

The Caregiving Transitions among Family Caregivers of Elderly Singaporeans (TraCE) study – rationale, design and participant characteristics at baseline

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What about the Caregiver?

Findings from the baseline wave of a longitudinal study of family caregivers of older Singaporeans

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Rationale

- Singapore's rapidly ageing population
- Family or Informal caregivers – central to eldercare
- Caregiving ...
 - ...is dynamic, with the intensity and outcomes changing over time
 - ...is needed by older adults even if they do not have the "commonly studied" conditions
 - ...largely occurs at home
 - ...can be both stressful and satisfying at the same time
 - ...can be a sudden role transition for the care-recipient and the caregiver
- The TraCE study addresses these gaps in research on family caregivers in Singapore (and largely, elsewhere)



Aims

Participant **dyads** (care recipient (CR) – caregiver (CG) dyads *OR* potential CR (PCR) – potential CG (PCG) dyads) are being interviewed every 6 to 12 months, for a total of 4 interviews, in the TraCE study to:

- 1) provide a holistic understanding of longitudinal patterns in CGs' health, work and caregiving-related outcomes
- 2) provide estimates of the quantity and cost of caregiving time
- 3) assess the health and work impact of transition into caregiving among 'new' CGs
- 4) determine the role of personal and workplace characteristics before becoming a caregiver on health and work outcomes among 'new' CGs
- 5) assess prolonged grief among CGs and PCGs

Design ...⁽¹⁾

- Longitudinal observational study (dyads interviewed every 6 to 12 months, for a total of 4 interviews)

Criteria for CR and PCR	CR	PCR
Participant in SAFE-PHASE or THE SIGNS Study-I who agreed to be contacted for future research studies (<i>Index Elderly – IE</i>)	✓	✓
Aged 75 years or older on 31 December 2018	✓	✓
Receiving human assistance with at least one basic or instrumental activity of daily living (ADL)	✓	✗
Neither receiving nor needs human assistance with any basic or instrumental ADL	✗	✓
Stays in a nursing home (at baseline – i1)	✗	✗

Criteria for CG and PCG	CG	PCG
Family member or friend of CR or PCR	✓	✓
Aged 21 years or older	✓	✓
Most involved in 2 or more of the following acts: a) direct care to CR for daily activities; b) ensure provision of care to CR; c) care and treatment decision making for CR	✓	✗
In future, if needed, will be most involved in 2 or more of the following acts: a) direct care to PCR for daily activities; b) ensure provision of care to PCR; c) care and treatment decision making for PCR	✗	✓
Score ≥ 4 on the AMT * if aged ≥ 75 years	✓	✓
Foreign Domestic Worker (FDW)	✗	✗

* Abbreviated Mental Test

Screeners

Index Elderly (IE): Age; Human assistance with any basic or instrumental ADL – Classification as CR or PCR

CR or PCR: Cognitive ability (AMT)

Identification of CG or PCG, and relationship with CR or PCR; If aged ≥ 75 years, then Cognitive ability (AMT)

CR or PCR

Socio-demographics, and Household composition

Health: Self-rated health, vision and hearing; Depressive symptoms (11-item CES-D); Chronic conditions; Physical function (Nagi); Basic ADLs; Instrumental ADLs; Healthcare use and insurance

Quality of Life (*WHOQOL-Bref*)

Quality of relationship with CG or PCG

CG or PCG

Socio-demographics, and Household composition

Health: Self-rated health; Depressive symptoms (11-item CES-D); Stress (PSS); Chronic conditions; Physical function (Nagi); Basic ADLs; Instrumental ADLs; Resilience (CD-RISC); Social network (LSNS-6); Social support (Pearlin); Physical and social activity; Healthcare use and insurance

Quality of Life (*WHOQOL-Bref*)

Quality of relationship with CR or PCR

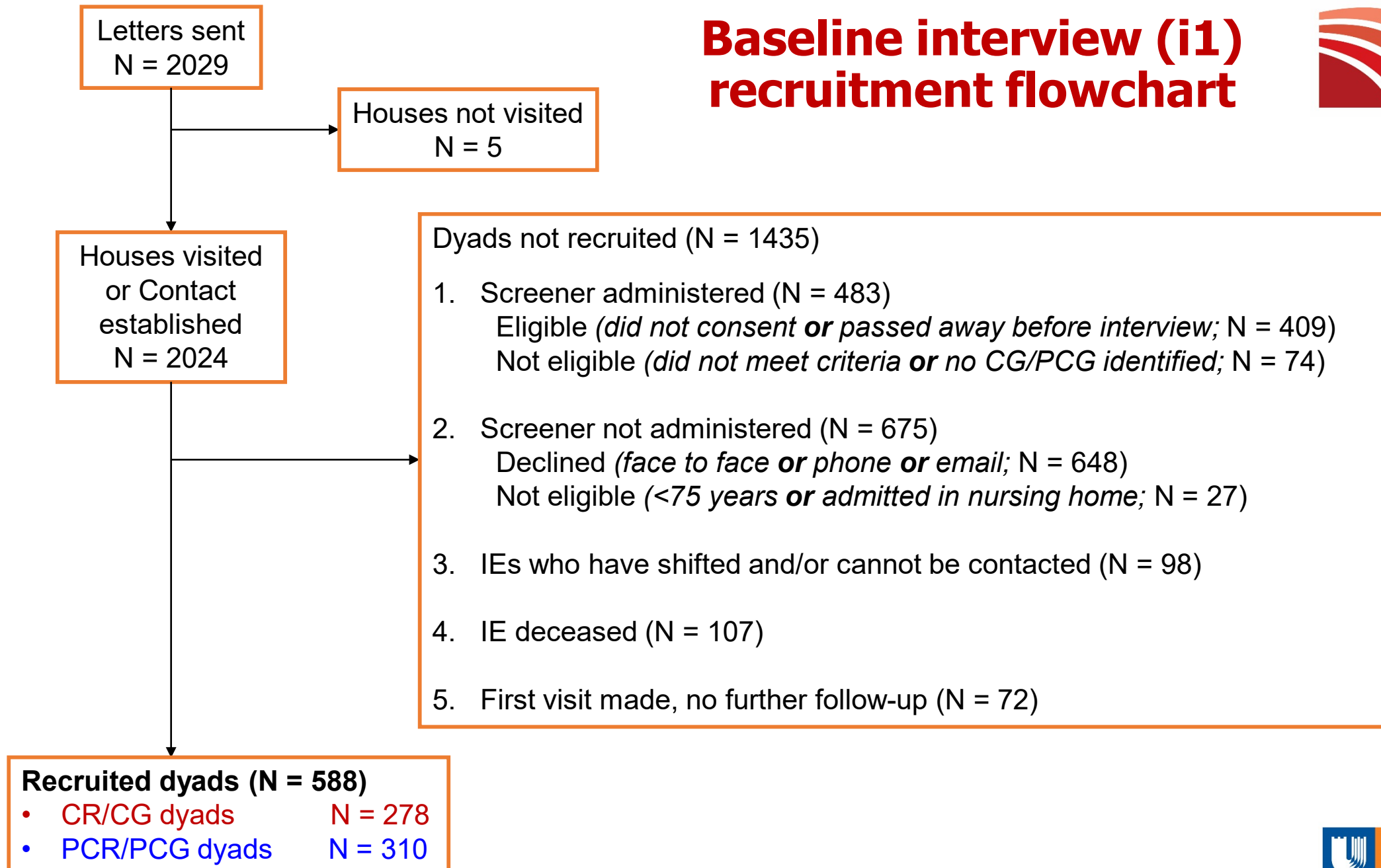
Work: Work status, Impact of caregiving on work (*CGs only*), Workplace policies

CR or PCR health status (reported by CG or PCG): Basic ADLs; Instrumental ADLs; Memory, behavior and mood (RMBPC); Cognitive ability (AD-8)

Training and Preparedness for caregiving; Use of digital technology

Caregiving-specific (*CGs only*): Duration of caregiving; Time spent in care tasks in a typical week by CG, FDWs, and secondary CGs; Use of formal care by CR; Positive and negative impact of caregiving (mCRA; S-PAC)

Baseline interview (i1) recruitment flowchart

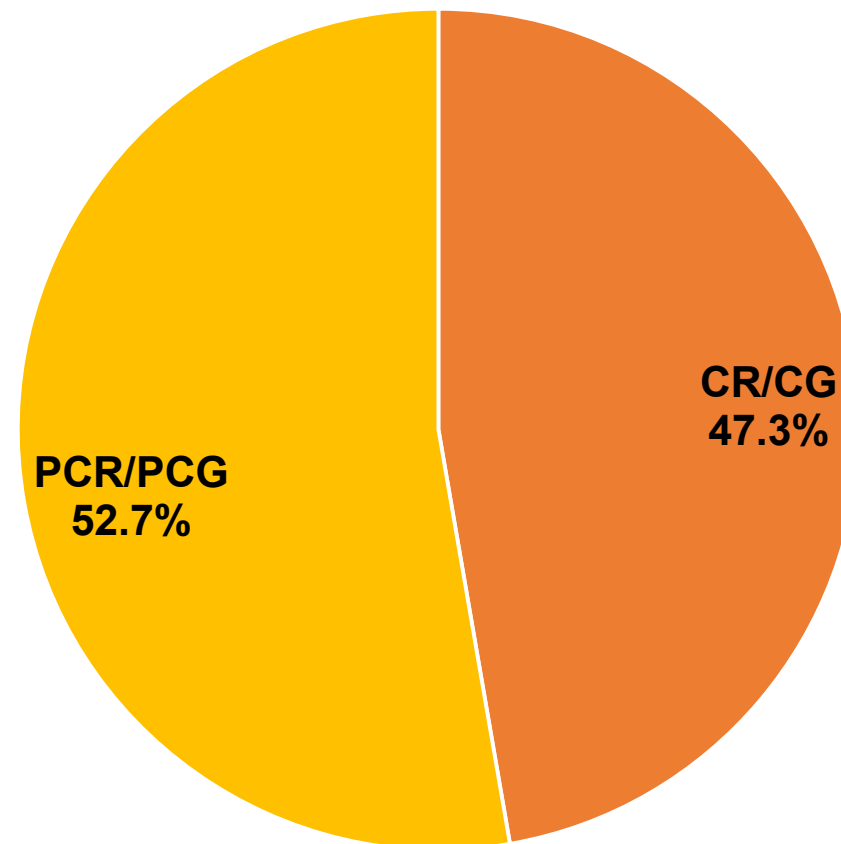


Participant characteristics at baseline

(focus on the CR-CG dyads)

