

*Towards making Ireland the best
place in the world to grow old*

**Care receipt and caring before and after the COVID-19
pandemic: evidence from the Irish Longitudinal Study on
Ageing (TILDA)**

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Staidéar Fadaimseartha na
hÉireann um Dhul in Aois

The Irish Longitudinal
Study on Ageing

20
22

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- Research from the TILDA COVID study carried out in 2020, found that following stay-at-home recommendations from Government, 15% of the older population reported caring for someone during the COVID-19 pandemic. This had increased three-fold from Wave 5 (2018). (McGarrigle et al 2022)
- There had also been important changes in who was providing care, and while one in four carers report that they have stopped caring since the pandemic, two-thirds of those providing care were new carers.
- We found that while the availability of both state-provided and family care for older people was reduced during the COVID-19 pandemic, there was a concomitant increase in caring by older household members.
- Informal caring has been found to be associated with increased stress, depression and ill health. (Ho et al 2009; McGarrigle et al 2014; Roth et al 2009)



Target Population

All persons aged 50 years and over in Ireland

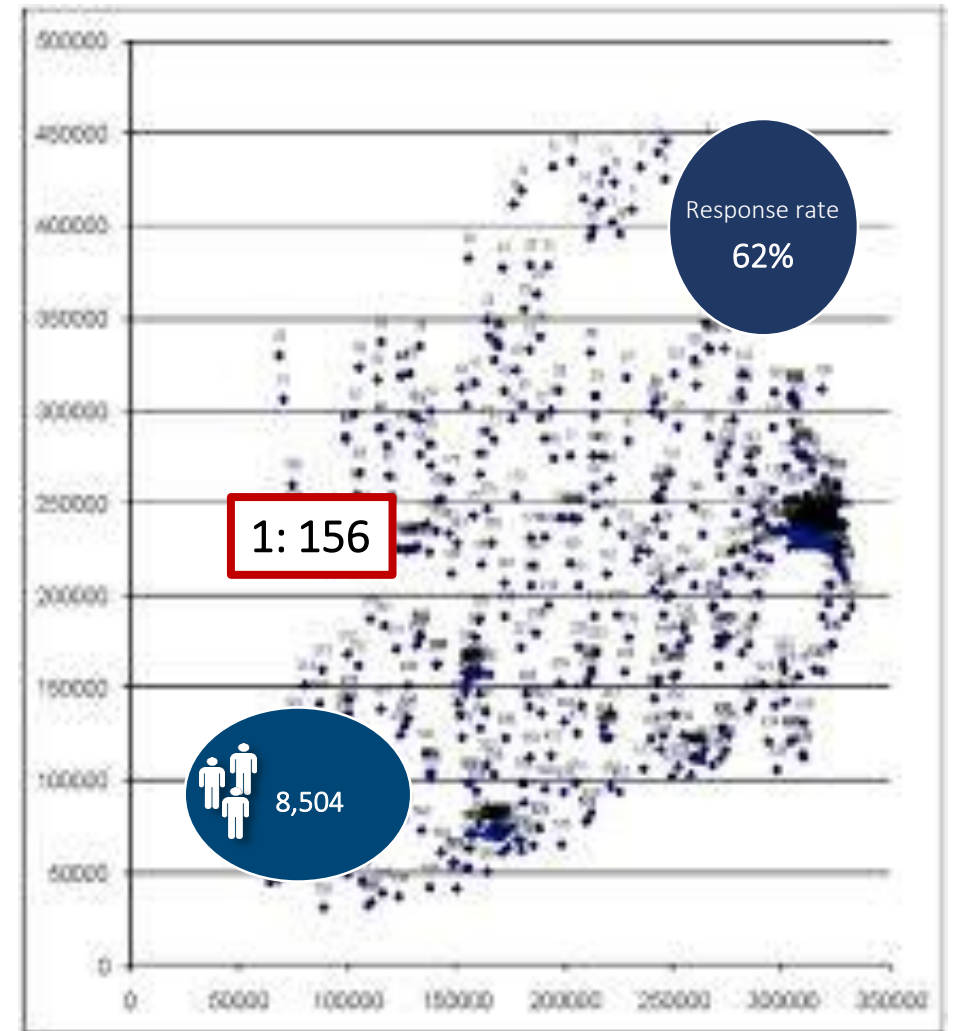
– Nationally Representative Sample

Sampling Frame

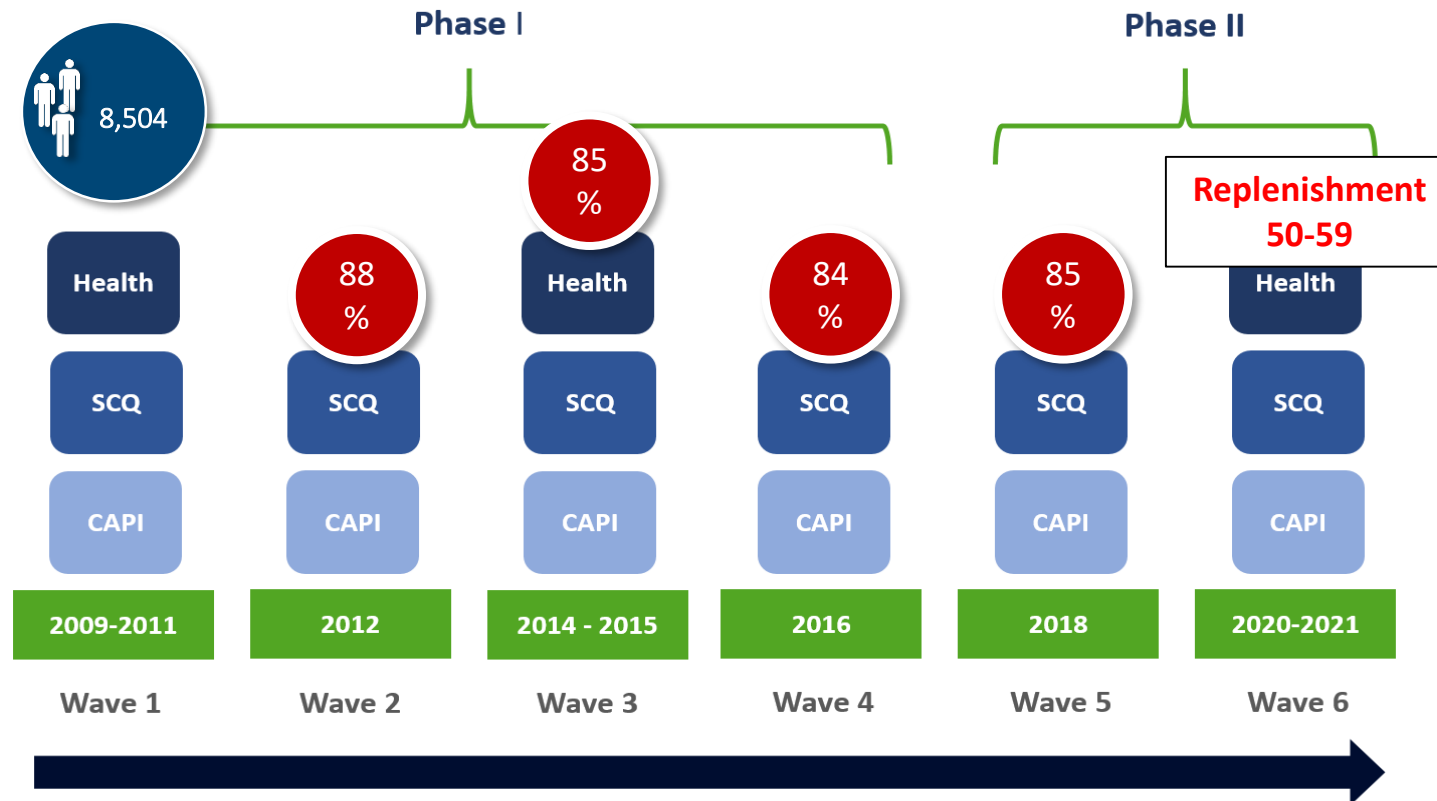
Irish Geo-directory – comprehensive listing of all addresses in Ireland using the Irish Postal Service and Ordnance Survey Ireland.



