

Thirteenth Family Research Network (FRN) Forum

*“Familial Caregivers and their Impact
on the
Resilience of Family Function”*

Monday, 27 April 2015
Auditorium, Level 1, Civil Service College

THIRTEENTH FAMILY RESEARCH NETWORK (FRN) FORUM:
“FAMILIAL CAREGIVERS AND THEIR IMPACT ON THE RESILIENCE OF FAMILY FUNCTION”
27 APRIL 2015

PRESENTATION III

Family Caregivers of Older Singaporeans with Physical Disability: Impact of Caregiving and Role of Foreign Domestic Workers

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Family Caregivers of Older Singaporeans with Physical Disability: Impact of Caregiving and Role of Foreign Domestic Workers

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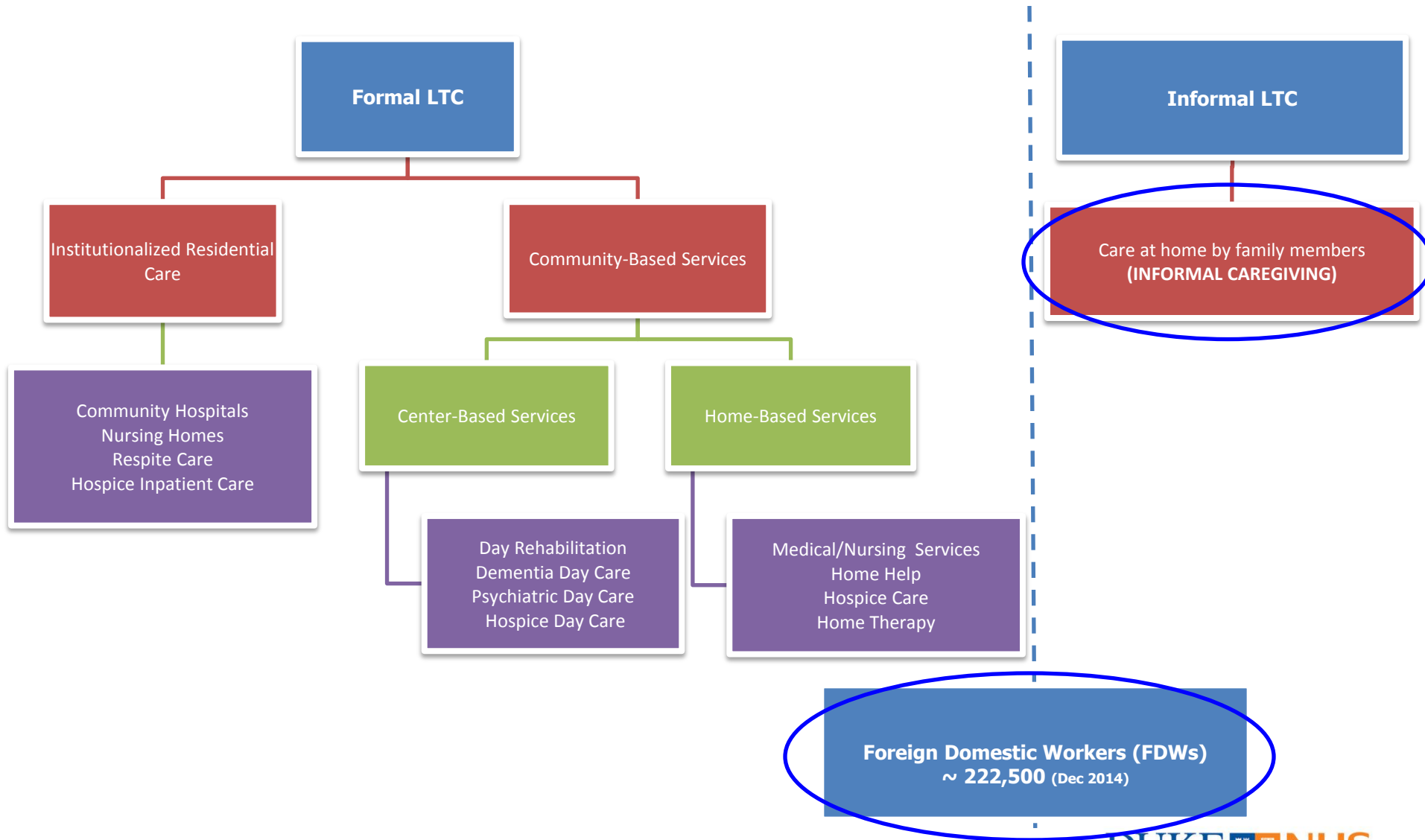
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**13th Family Research Network Forum
“Familial Caregivers and their Impact on the Resilience of Family Function”
27th April 2015**

CONTENTS

- **Long-term care options in Singapore**
- Characteristics of elderly care recipients
- Characteristics of and family support in elder care received by primary informal caregivers
- Does the impact of informal caregiving vary by presence of a foreign domestic worker?