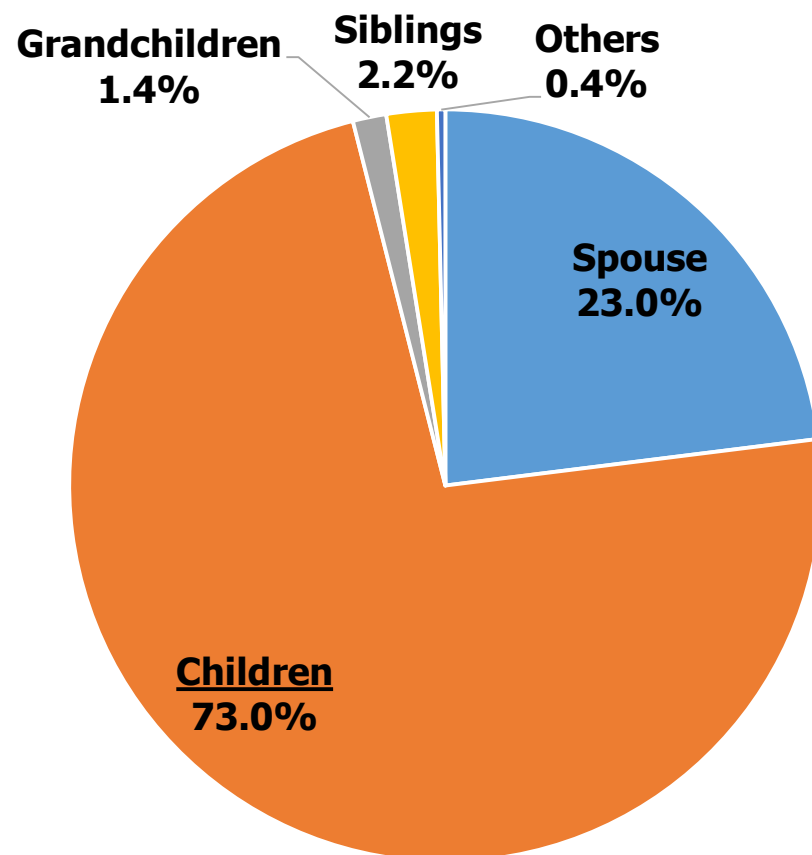
Dyad type

Dyad type
(N=588)

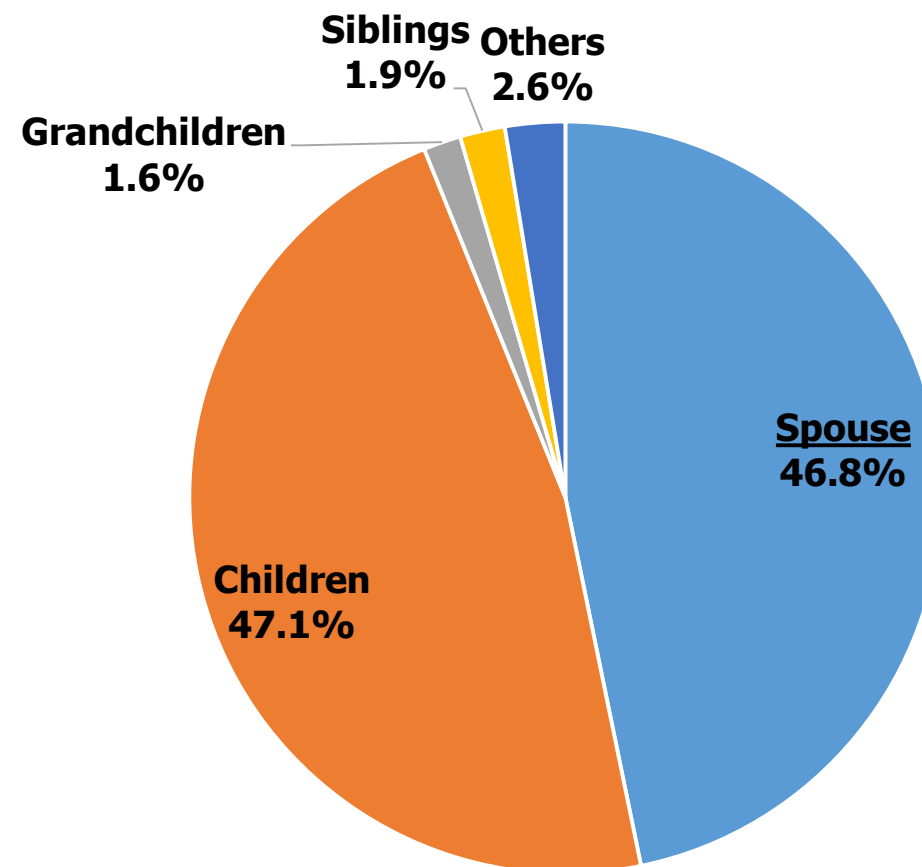


Relationship within the dyad, by type of dyad

CG was the CR's...
(N=278)

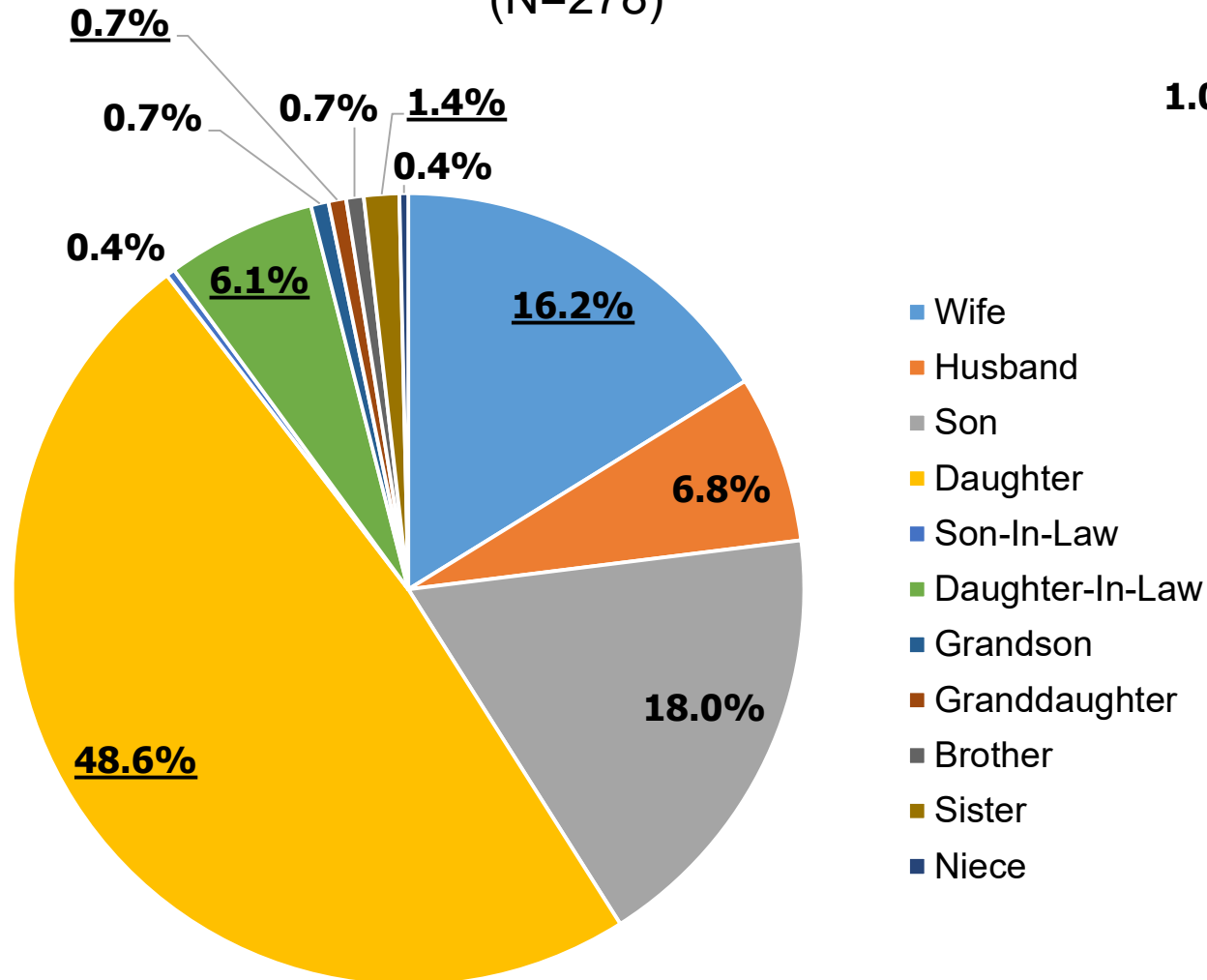


PCG was the PCR's...
(N=310)