Study Design

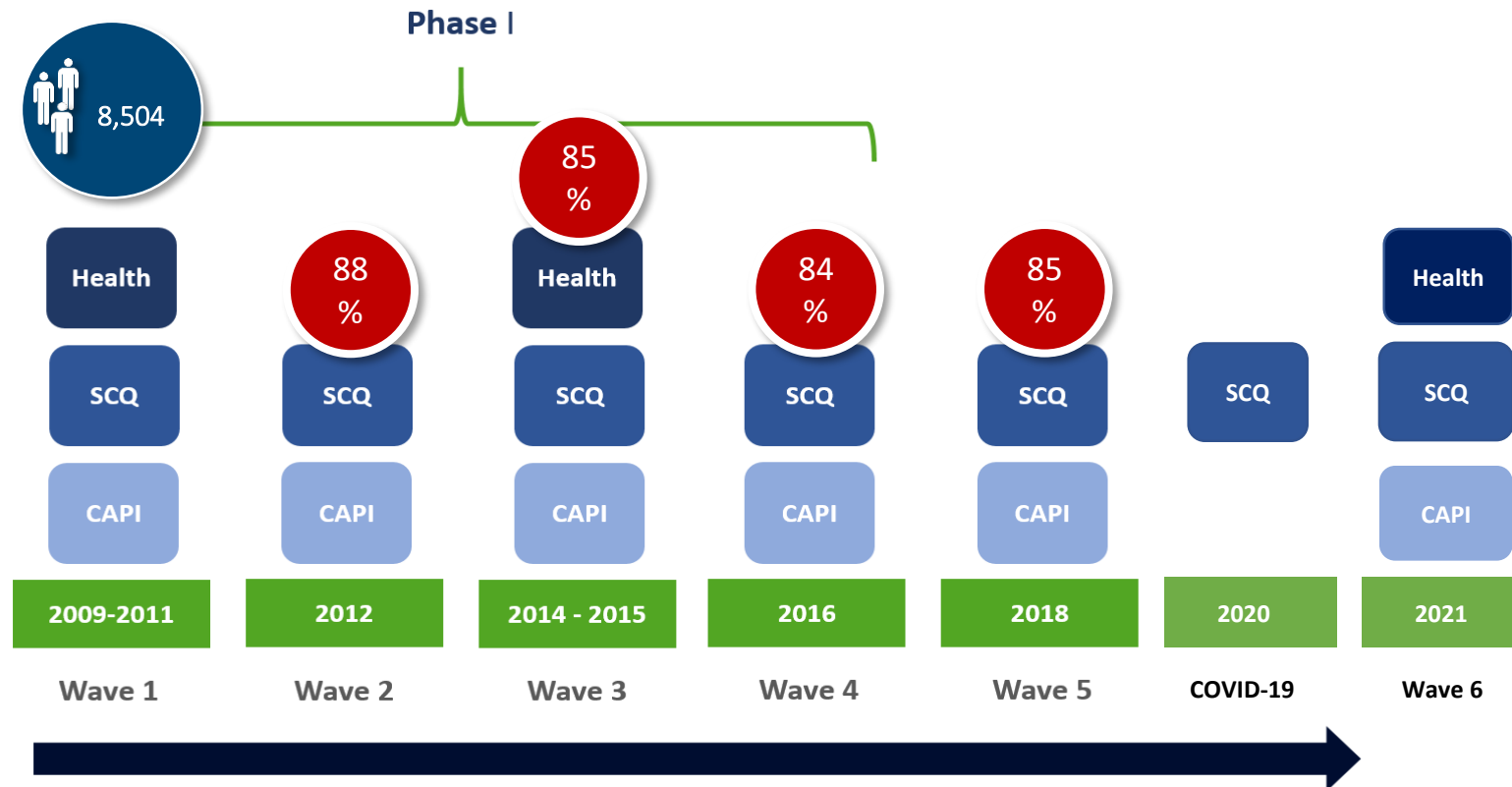


Data Collection and Response Rates



*Response Rates

Data Collection and Response Rates



*Response Rates



Population receiving care – difficulties with activities

Instrumental Activities of Daily Living (ADLS)