Long-term care (LTC) options in Singapore



Singapore Survey on Informal Caregiving 2010-11

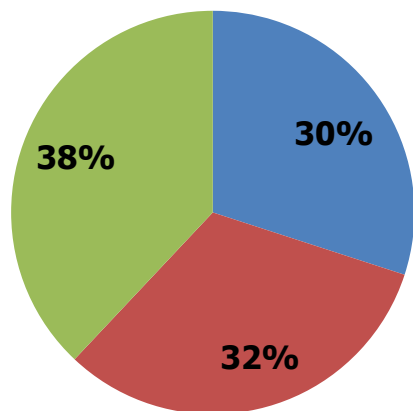
- Ministry of Social and Family Development (erstwhile Ministry of Community Development, Youth and Sports), Singapore
- National survey of **1190 care recipient-caregiver dyads**
- **Care recipient:** Community-dwelling older Singaporean aged 75 years or older receiving human assistance for at least one basic activity of daily living limitation
- **Primary Informal Caregiver:** Family member or friend most involved in providing care or ensuring provision of care to the care recipient (*not the foreign domestic worker*)

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Elderly care recipients (N=1190)...(1)

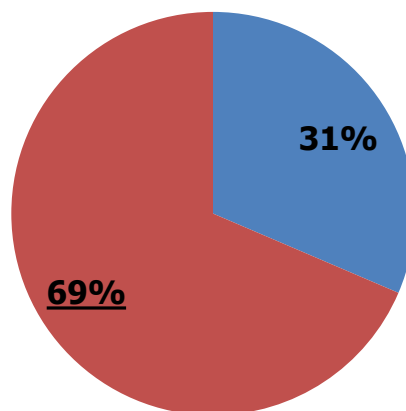
Age group



■ 75-79 ■ 80-84 ■ 85+

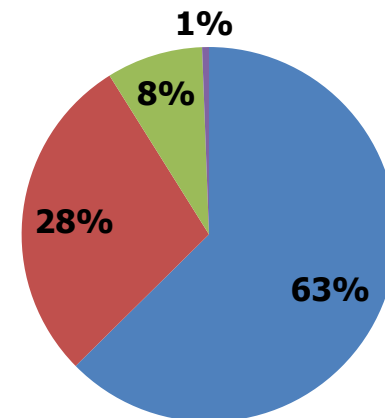
(Mean: 83.4 + 5.5 years)