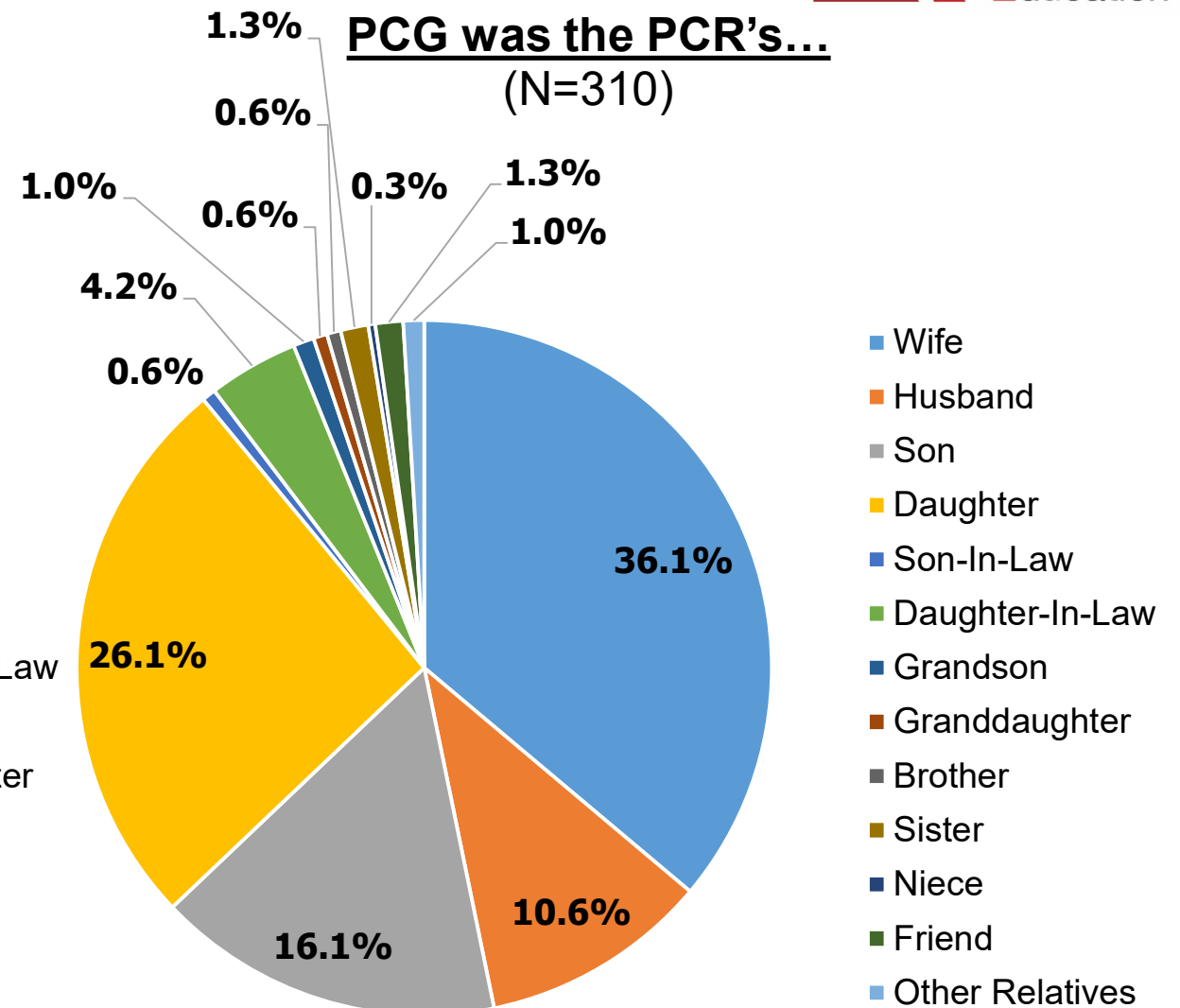


Relationship within the dyad, by type of dyad

CG was the CR's...
(N=278)

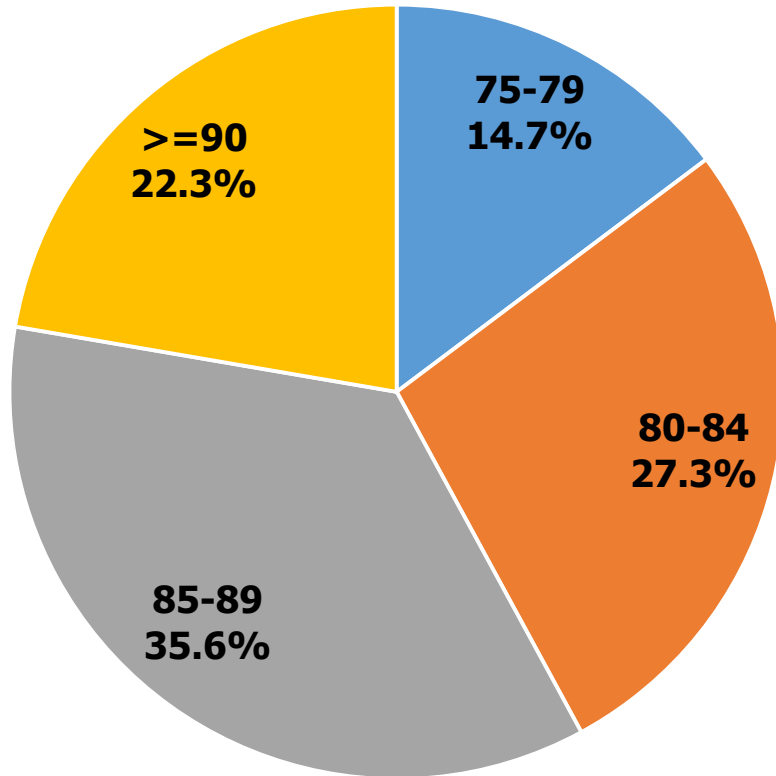


PCG was the PCR's...
(N=310)



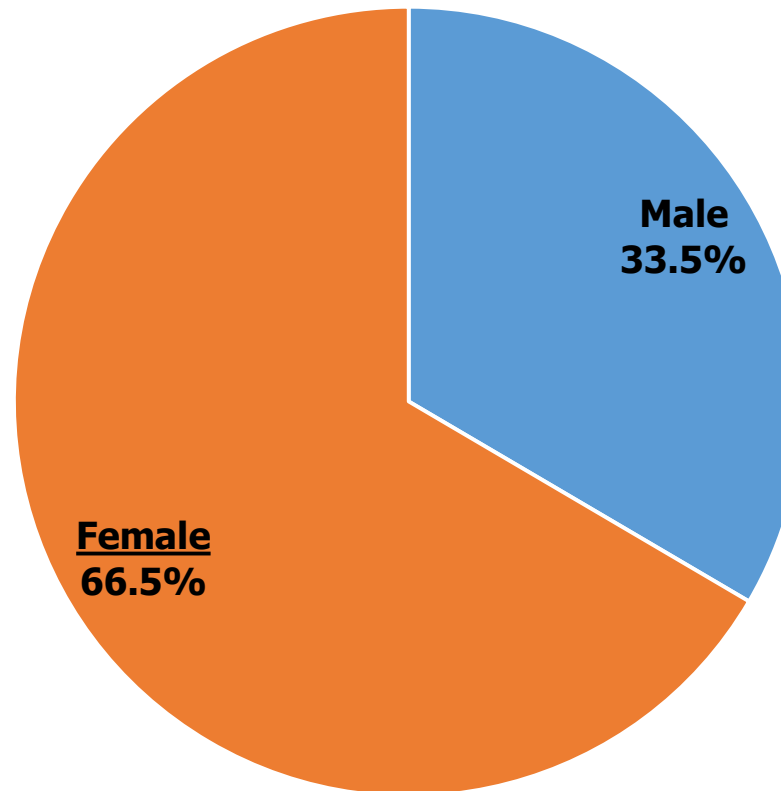
CR age, gender and marital status (N=278)

Age (years)