Preparing a hot meal



Doing household chores



Shopping for groceries



Making telephone calls



Taking medications



Managing money



Activities of Daily Living (ADLS)

 Eating	 Bathing	 Dressing
 Transferring	 Toileting	 Walking or moving around

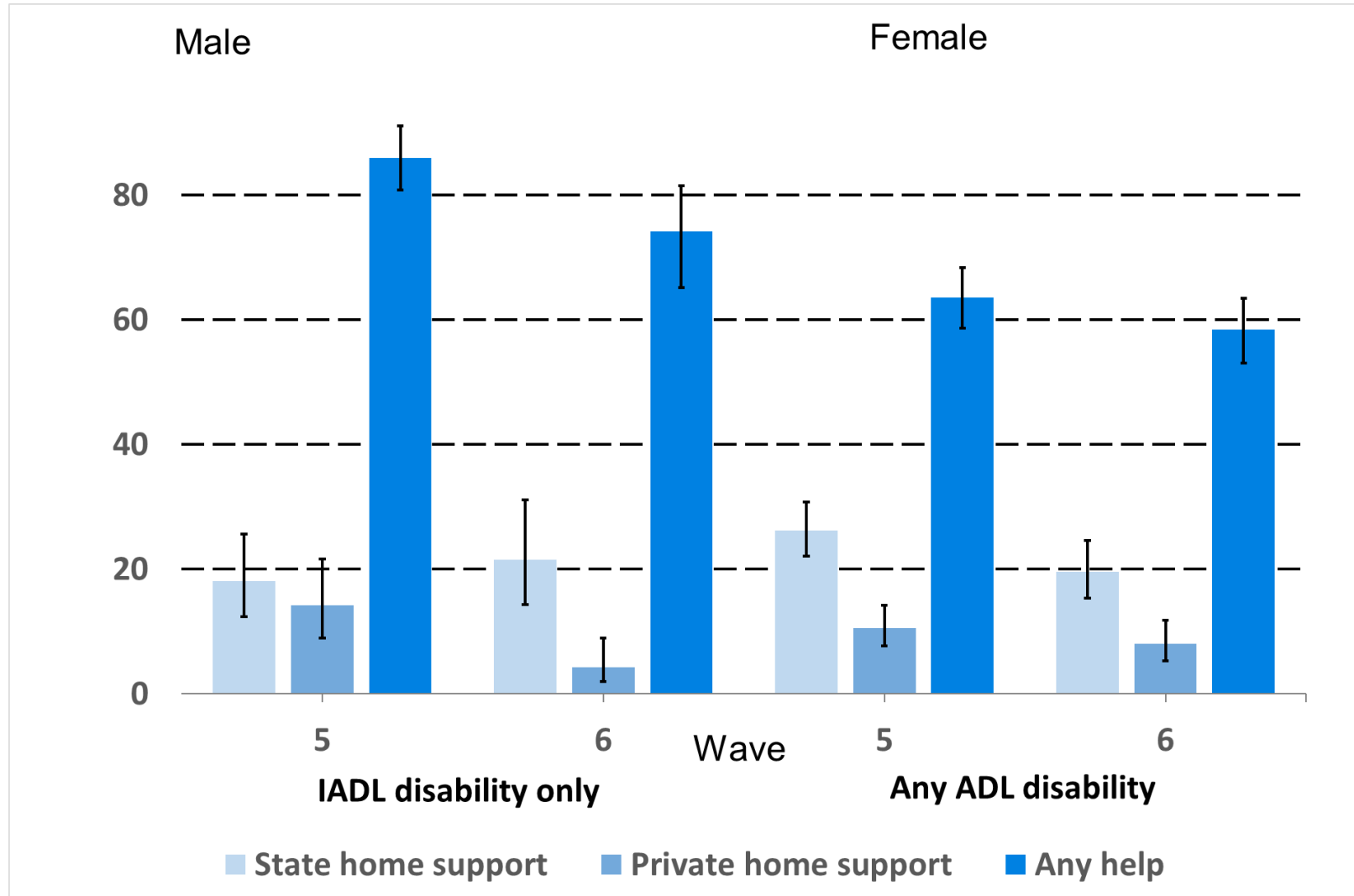
18% report they had a functional limitation in Wave 6