Gender



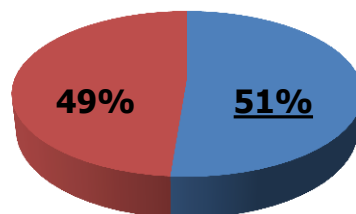
■ Male ■ Female

Ethnicity



■ Chinese ■ Malay
■ Indian ■ Others

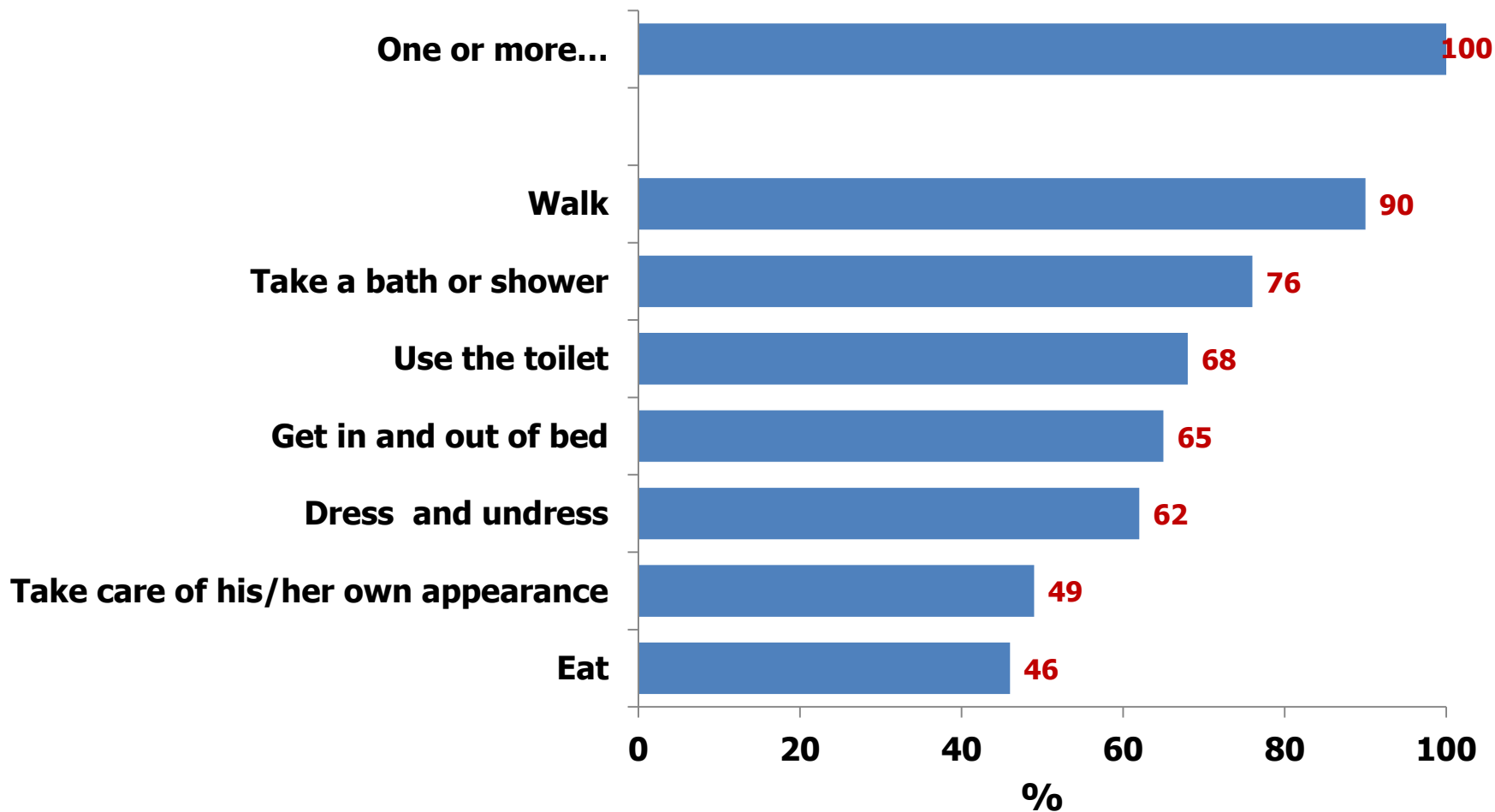
Assistance from a foreign domestic worker