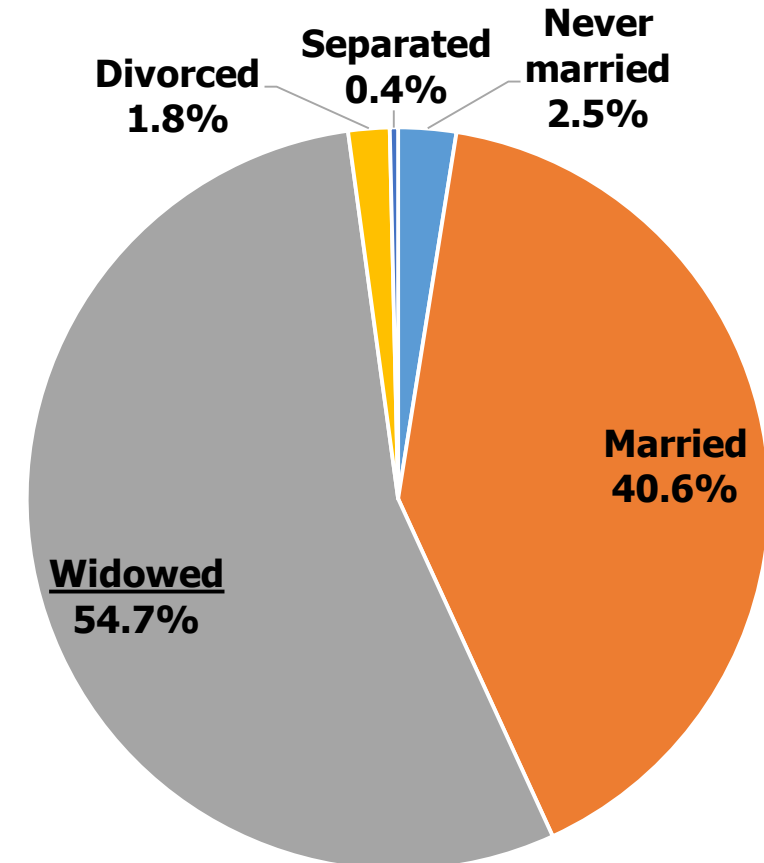


Mean = 85.4
SD = 5.4

Gender

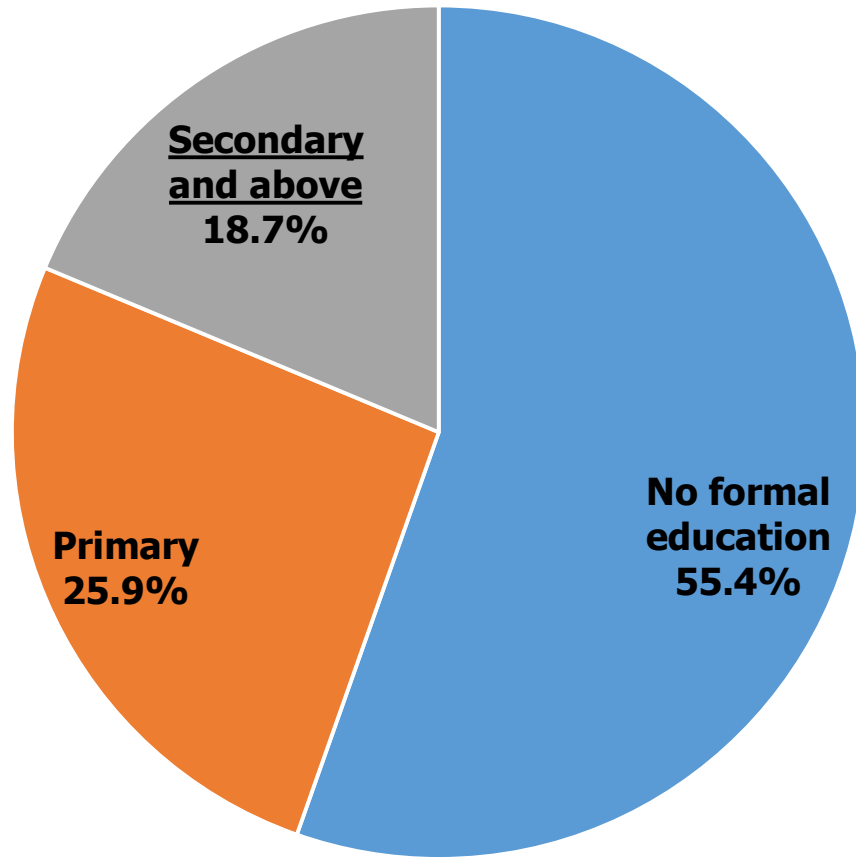


Marital status

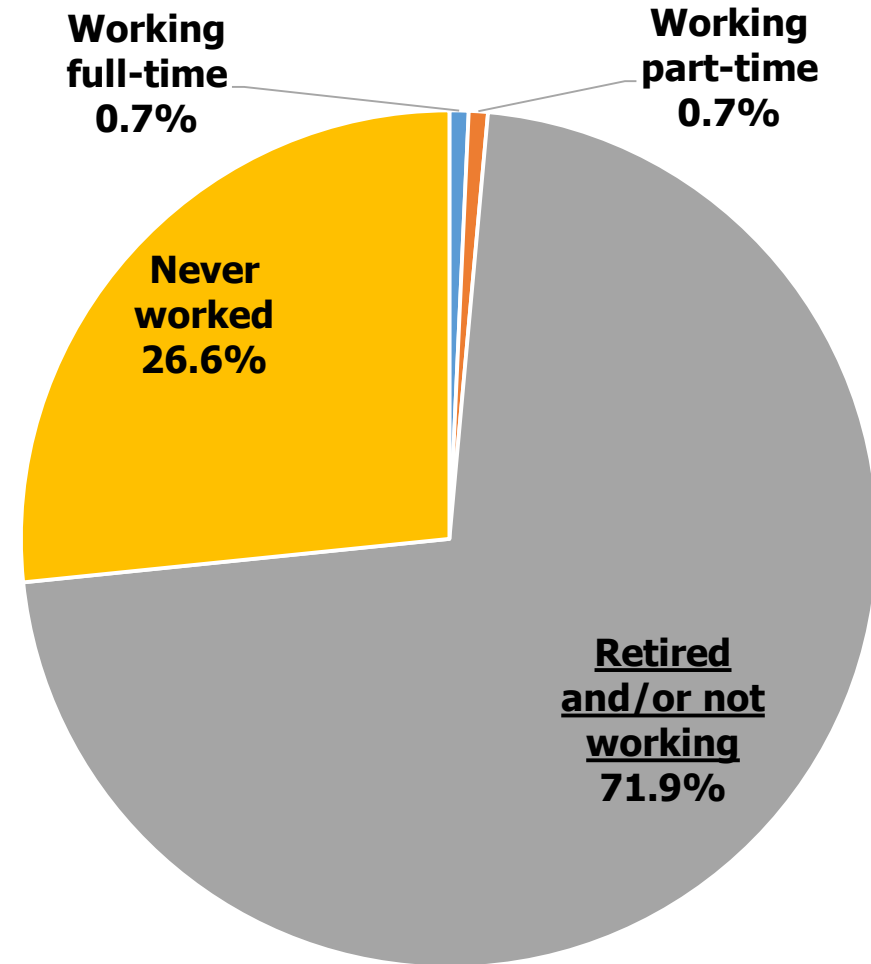


CR education and work status (N=278)

Highest education level

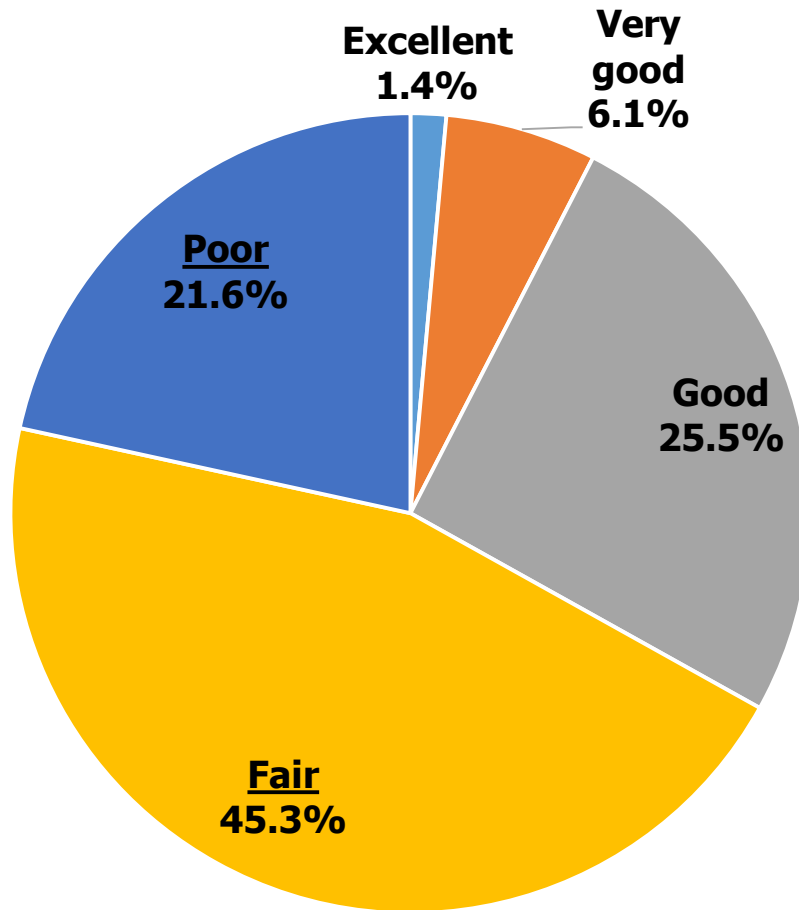


Work status

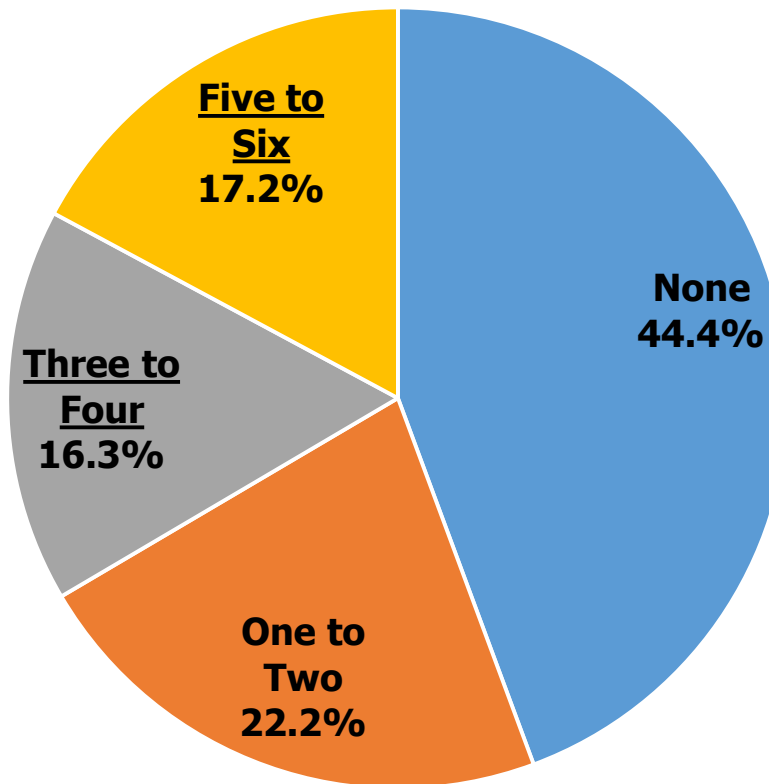


CR self-rated health, basic and instrumental ADL limitation status (N=278)

