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care and caring:
future proofing the new
demographics

Are Caregivers burdened? Recognise, Respect and Address their Needs

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India's projected elderly population - 2016, 2021 & 2026

Ref: Dr Sanjay Kumar UNFPA India

Population 60+ (million)			Percentage of 60+ population			Population 80+ (million)			Percentage of 80+ population		
2016	2021	2026	2016	2021	2026	2016	2021	2026	2016	2021	2026
118	143	173	9.3	10.7	12.4	13.2	16.7	19.9	1.0	1.2	1.4

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Building a Knowledge Base on
Population Ageing in India



Report on
the Status of Elderly
in Select States
of India, 2011

- **Self-rated health - About 55 per cent rated their health as poor or fair**
- **Over five per cent suffer serious functionality issues with regard to basic functions, necessitating regular care and support**
- **13 per cent reported an ailment in the 15 days prior to the survey (13 for F & 9 for M)**
- **Nearly two-thirds report suffering from at least one chronic ailment with arthritis, hypertension, diabetes, asthma and heart disease as the most commonly reported ailments**



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- **Work participation rate:**
 - **Males 39 per cent**
 - **Female 11 per cent**
 - **Majority of workers – 60-69 age group**
 - **Oldest old is also relatively high (13% men and 3% among women)**
- **Higher incidence of work participation among women living alone compared to those living with spouse or others**
- **About 80 per cent of the elderly co-reside with their spouse & children and in some cases with other relatives**

Income insecurity, illiteracy, age related morbidity and physical and economic dependency are factors that tend to make the Indian elderly and particularly elderly women, vulnerable

Study of Challenges faced by family and trained caregivers of elderly long term care patients

Care Duration (Months)	Typical Geriatric Problems Diabetes Osteoporosis	Dementia	Fracture	Cancer	Parkinson's Disease	Stroke
<6	17	9	14	1	-	7
-12	13	5	3	1	1	7
-24	4	6	3	1	1	3
>24	8	3	4	-	-	2
Total	42	23	24	3	2	19

Profile of caregivers

- **43% are sons**
 - 63% are involved in business
- **21% are daughters**
 - 54% are homemakers with no earnings
- **16% are wives**
 - 75% are homemakers with no earnings

Profile of caregivers

- **10% are husbands**
 - Some run their own business and/or perform other occupation
- **7% are daughters-in-law**
 - 70% are homemakers
- **2% are grandsons, sisters & sisters**
 - All are married with their children to care for

Caregiving under special circumstances

**Families remained the primary caregivers,
no matter where their children lived**

- Widows are looked in the absence of children by grandchild, daughter-in-law and sister**
- 44 years old daughter, separated from her husband and working as a Teacher with one child looks after her mother in law**

Behaviour

- **65% experienced occasional aggression from Care Recipient**
- **26% of CR sometimes exhibited uncooperative behavior while 65% never did so**
 - **Low burden levels of the Caregiver when the Care Recipient are less/least troublesome**

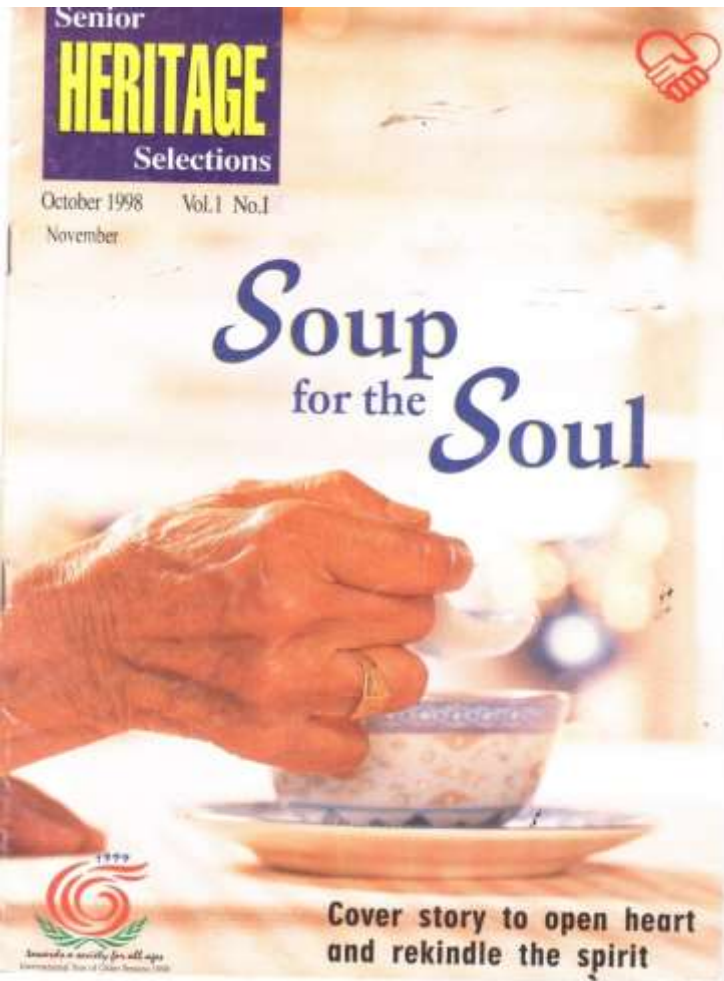
Higher the number of long-term multiple diseases, more the need for trained caregivers