■ Yes
■ No

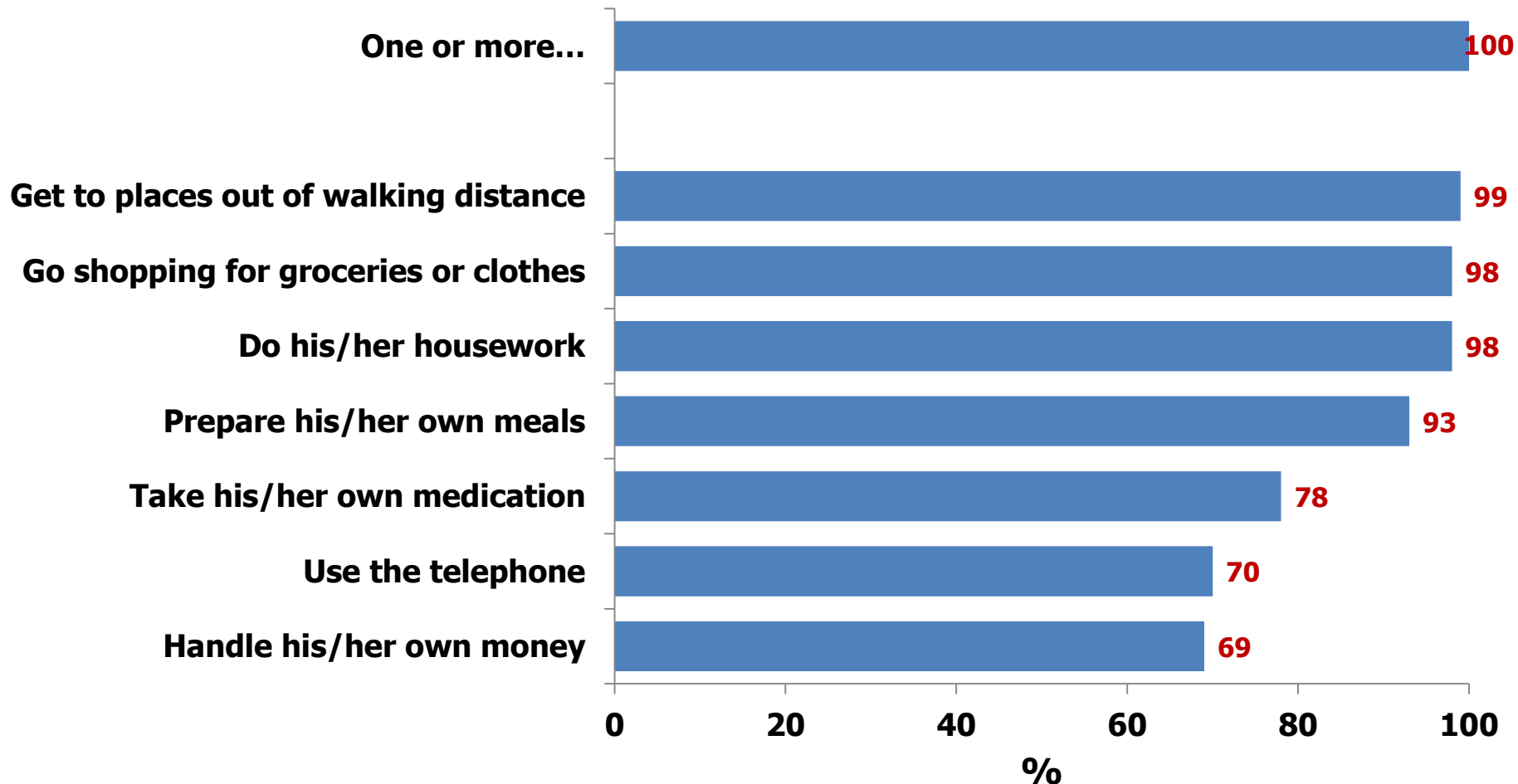
Elderly care recipients (N=1190)...(2)

% with limitation in Basic Activities of Daily Living



Elderly care recipients (N=1190)...(3)

% with limitation in Instrumental Activities of Daily Living

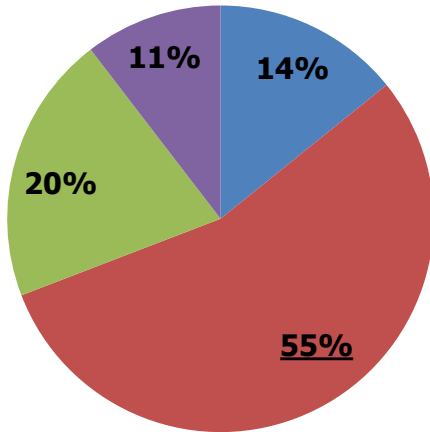


CONTENTS

- Long-term care options in Singapore
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Primary informal caregivers (N=1190)...(1)

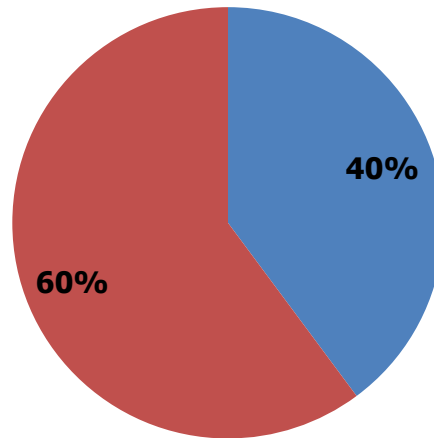
Age group



■ 19-44 ■ 45-59 ■ 60-74 ■ 75+

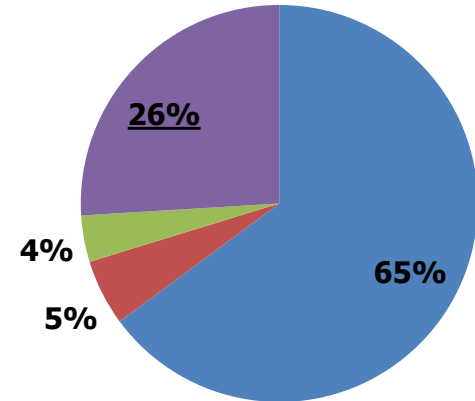
(Mean: 55.5 + 12.4 years)

