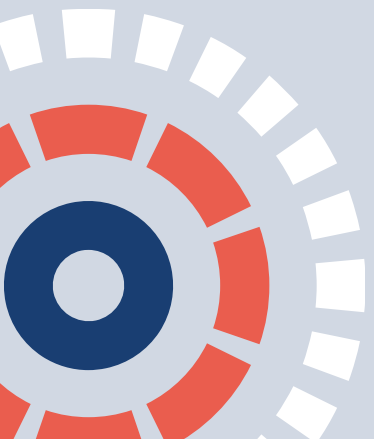


# Factors associated with providing care for parent figures in the future



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- The views expressed are those of the researcher(s), not necessarily those of the NIHR or the Department of Health and Social Care.
- The LSE (CPEC) research team included: Nicola Brimblecombe, Jose-Luis Fernandez, Martin Knapp, Sanna Read, Amritpal Rehill, Madeleine Stevens, Raphael Wittenberg and Chaira De-Poli.

# Study aims

Improve our understanding of:

- People's attitudes towards providing unpaid care for parents/parent figures in the future.
- Expectations about future care provision.
- Factors that might influence people's decision to provide care.

# Study Structure

Qualitative Telephone Interviews (N=20)



Quantitative survey (N=3600)



Focus groups (N=6)

# Initial telephone interviews

- Aimed to inform the survey questions
- 20 people aged 40-65
- Had a living parent or parent figure
- May have had previous or current experience with providing care
  
- In summary:
- Willingness to care was influenced by beliefs about reciprocity, love, identity, who is best placed to provide quality care and how difficult caring might be.
- Interviewees suggested information and sharing of care might aid in care provision.

# Survey Participant Demographics

- Survey included 3600 individuals aged 40-65 in England

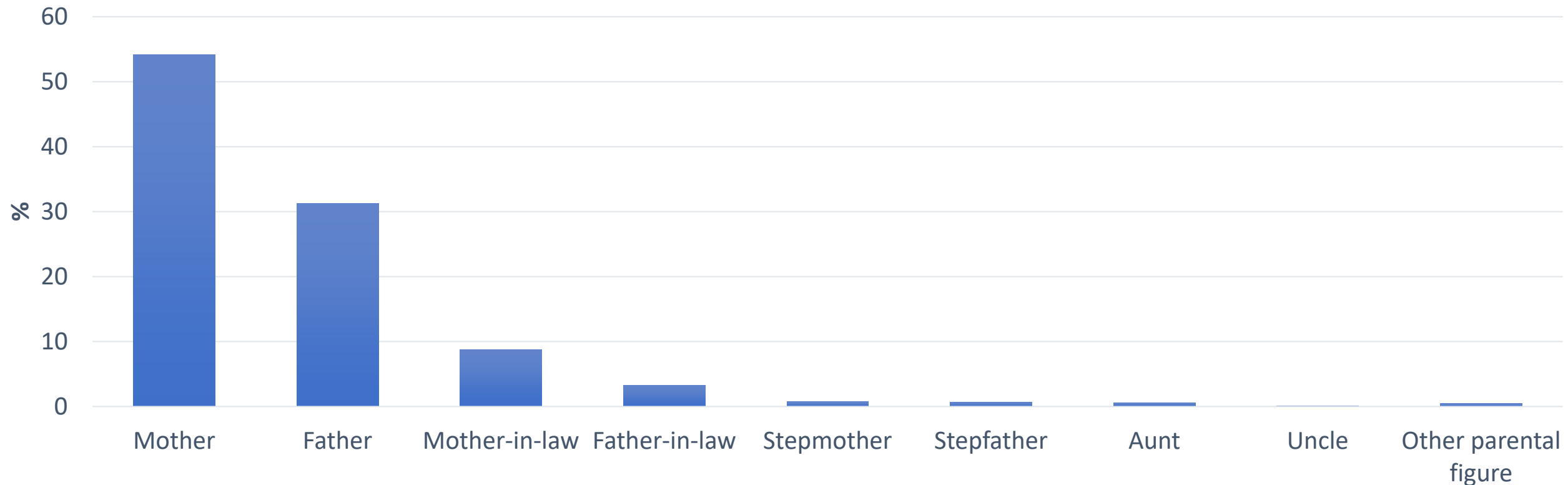
| Age   | Distribution |         |
|-------|--------------|---------|
|       | Sample       | England |
| 40-49 | 38%          | 38%     |
| 50-59 | 42%          | 41%     |
| 60-65 | 20%          | 21%     |

