

A light gray world map is centered in the background of the slide. The text is overlaid on the map.

OCCUPATIONAL PERFORMANCE OF THE SANDWICH GENERATION ~ WORLD ISSUE ~

**17TH WFOT CONGRESS CAPE TOWN SA
MAY 22-25 2018**

Priyanka Vergis MSc
Sharon E. Brintnell.
Professor

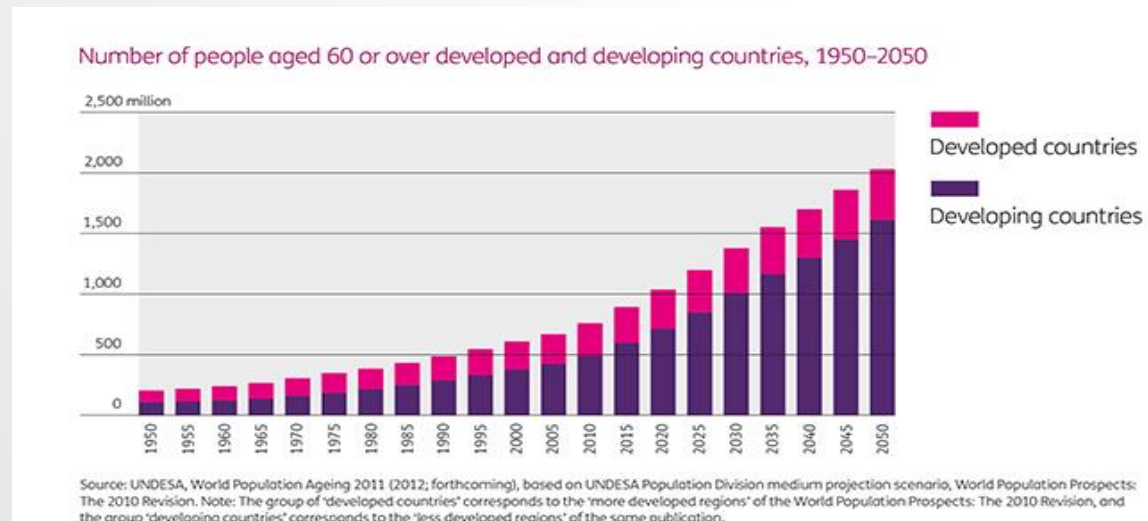
BACKGROUND

- With the rise of the older population, there is more awareness about appropriately addressing their needs
- However, it is costly for health care systems to provide 24-hour formal care
- Thus leading health care professionals such as Occupational Therapists to heavily rely on informal caregivers
- Quick stat: In 2015 34.2 Americans 45 years and older were informal caregivers
- One type of informal caregiver is known as the Sandwich Generation Caregivers

GROWTH OF THE OLDER POPULATION

Examples:

- Australia expects to see approximately 1/4 people over the age of 65 years by 2030
- United Kingdom 1/5 people will be over the age of 65 years by 2030
- In Canada and United States of America, 1 in 5 will be 65 years or old by 2030



WHO ARE THE SANDWICH GENERATION?

- Middle-aged adults (between the ages of 30 and 60) manage the responsibility of caring for elderly parent (s) or parent (s)-in-law and young and/or adult child(ren)/grandchild(ren).



HOW DID THE SANDWICH GENERATION COME ABOUT?

- Women working out of the home = multiple competing responsibilities
- Increased time needed to finish education as higher education is necessary to remain competitive in the job market = starting families later in life
- Increased need to enhance and develop career
- Longer time before marriage and children
- Enhancements in technology leading to longer life spans of older adults
- Adult children returning home after job losses/economic down turns, divorce
- Increased costs of living = adult children remaining at home longer, or returning back home



WHY SHOULD WE CARE FOR THE SANDWICHED CAREGIVERS?

- Role overload: parent, employee, sibling, son/daughter, friend, colleague, caregiver
- Occupational Therapists' primary client- the client we get a referral for and who is engaged directly with our services (older adult or child).
- The secondary client is the caregiver who collaborates in the care of our primary client -automatically their health and wellbeing is equally as essential.
- Interactions opportunity learn about the family dynamics that could impact care given to the recipient (caregiver stress overburdened by the responsibilities of care)
- The needs of our primary clients are affected by our secondary client- sandwiched caregiver' wellbeing



RATIONALE FOR THE REVIEW

- (1) To explore the occupational, physical psychosocial and financial impact caregiving has on those belonging to the Sandwich Generation
- (2) For Occupational Therapists to identify caregivers at risk and in need of potential support.

METHODS

- Scoping Review: The framework outlined by Arksey and O'Malley (2005) and further developed by both Daudt, van Mossel, and Scott (2013) and Levac, Colquhoun, and O'Brien (2010) were used.
- Five electronic databases were searched: Cinhal, Embase, Medline, Psychinfo, and Web of Science.
- Relevant peer-reviewed and non-peer-reviewed journal articles, as well as primary and secondary literature, were included in the review.
- Inclusion and exclusion criteria used to select final group
- CMOPE : Determined the themes
- Truthfulness – two external reviewers
- Cross referencing of articles.

