57% / 40% respectively)
- Maori more likely provide unpaid support
- (Ministry of Social Development, 2008)
- **Institutionalisation is rare amongst Maori**
(Boyd, 2009; Collins, 2008; Ministry of Health, 2004)

CPR saves lives

- Identifying working caregivers needs enables targeted initiatives
- A collective community attitude to caregiving as in the Maori tradition allows caregiving to be shared through a collaborative extensive support network

The purpose of CPR is to support life. The lives of caregivers and care recipients need our support.

Maori proverb:
He aha te mea nui o te ao,
he tangata he tangata he tangata



What is the most important
thing in the world, it is the
**people, the people, the
people**



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