60% reported receiving help with ADL and IADL limitations

69% women and **53%** men

74% of women aged 75 years and older receiving help with ADL and IADL tasks

Prevalence of receipt of state and private provided home support and informal care by functional disability status



50% family care

34% family care

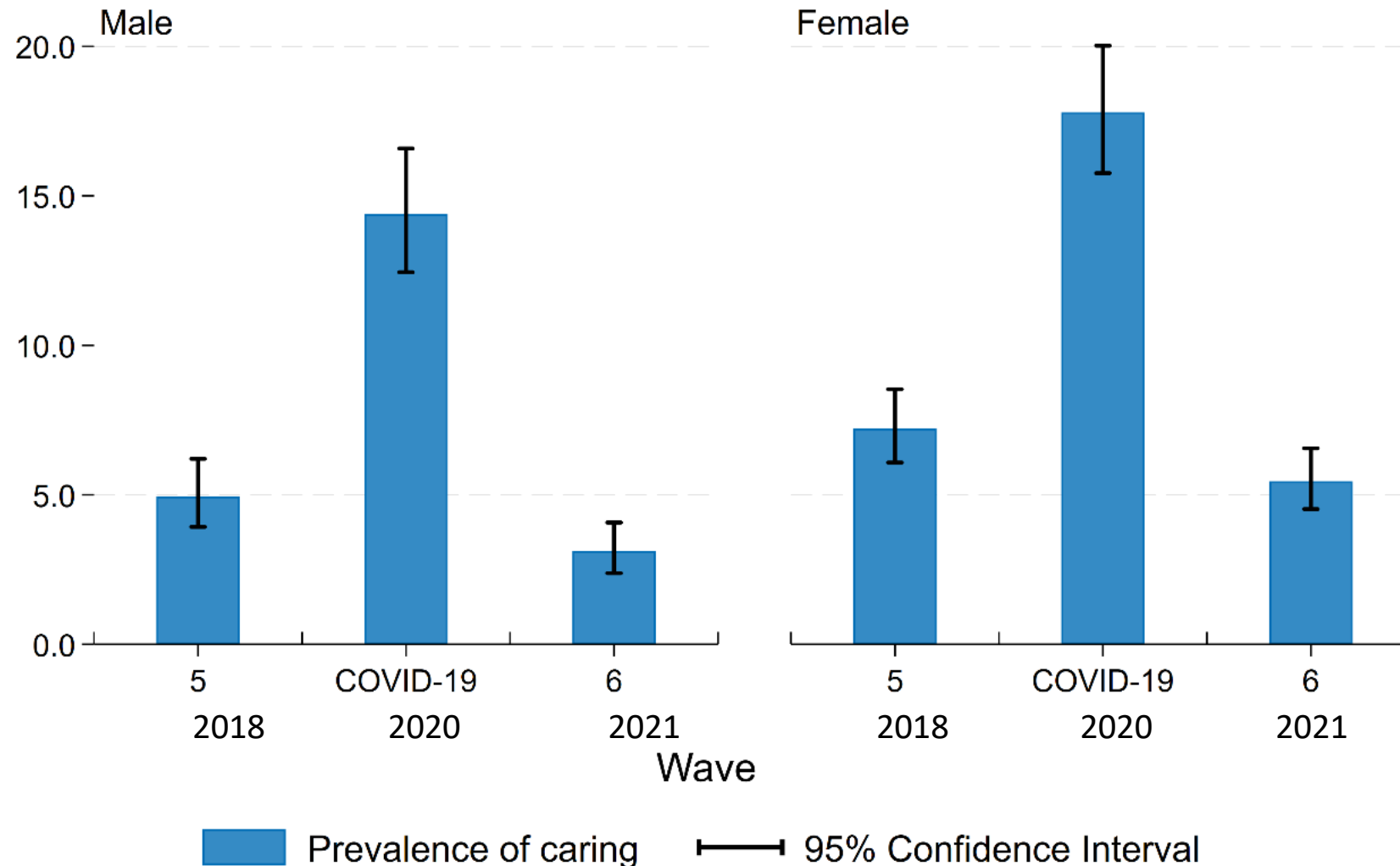
Family carers

‘Did you look after anyone in the past week (including your partner or other people in your household)? By “look after” we mean the active provision of care.’

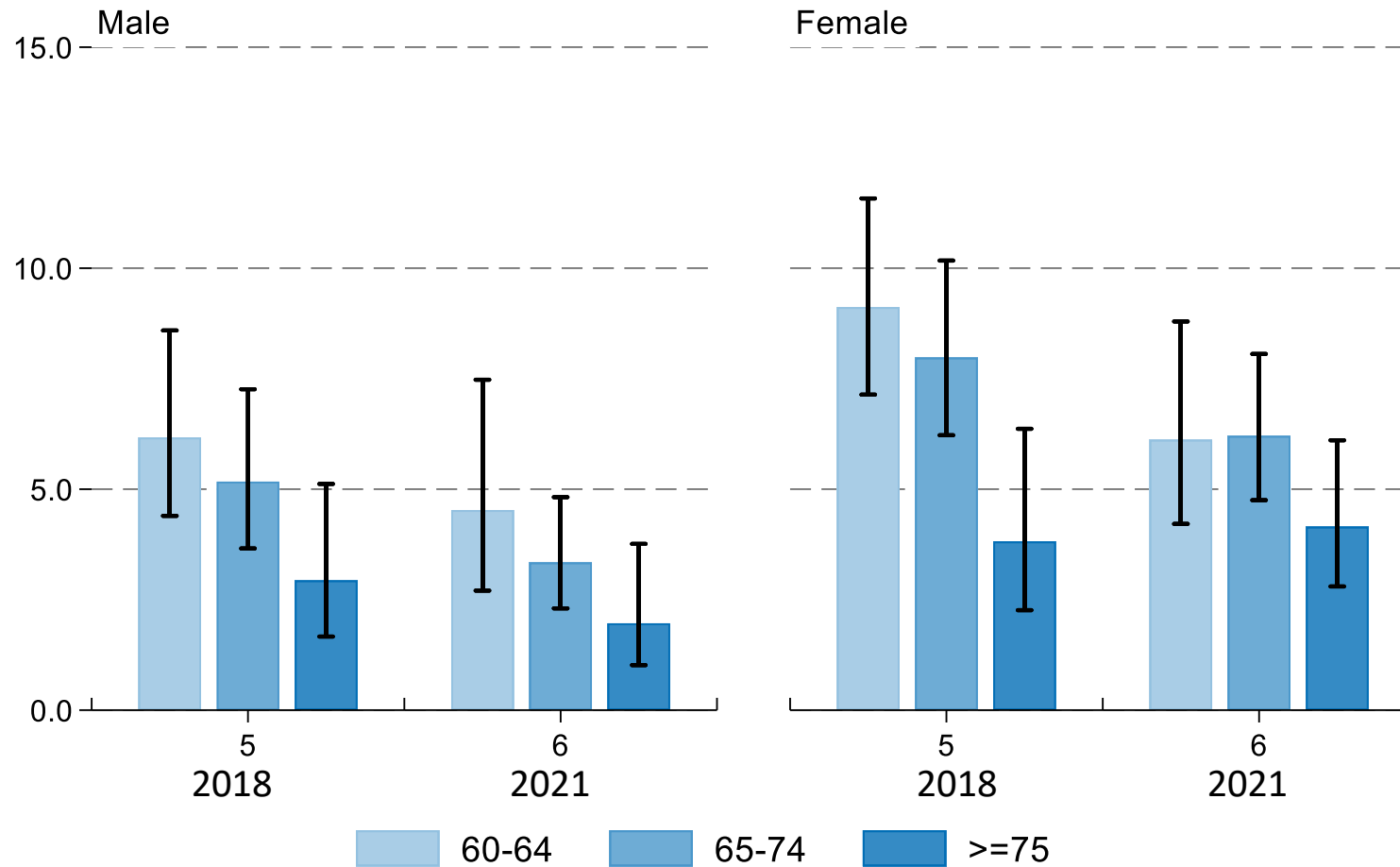
We also asked to whom they gave this care