- Just under 51% women, just under 49% men and 0.4% classified their gender in another way or preferred not to say.
- 51% had a bachelor's degree/equivalent qualification or higher.
- 80% were employed, 6% were retired
- 83% live in an urban environment, 74% own their home or mortgage it
- About half of those with a living parent figure have current/prior care experience

# Relationship between respondent and parent figure

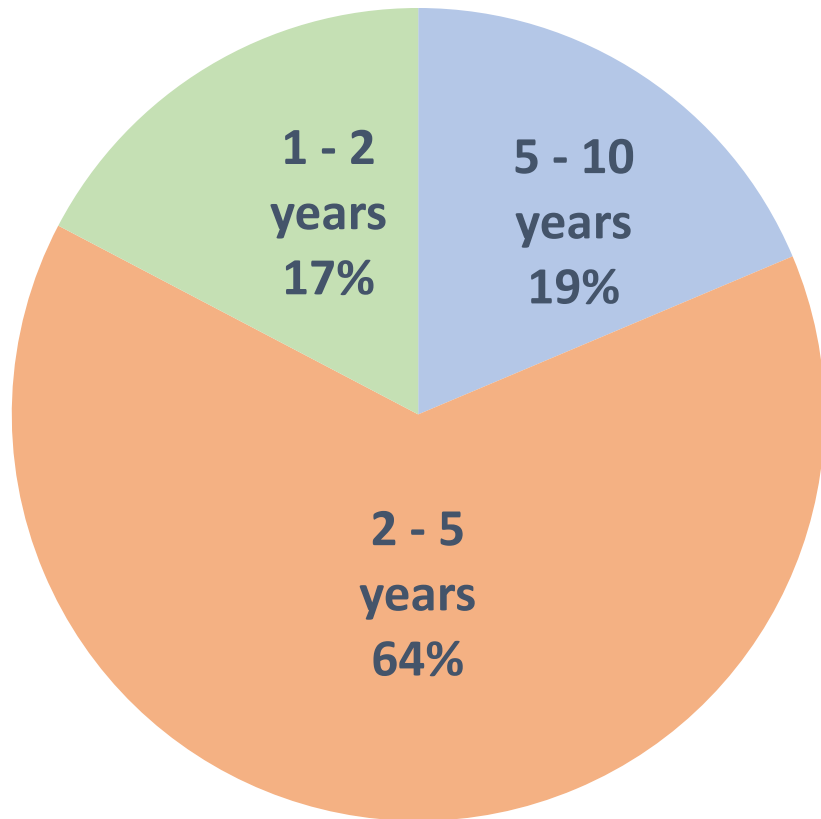
- 77% of the sample (2738) had a living parent figure not in a care home.
- Those with two surviving natural parents were randomly assigned to respond for their mother or father. Those with no surviving natural parents in the community could choose which surviving community-dwelling parent figure to answer regarding.