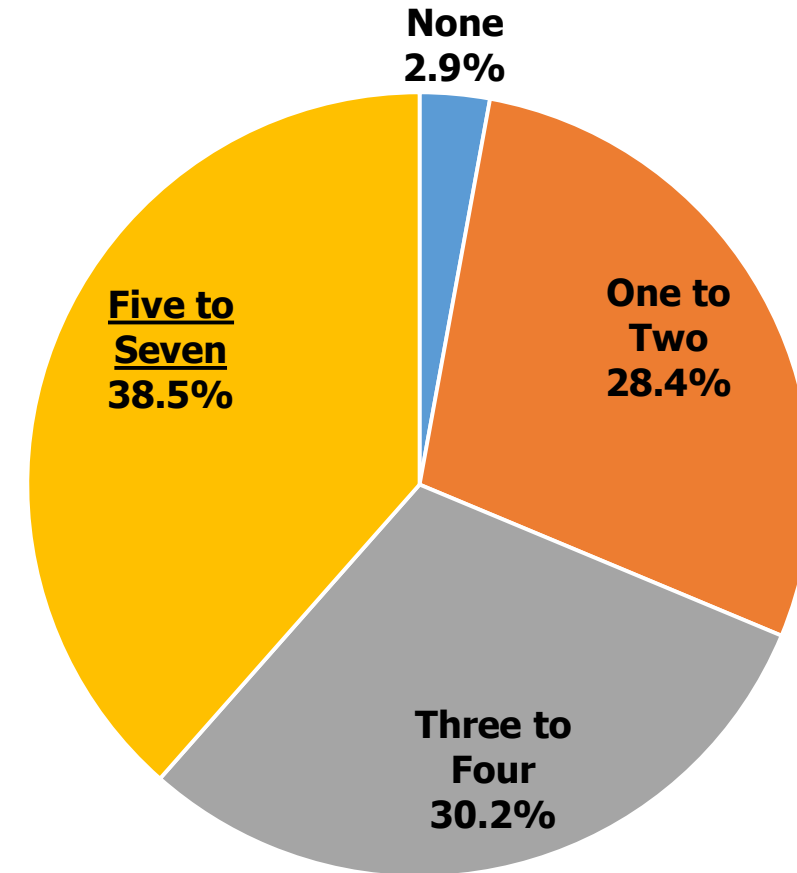
Self-rated health



Basic ADL limitations

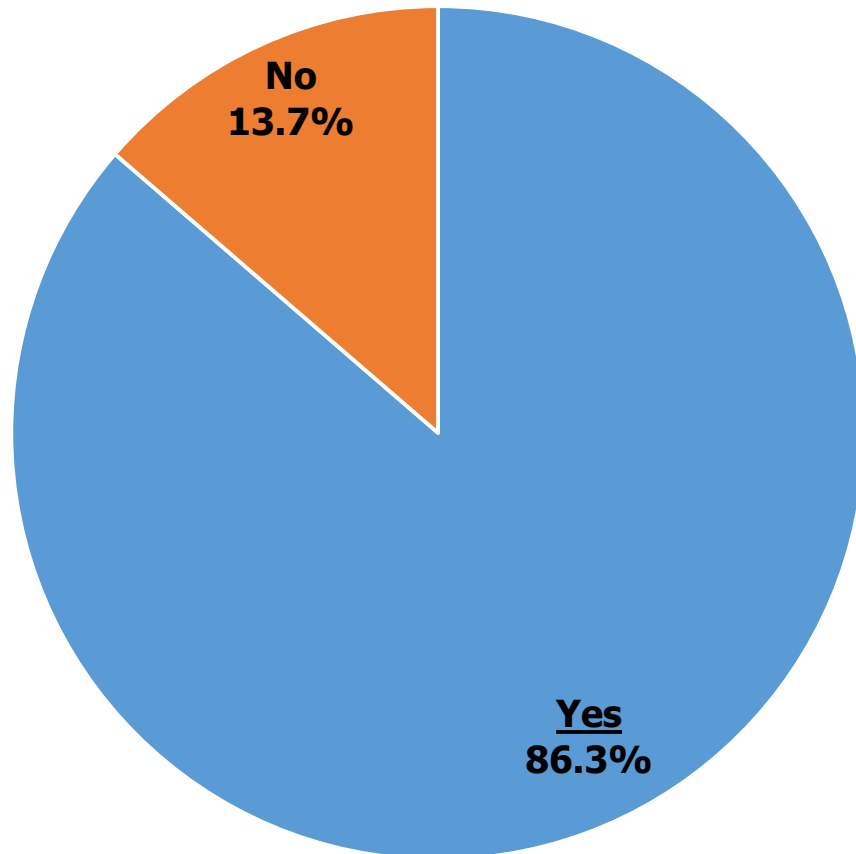


Instrumental ADL limitations

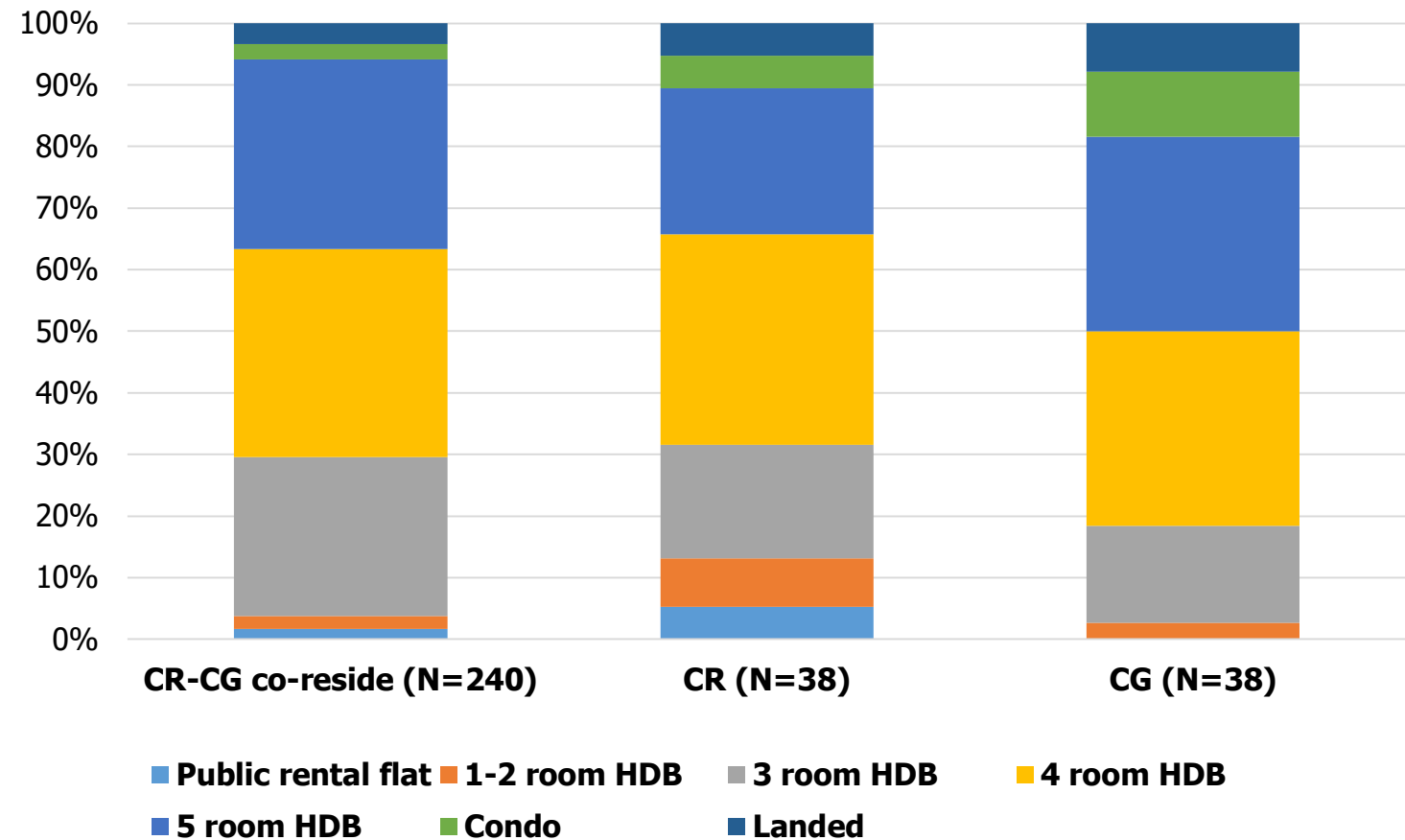


CR-CG co-residence status (N=278)