Seek assistance of twenty-four Trained Caregivers when Care Recipients suffer more than one health complication coupled with behavior problems

When an elderly care Recipient requires services that are more extensive than family members can offer, the provision of formal services at that stage cannot mean end informal services provided by the family members

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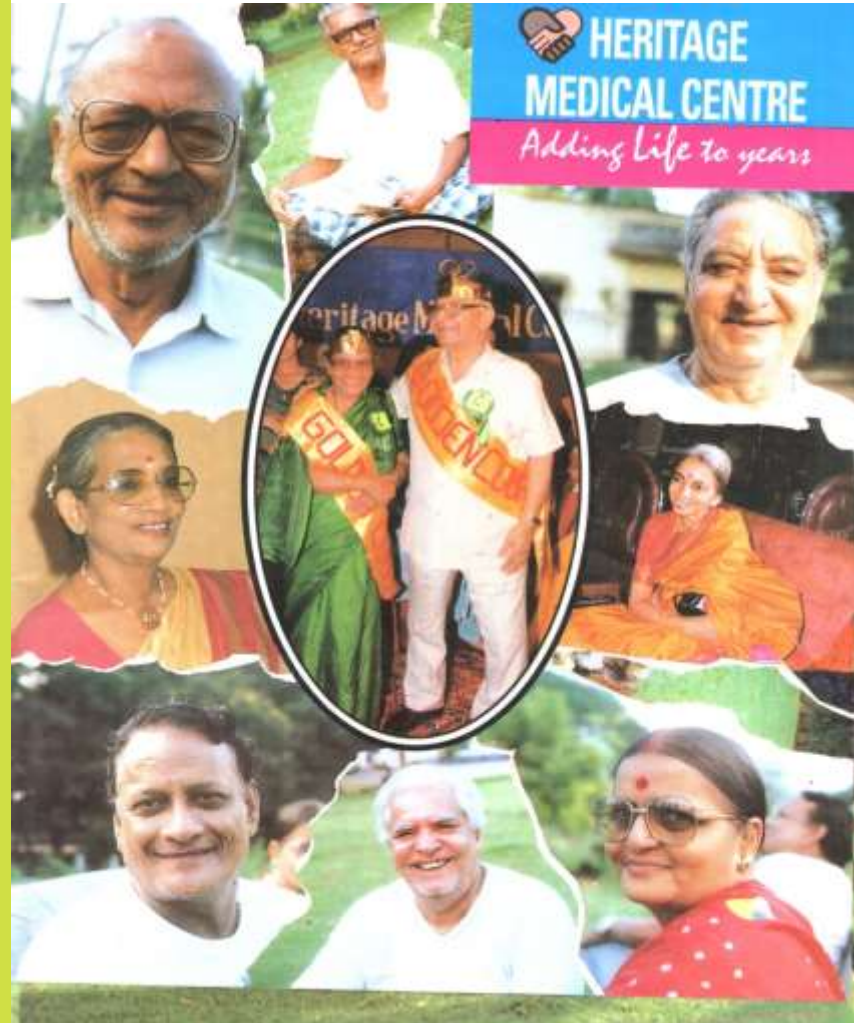
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**The family, irrespective of
engaging the services of
a trained caregiver,
remains a caregiver
being responsible to
some degree for the
well-being of another
person**

Sons & daughters

**Not hesitate incurring
out-of-pocket
expenditure to look
after the elderly at
home, be it parents or
parent-in-law**



Long distance caregivers economically support their elderly through their siblings

97% of the family caregivers maintain comfortable relationship with the Trained Caregiver Provider

Such a relationship benefits the three stakeholders - caregiver, care recipients and the care service provider

Caregiver Health

- **Low for wife**
- **Higher at low level for husband and parents for daughters**
- **Medium for son attending to parents**

Burden experienced by Family Caregivers

Sons and daughters - High

Husband - Medium

Wife - Lowest

Caring involves personal sacrifices and stresses though its significance vary according to the personal circumstances and the capacity to cope

- **With the increasing longevity and share of 80+ population, chronic illness will be a challenge to cope with by families and the community**
- **With the changing family structure, major option is trained caregivers would help elderly “Age in Place”**



Changing Indian family structure needs to be considered when planning how the country can prepare to take care of the ageing population population

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**Elderly care requires active
involvement of
governments,
communities, societies
and people**

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