**Relation the respondent envisioned caring for**

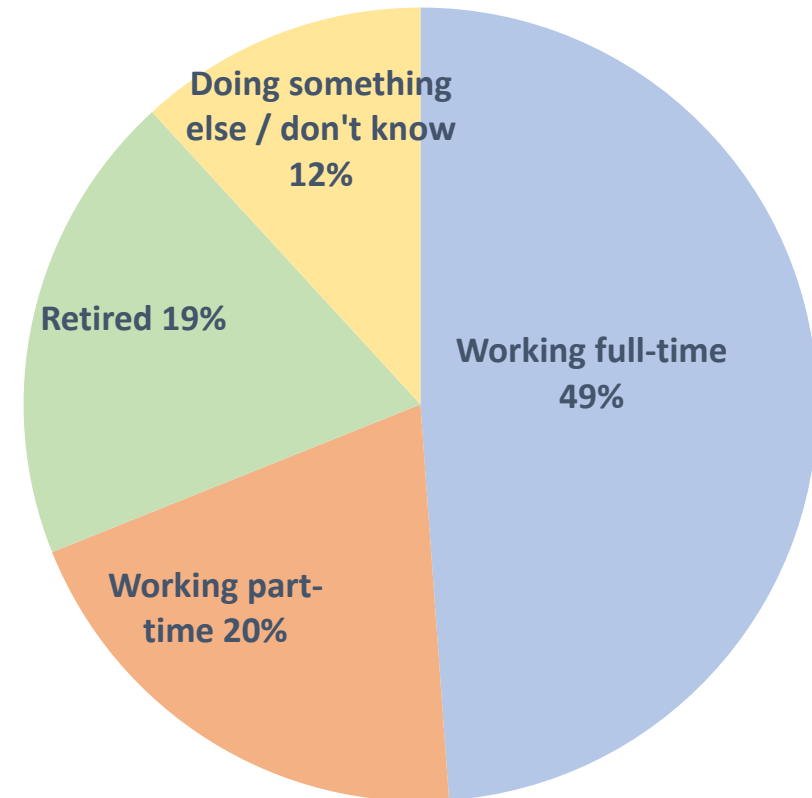


# Thinking about the future

How far into the future participants were asked to think:



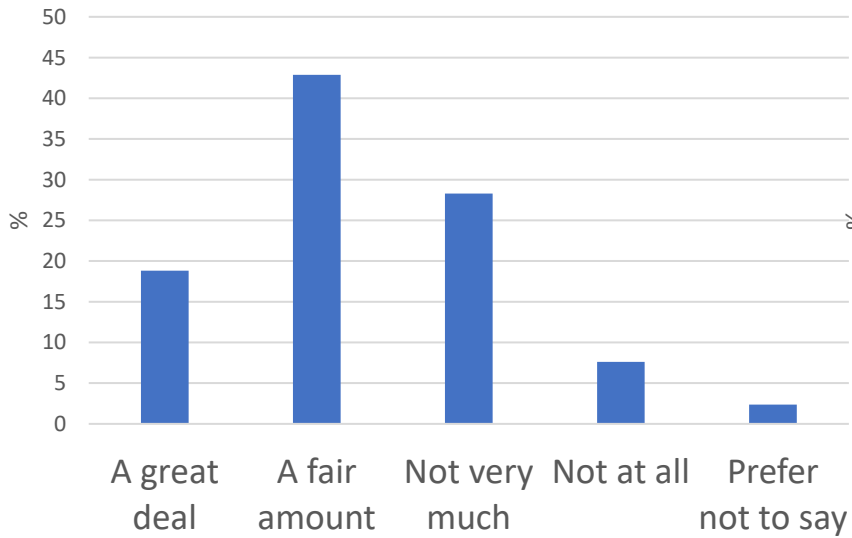
Employment expectations in 5 years time:



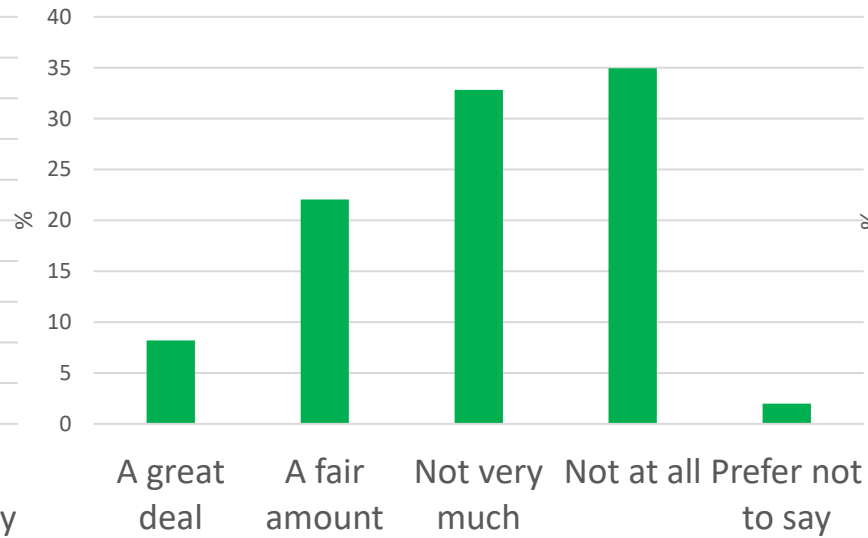


# Discussing future care provision

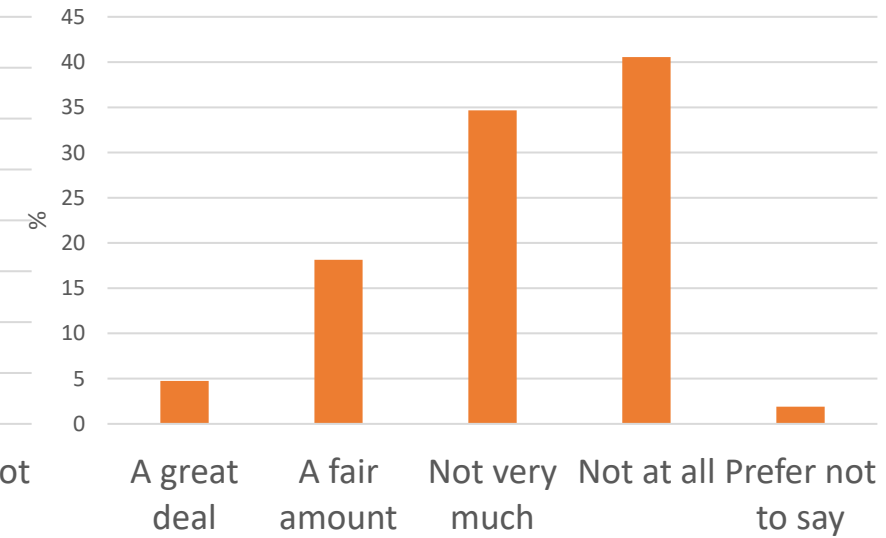
Thought put into future care needs



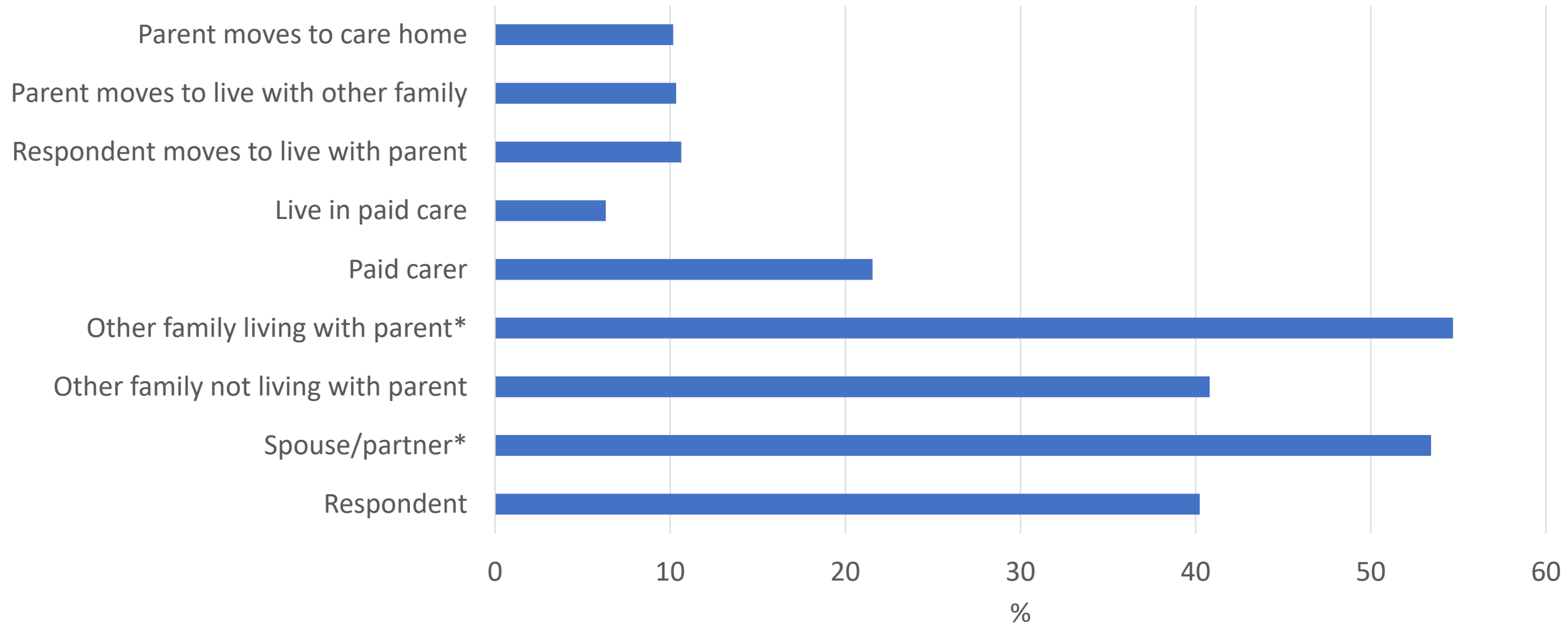
Future care needs discussed with other family