3% of men and 5% of women aged 60 years and older provided care

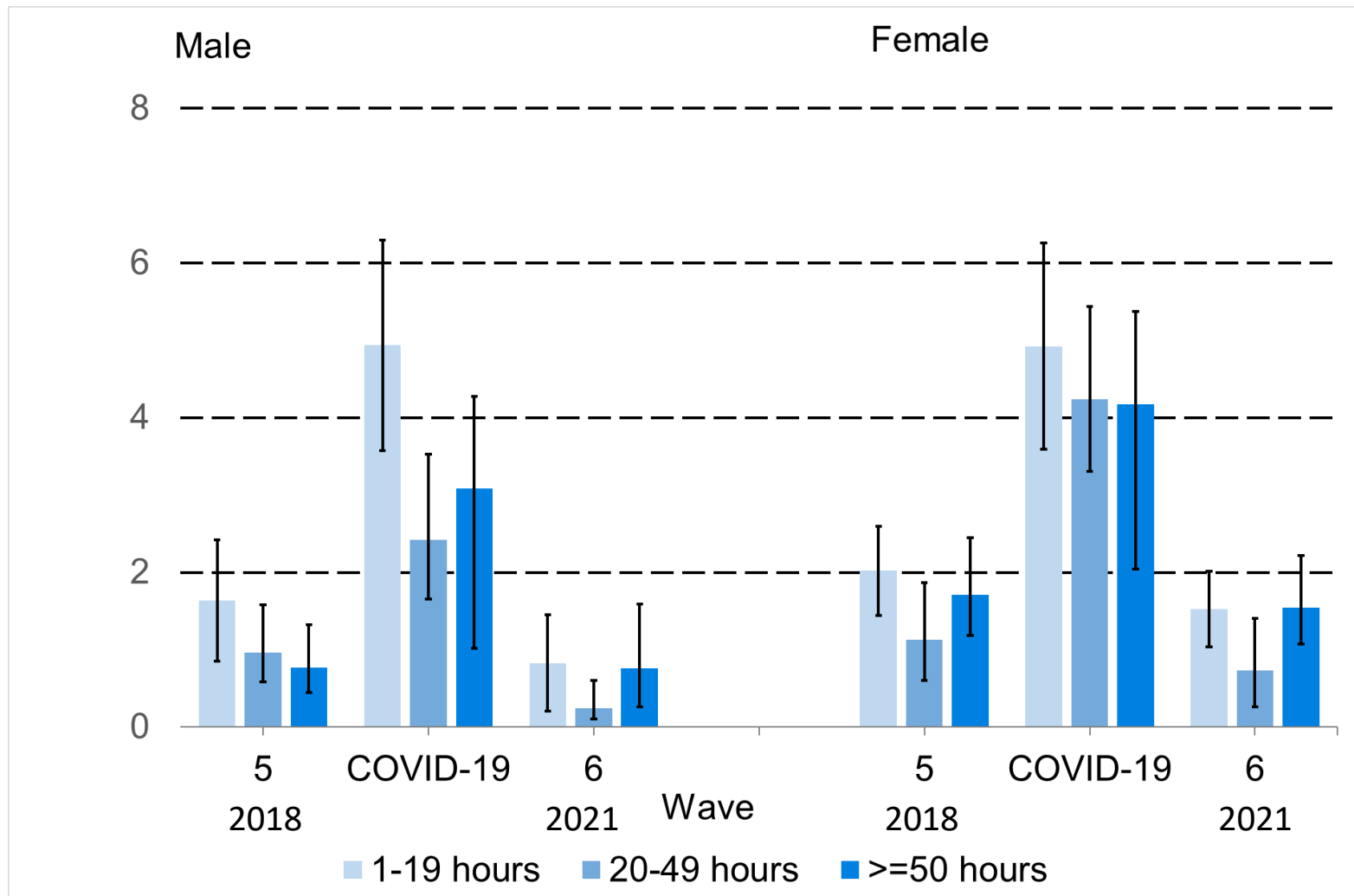
Proportion of adults aged 60 years and older who report they cared for someone in the last month