CR co-resides with the CG

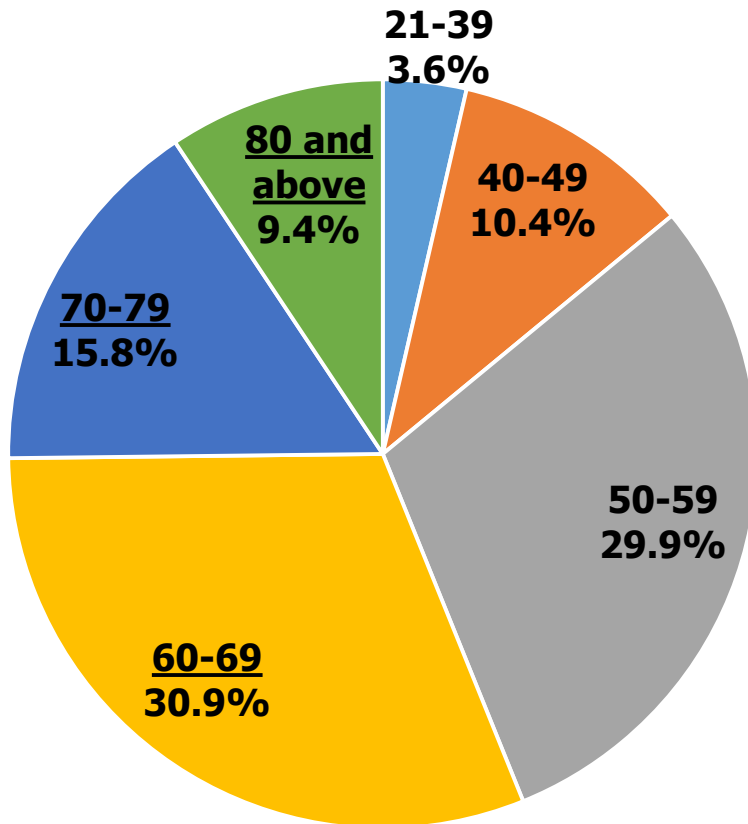


Housing type of CR and CG, by co-residence status



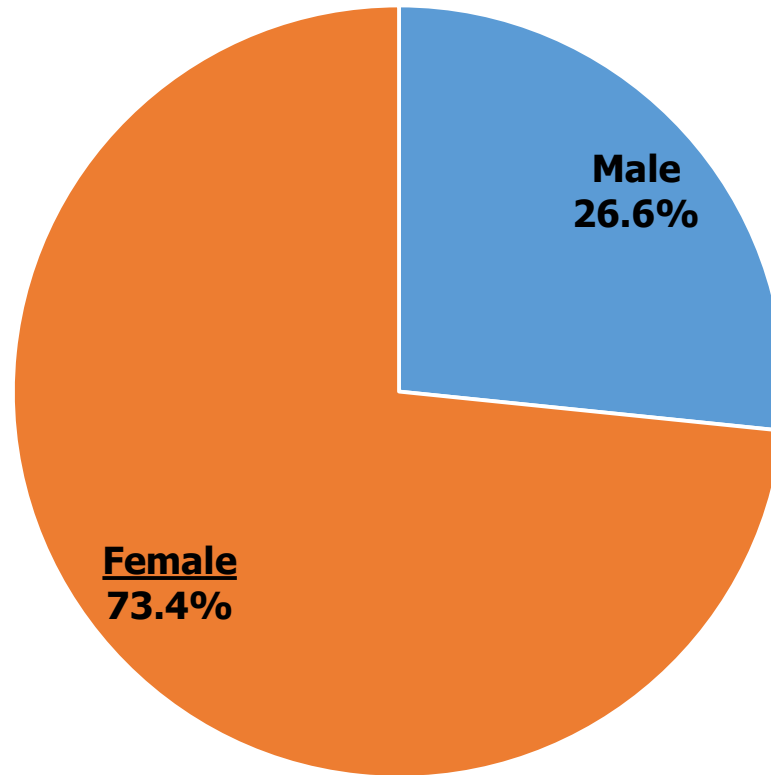
CG age, gender and marital status (N=278)

Age (years)

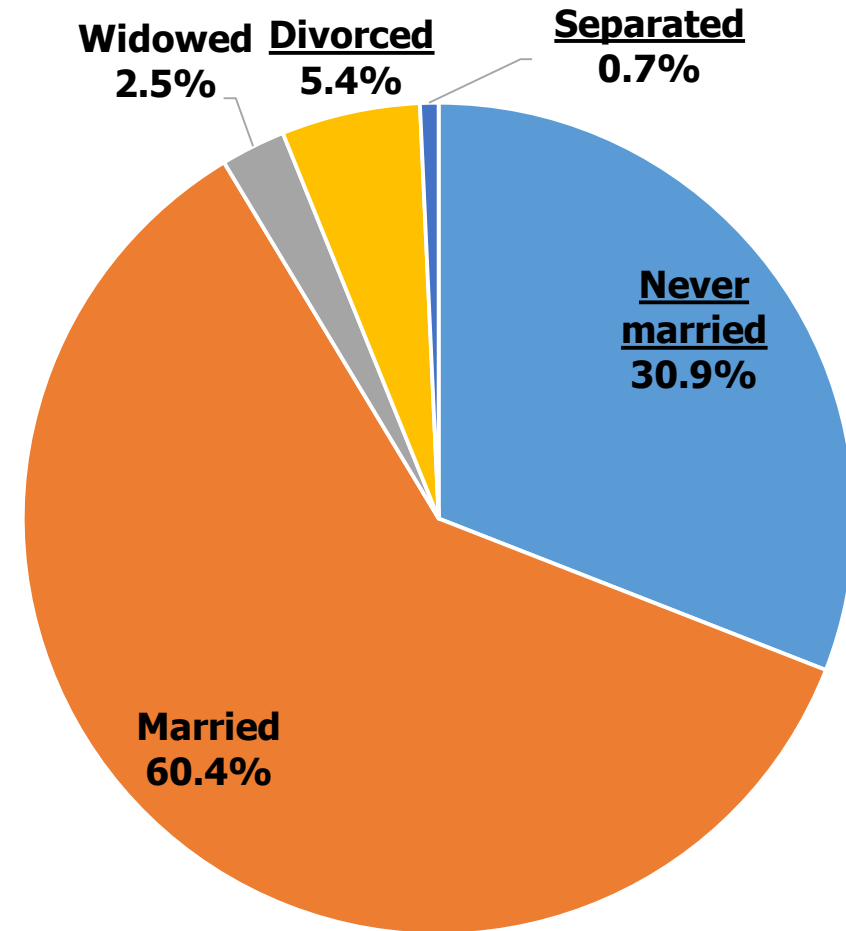


Mean = 61.8
SD = 11.9

Gender

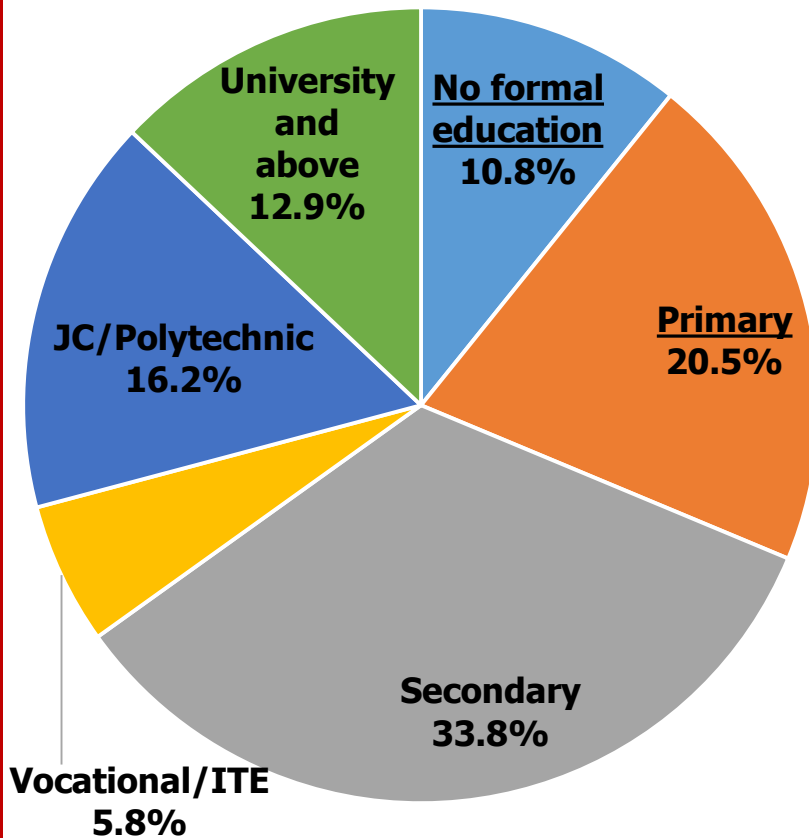


Marital status

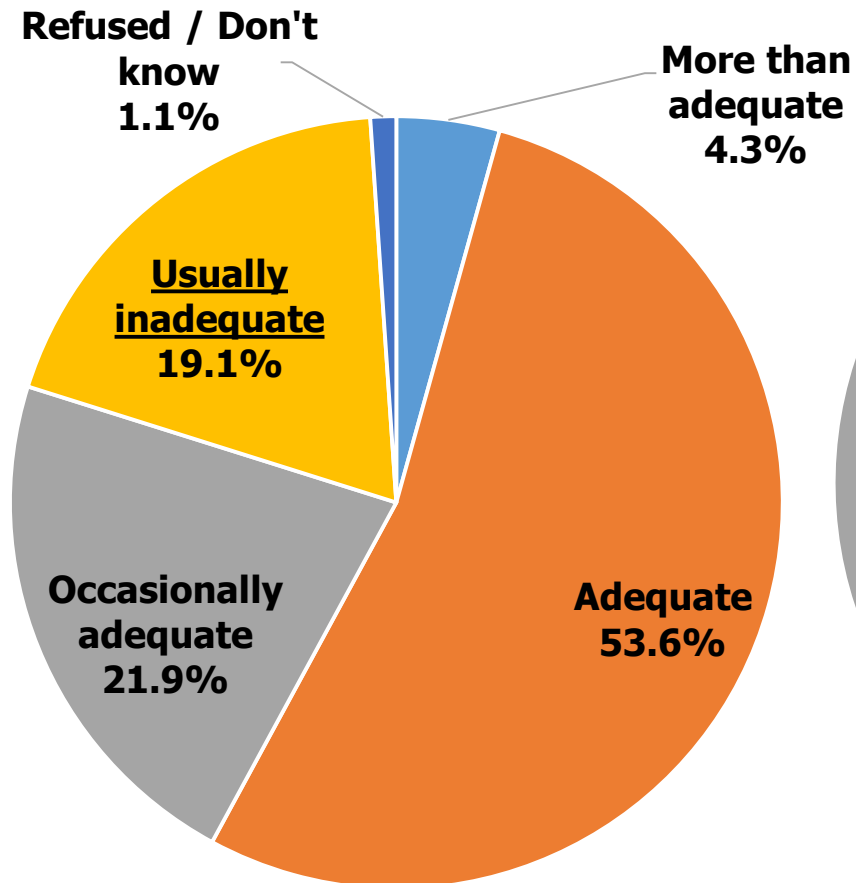


CG education, income adequacy and work status (N=278)