OCCUPATIONAL PERFORMANCE ISSUES

OCCUPATION

Impact on Productivity-paid work:

- Increased absenteeism
- More interruptions at work
- More likely to reduce hours they work in a week or leave workforce completely
 - Women more to do this than males gender assignments
 - Negative impact financially – career advancement & Benefits
 - Less likely to increase hours or return to work force after caregiving duties over= poor financial situation for retirement
- Caregiving for younger children & parents higher absenteeism and interruptions because younger children require more attention and one on one care than older children/adult children
- Absenteeism, interruptions were greater if caring for those requiring more assistance as a result of physical and/or cognitive issues
- Overall, results in:
 - Decreased work performance
 - Increased stress because they can't keep up with the demands at work and at home

IT ISN'T ALL BAD-BENEFITS OF REMAINING EMPLOYED WHILE CAREGIVING

- Working can provide respite from the occupation of caregiving as it allows them to use their physical and mental capacities in alternative ways.
- Working gives them a sense of accomplishment as there are often definitive end results, thereby helping to decrease caregiver burden. Participating in caregiving requires a continuous set of repetitive set of tasks and the rewards are not always explicitly seen.
- However, there is a fine line between caregiving and the negative and positive effects it has on their role performance as a worker.
- The creation of this delicate balance is different for and dependent upon the individual caregiver and their personal resources.



OCCUPATIONAL PERFORMANCE ISSUES

OCCUPATION



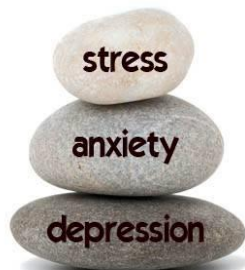
Leisure:

- Less likely to engage in leisurely activities
- Less likely to make it a priority
- Express feelings of guilt for engaging in such activities
- Engagement known to reduce stress, anxiety and depression



Impact on Psychological/Affective

- At a higher risk for experiencing stress, depression and anxiety
- Activities of Daily Living (ADLs) require more energy and time compared to Instrumental Activities of Daily Living (IADLs). This results in increased stress, depression and anxiety.
- There is a link between satisfaction in one's roles (worker, spouse, father, mother) and psychological distress
- Conclusion: combination of roles (sandwiched caregiver, spouse, employee) can increase stress and psychological distress. By the same token, the quality of those roles and relationships and their satisfaction in them, play a major role in determining its contribution to stress



OCCUPATIONAL PERFORMANCE ISSUES ~ ENVIRONMENT

• **Social- Marital Relationships**

- ❖ Caregiving places a strain on marital relationships
- ❖ Interfere with time spent with spouse, increasing conflict
- ❖ Relationship between caregiver and parent affects the marital relationship
 - Strain between the two increases disagreements amongst spouses
 - Highest between daughters-in-law and
 - parents-in-law



- ❖ Strong and positive marital relationship can mitigate caregiver strain and provide a source of support for the caregiver
- ❖ Decreased marital happiness and increased marital disagreements, irrespective of the number of hours of care provided increase stress, anxiety and depression
- ❖ Those who are satisfied with their relationship are more likely to feel they can manage the stress and strain of caregiving

REWARDS OF CAREGIVING

- (a) Satisfaction from fulfilling a family obligation, (b) Seeing the parent(s) enjoying themselves in different activities, and (c) The overall strengthening of the relationship between caregiver and parent.
- Deeper level of companionship arose as a result.
- Feelings of pride and joy were also expressed because they felt that they were giving back to the ones that cared for them.
- By its very essence caregiving is reciprocal in nature. While the care-recipient receives a number of benefits by being cared for, the caregiver may also receive emotional, financial and child care support from the parent



SUMMARY

- ❖ Those who are not satisfied with their work, work long hours, and do not have autonomy or flexibility in their job
- ❖ Those who are not satisfied with their marital relationship and do not make time to spend with their spouses
- ❖ Those who have strained relationships with their children and their parents to whom they are giving care or have more regular family conflicts
- ❖ Those who are not engaged in some leisurely activity or have time for themselves
- ❖ Those who are already stressed or have tendency to get stressed easily
- ❖ Caregiving females experience more stress given the fact that they are more likely to shoulder this responsibility than males
- ❖ Males who do engage in the provision of care in the areas of ADLs and IADLs are more likely to feel higher stress levels than females
- ❖ The greater the degree of impairment= greater caregiving responsibilities

SO WHAT? WHY SHOULD I CARE?

We have the unique opportunity to get to know the client and the family dynamics that could impact care given to the recipient.

This is important to identify if the caregiver is stressed or is at risk (burnout & compassion fatigue) of being burdened by the responsibilities of care.



For further information regarding this topic and the reference list
please contact:

Priyanka Vergis: pvergis@ualberta.ca

Prof Sharon Brintnell: esb1@ualberta.ca