Future care needs discussed with parent figure



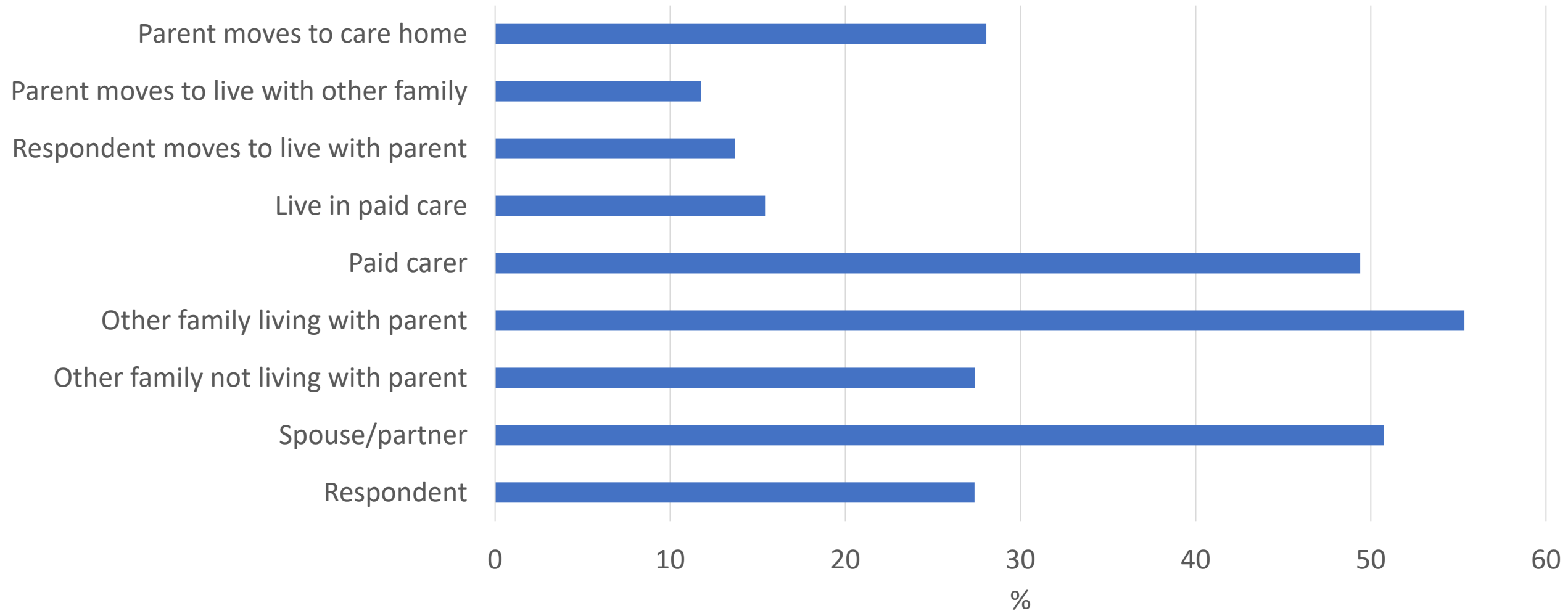
# Likely care providers for low level needs



Low level needs include taking parent to social activities 1-2 times per week and supervision/providing emotional support

\*As a percentage of those where the parent figure has a spouse or other family living with them.

# Likely care providers for high level needs



High level needs include bathing, feeding, toileting and assisting with supportive treatments

\*As a percentage of those where the parent figure has a spouse or other family living with them.

