



# Caregiving in Quarantine:

## Evaluating the Impact of the Covid-19 Pandemic on Adult Child Informal Caregivers of a Parent

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### Introduction

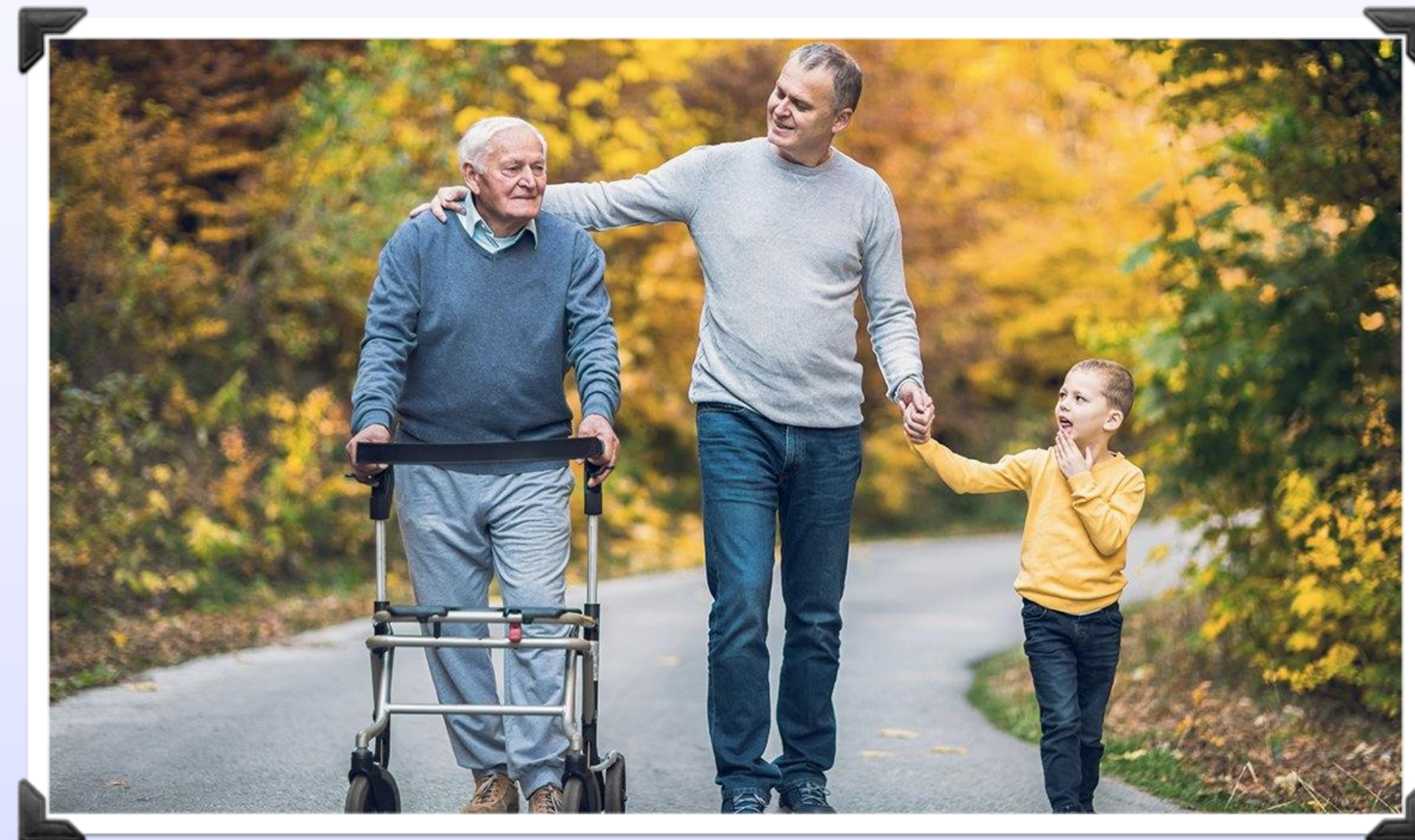
- 1 in 5 Americans provide unpaid care to an adult.
- Most informal caregivers are family.
- They form the backbone of healthcare in the U.S.A.
- Caregiver burden leads to burnout and endangers older adults.
- The Covid-19 pandemic fundamentally changed society.
- Virus is most lethal for adults 65+.
- How has the pandemic, lockdown, and social distancing affected informal caregivers of a parent?
- How is that burden affected by family dynamics and composition?

### Purpose

To assess subjective burden among informal caregivers of a parent before and during the Covid-19 pandemic.



Also to examine whether siblings or dependent children have impacted subjective burden during the pandemic.



### Methods

Convenience sample of 77 adult child caregivers of a parent were recruited.

The validated Zarit Burden Interview (ZBI-12) was taken online first to report pre-pandemic burden, and again to report burden during the pandemic.

### Do you feel...?

That because of the time you spend with your relative that you don't have enough time for yourself?

Stressed between caring for your relative and trying to meet other responsibilities (work/family)?

A demographic questionnaire was also filled out for a snapshot of the sample.

A paired sample t-test was run to compare the population's burden before and during the the pandemic.

Two independent samples t tests were run to compare burden between those with (and without) siblings and those with (and without) dependent children.

### Results

Significant difference ( $p=.000$ ) between pre- and during-pandemic burden scores among informal caregivers of a parent.

Significant difference ( $p=.009$ ) in burden between those with and without siblings.

No difference in burden between "sandwich generation" caregivers and those without dependent children.

**53 million**  
Americans (1 in 5)  
provide unpaid care

We see you, Caregivers

### Discussion

Since the pandemic began

- More burden overall
- Majority receive less social support
- Navigating healthcare systems is worse despite advent of tele-medicine
- 69% say parent's bad behavior is worse.

And yet...

- Siblings appear to insulate primary informal caregiver from burden
- The majority who report no choice in becoming caregiver still benefit from presence of siblings.
- Those caring for a parent and child(ren) are more resilient, under-report, or intergenerational transfers increased.

### Conclusions

- Results highlight importance of family in offsetting burden in the context of a crisis.
- Caregivers with siblings and children less likely to burnout.
- Resilience is related to family composition.
- Results may be not be the same in unremarkable times.
- Social distancing and social isolation appears a distinction without a difference in this population.
- Streamlining remote, age-friendly interventions to alleviate burden must be prioritized for welfare of both caregivers and older adults.



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### For more information

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