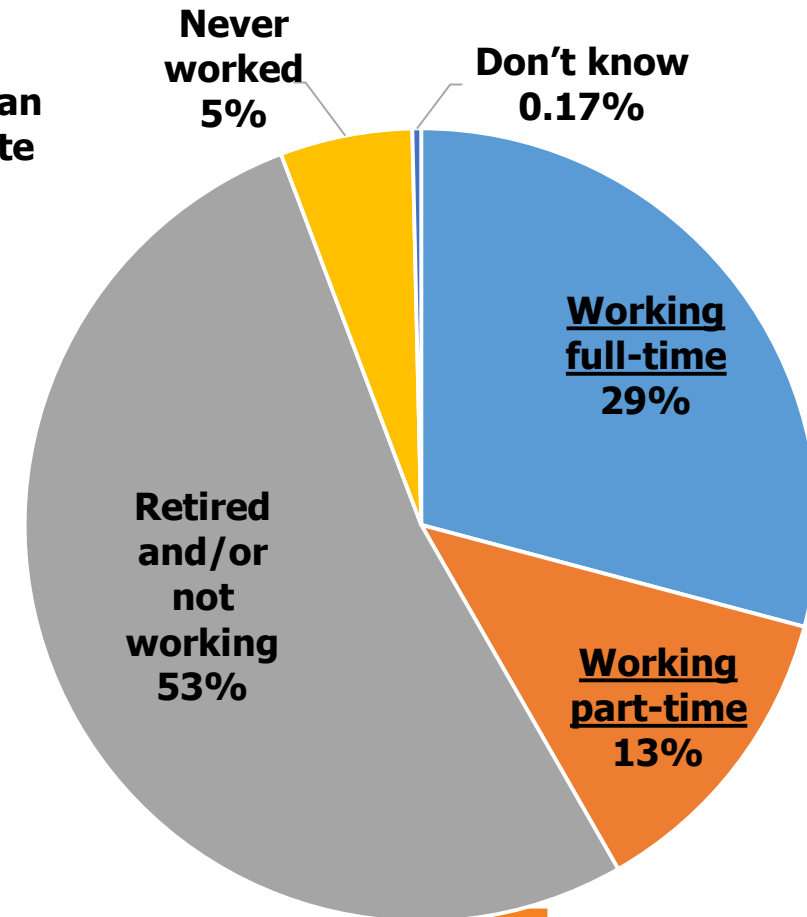
Highest education level



Adequacy of
financial resources

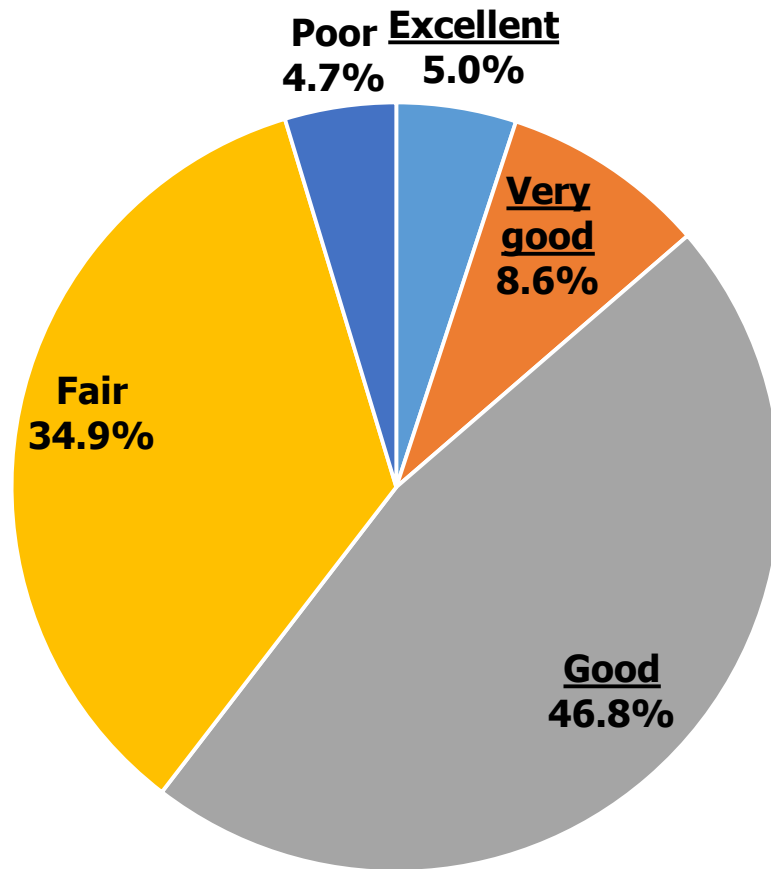


Work status

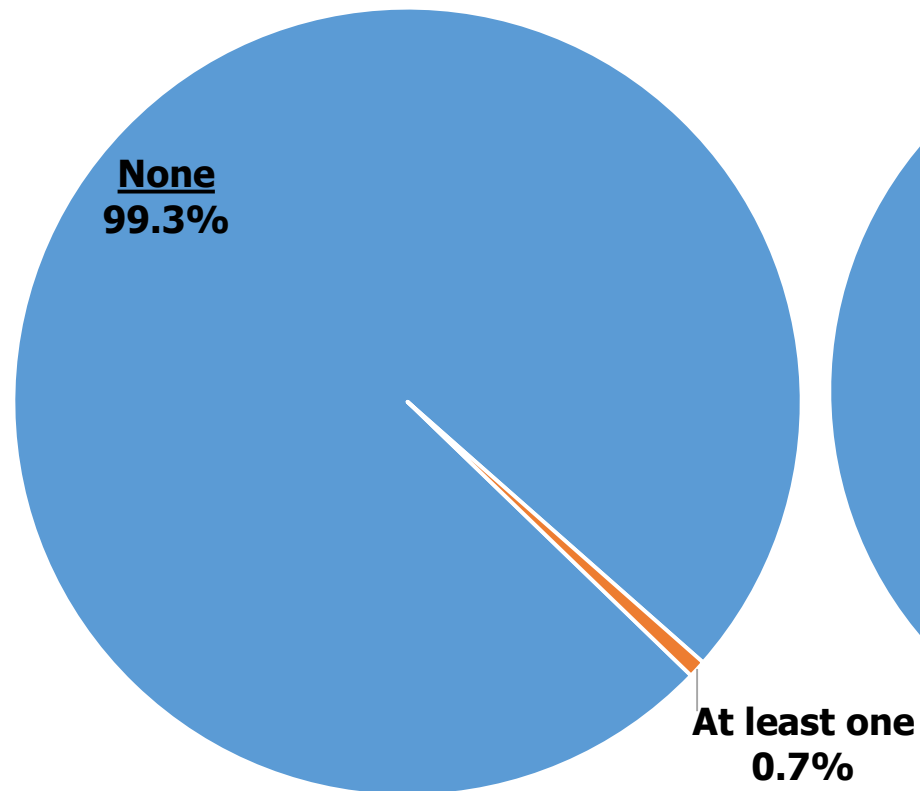


CG self-rated health, basic and instrumental ADL limitation status (N=278)