Proportion of adults aged 60 years and older who report they cared for someone in the last month by age group



Hours of caring in the last week for those who provide care



Resilience and caring

Counting the cost: The contribution of older carers in Ireland and impact of caring on mental health and wellbeing of carers HRCI-HRB

Project team: Christine McGarrigle (PI), Mark Ward, Rose Anne Kenny

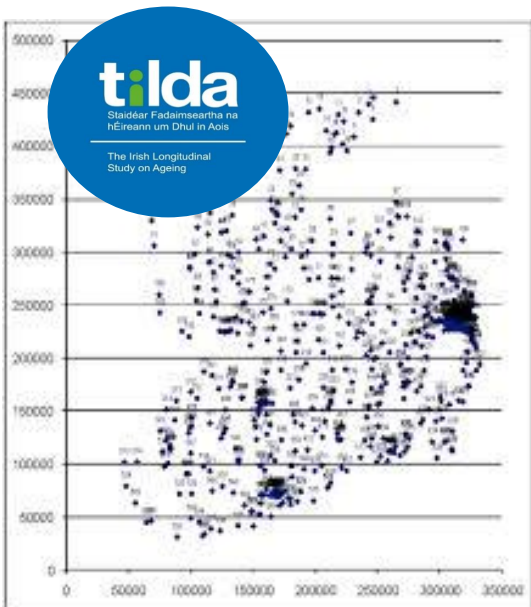
Partners – Family Carers Ireland

PPI Representative: Claire Devlin



Research Questions

- How does the mental health and well-being of middle-aged and older family carers change over time?
- What are the factors (individual, family and community level) that explain different outcomes including resilience; the ability to recover and maintain well-being over time?
- Was resilience important during the COVID-19 pandemic and do these resilient patterns differ by gender in Ireland?

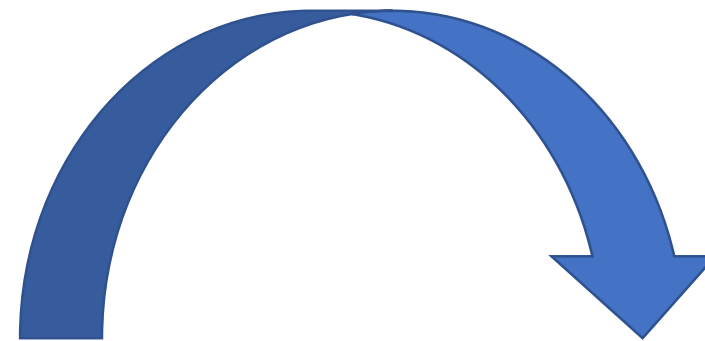


Trajectories of well-being in carers

Identifying resilient trajectories of carers

Carer and care-recipient dyads

Identify protective factors



Mixed Methods Analysis
Integrate TILDA and focus group
outcomes

Provide a deeper understanding of
the patterns and consequences of
these protective mechanisms on
mental health and well-being



Focus groups of carers

Explain or provide context
to the effects of protective
factors for carers with a
particular focus on the
needs of the care recipient



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Trinity College Dublin

Coláiste na Tríonóide, Baile Átha Cliath

The University of Dublin

For more information:
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