# Factors associated with respondents reporting themselves as helping with future low-level needs

- A logistic regression was used to investigate how respondent characteristics were associated with probability of helping with future low level needs.
- Binary dependent variable: 1 if the respondent would likely help with taking the parent figure to social activities and/or supervision/emotional support; 0 if they indicated they would likely help with neither.
- Independent variables included: gender, age, ethnicity, highest educational qualification, likely future employment status, previous care experience, housing tenure, living with a child, living with a spouse, age of parent figure, relationship to parent figure, travel time to get to parent figure and whether the respondent indicated other family members were also likely to provide care for low-level needs.

# Logistic regression findings

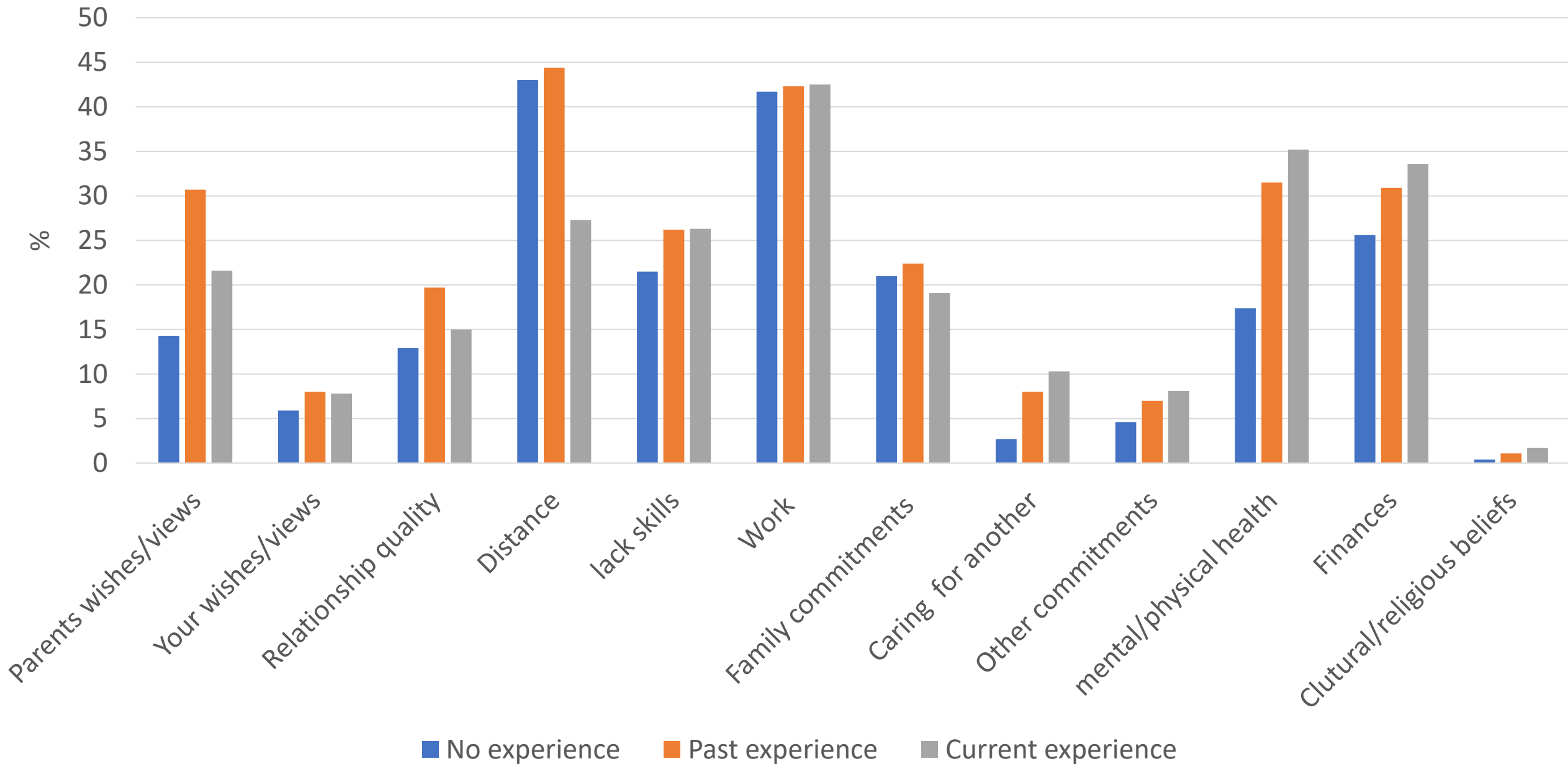
More likely to be a support source:

- Women (OR=1.24, p=0.02)
- Those likely to be retired (OR=1.5, p<0.01)
- Those with previous (OR=1.5, p<0.01) or currently (OR=2.15, p<0.01) care experience
- Those living with the parent figure (OR=2.2, p<0.01) as opposed to living 1-30 mins away
- Those indicating other family will also provide care (OR=4.2, p<0.01)

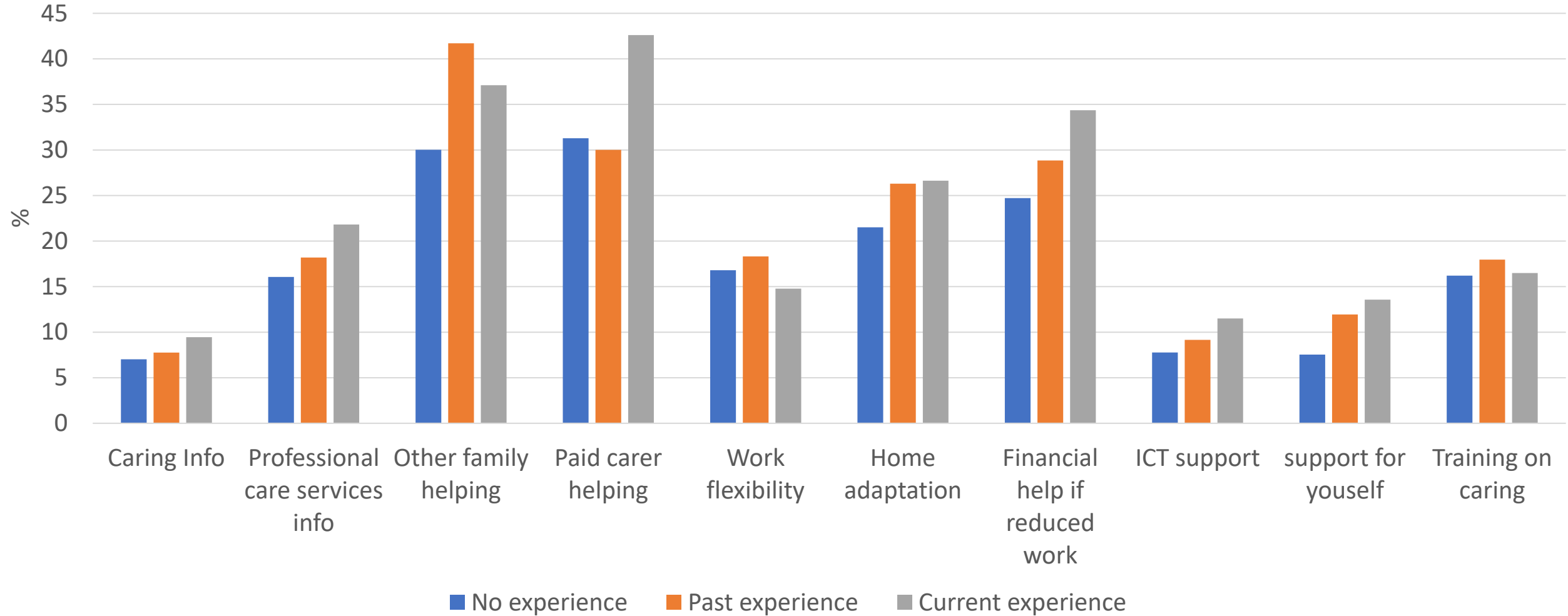
Less likely to be a support source:

- Those with a father (OR=0.57, p<0.01), mother-in-law (OR=0.25, p<0.01), father-in-law (OR=0.26, p<0.01) or aunt/uncle (OR=0.09, p<0.01) needing care compared to a mother.
- Those living 30-60 mins (OR=0.66, p=0.01) or >1 hour away (OR=0.24, p<0.01).