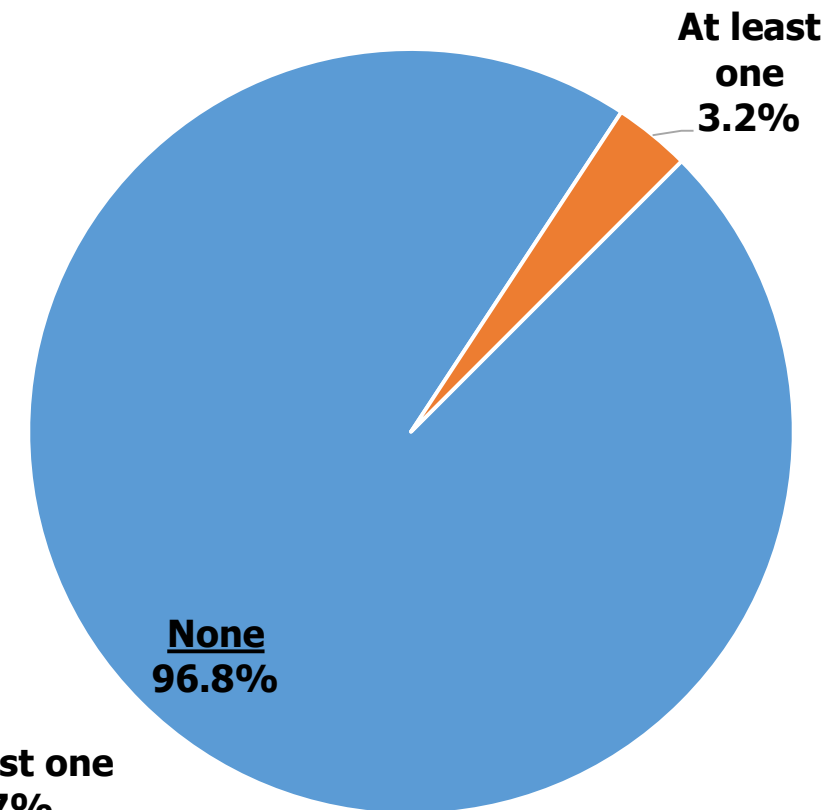
Self-rated health



Basic ADL limitations

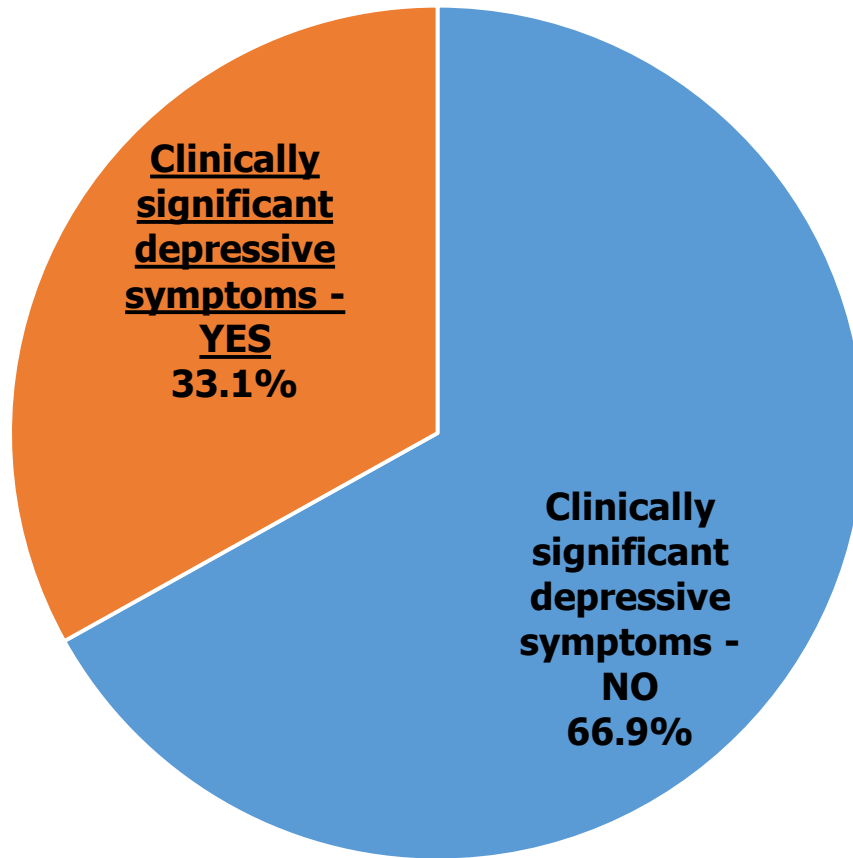


Instrumental ADL limitations

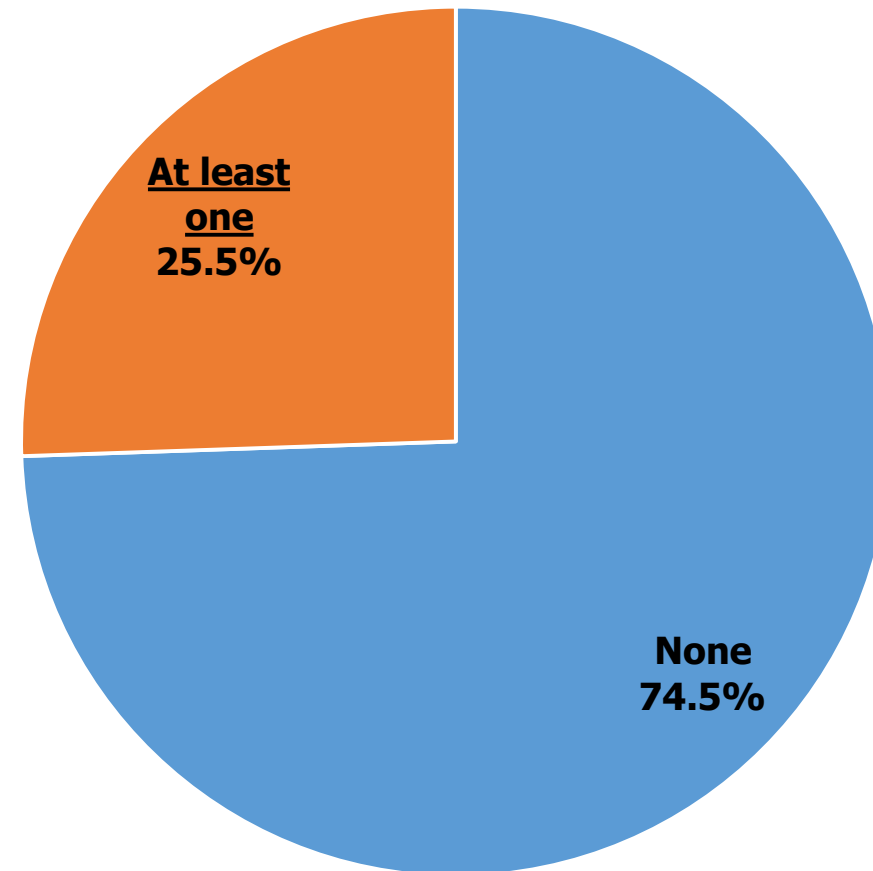


CG physical function limitations and depressive symptoms status (N=278)

Depressive symptoms status *



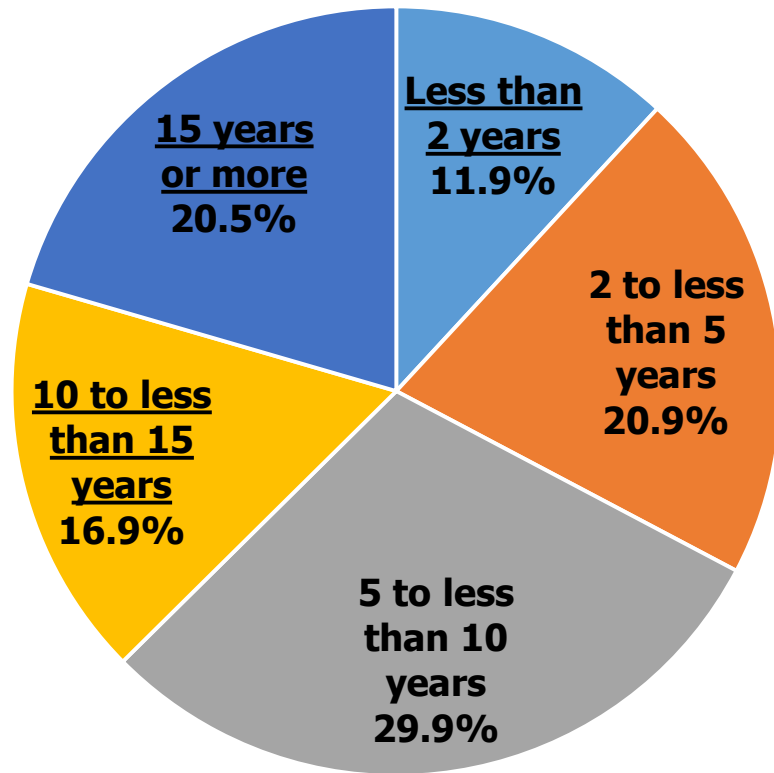
Physical function limitations



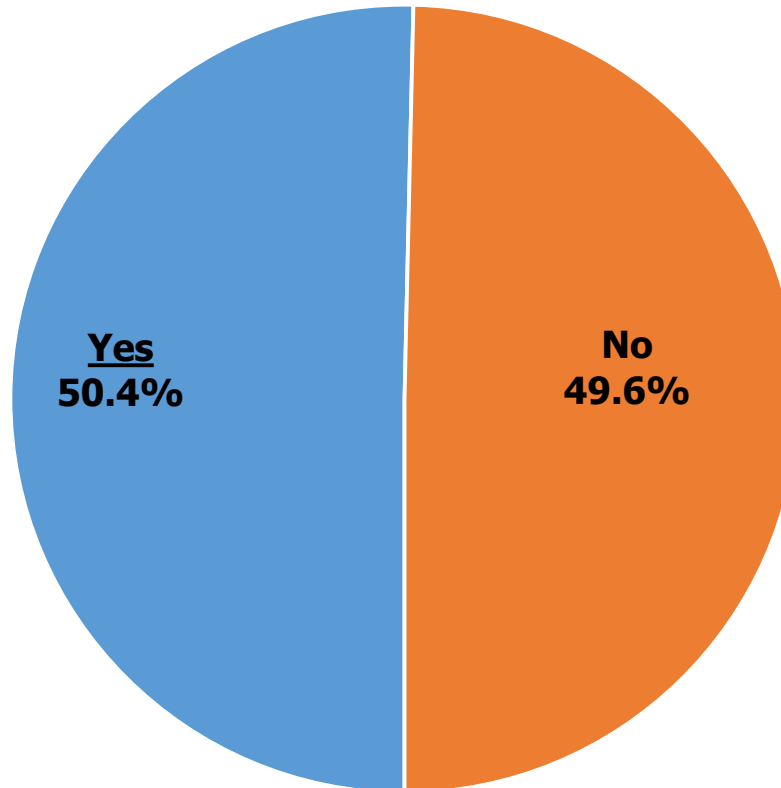
* YES: 11-item CES-D scale score ≥ 7

Caregiving situation variables (N=278)

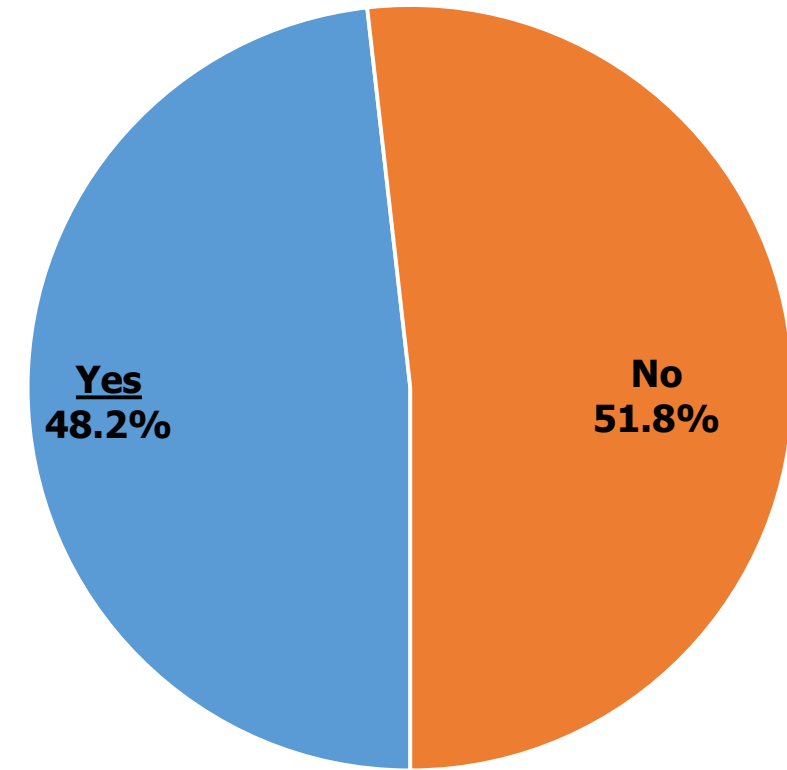
CG caring for CR since...



CR receives care from other informal CGs



CR receives care from a FDW



CG was the sole caregiver for CR: 26% dyads

The TraCE study team



Principal Investigator: Rahul Malhotra (Duke-NUS)

Co-investigators: Fazlin Abdullah (formerly at NCSS); John Carson Allen Jr (Duke-NUS); Angelique Chan (Duke-NUS); Kelvin Lim (AIC); Chetna Malhotra (Duke-NUS); David Matchar (Duke-NUS); Truls Ostbye (Duke University)

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Specialist Associates: Grace Chew; Edwyn Ho; Lee Xing Hui; Sue Ann Tang

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Thank you!

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