# Barriers to caring

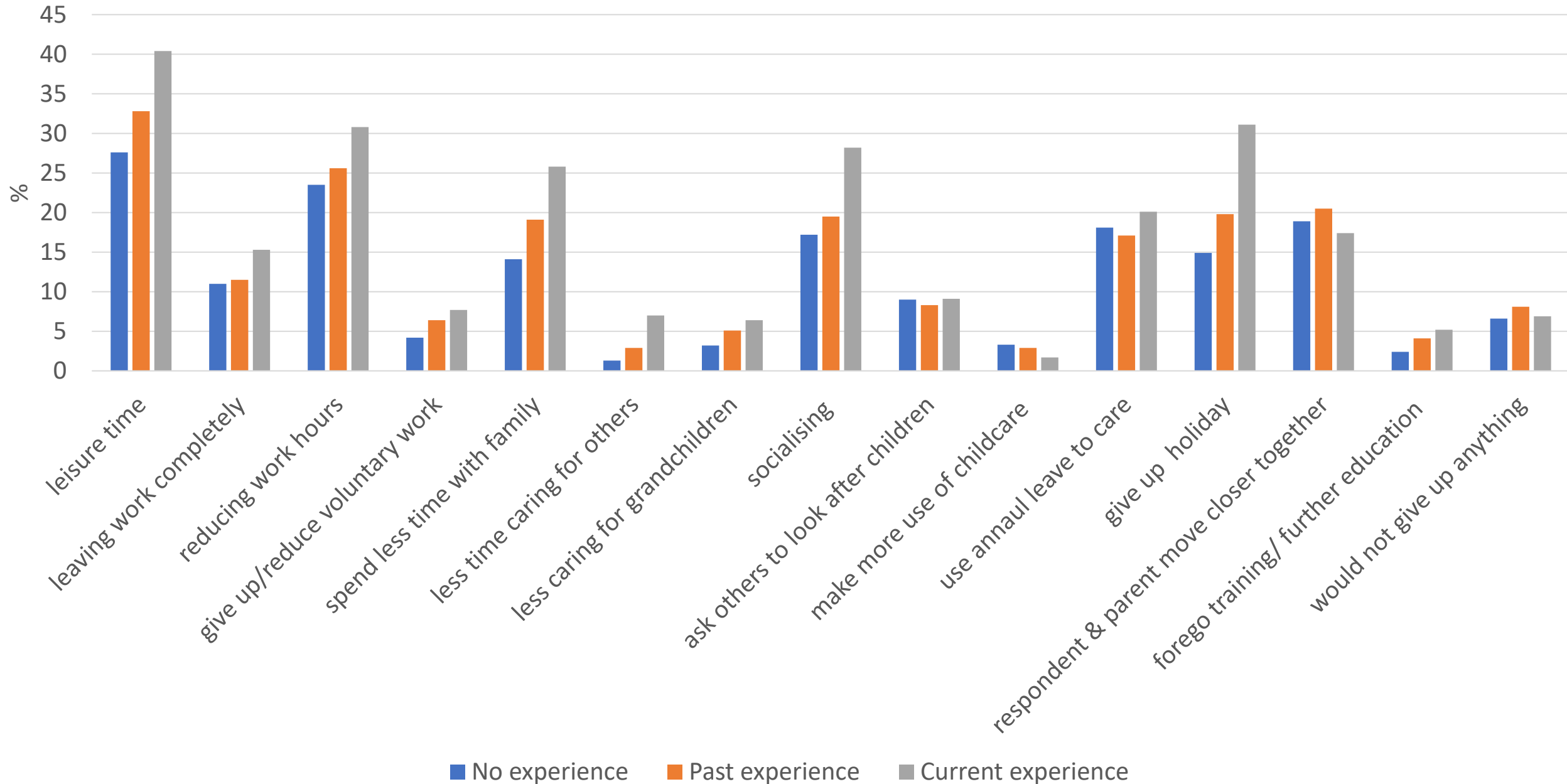


# Facilitators to caring



Respondents could pick up to three facilitators

# Trade-offs to provide care





# Key findings

- People aged 40-65 are likely to have thought about future care needs for parent figures, but are less likely to have discussed these with the parent figure or other family.
- Paid care more likely for high-level needs and respondents less likely to report themselves or other family members not living with the parent figure as a support source for high level needs. Spouses and other family living with the parent figure were commonly cited support sources for both high and low level needs.
- Many factors associated with reporting oneself as a support source for future low level needs, including gender, relationship to the parent figure, distance and whether other family members will help (also the most commonly cited facilitator).
- Work and distance were key perceived barriers to providing care in the future. Those with no caring experience were less likely to consider issues surrounding the wishes of the parent figure and their own health/mental health as barriers.