Gender



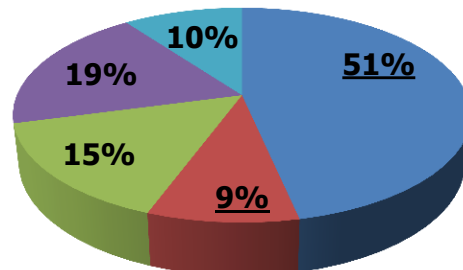
■ Male ■ Female

Marital status



■ Married ■ Seperated/Divorced
■ Widowed ■ Never married

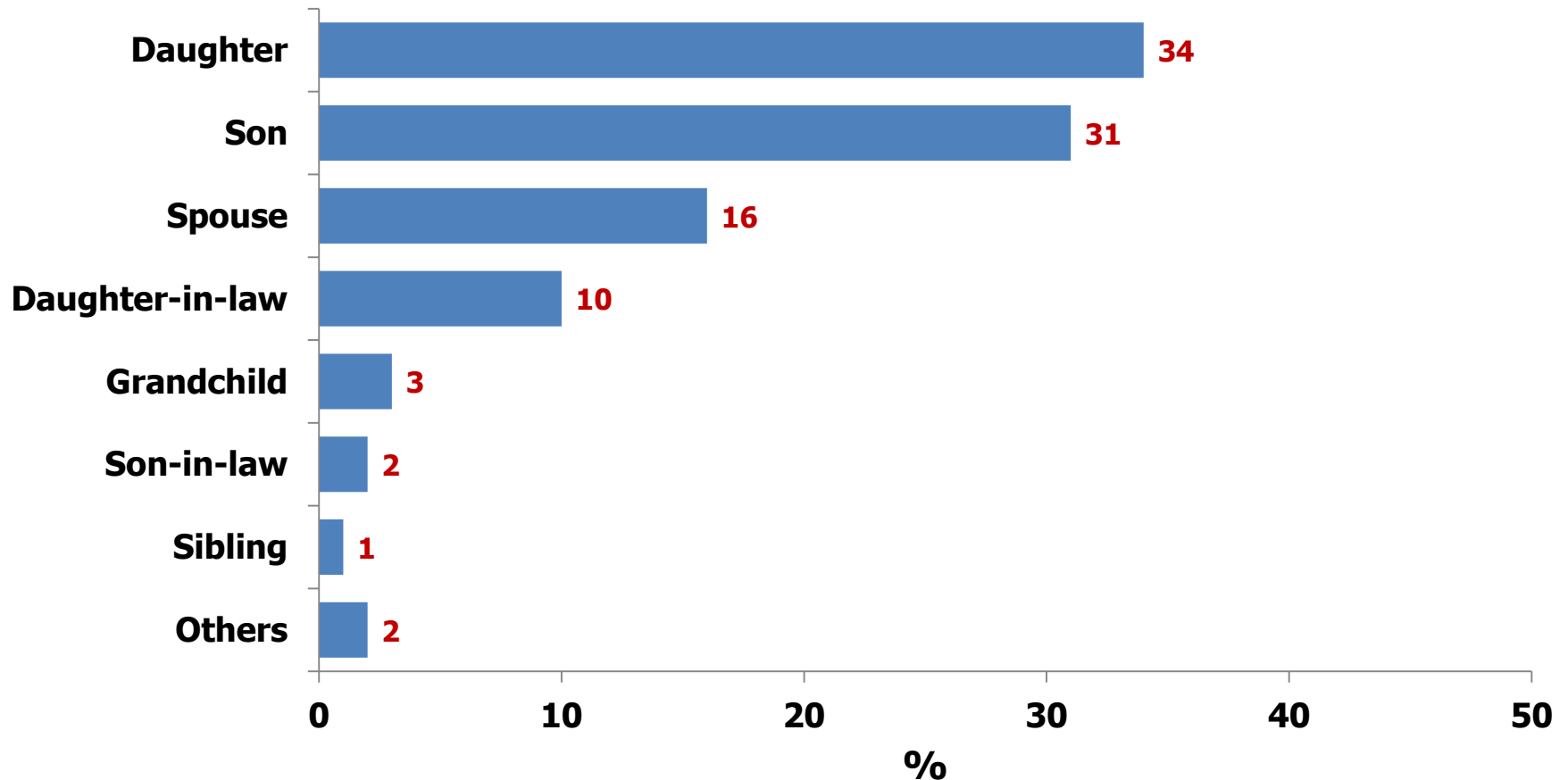
Employment status



■ Working, full-time
■ Working, part-time
■ Not working
■ Home maker
■ Retired

Primary informal caregivers (N=1190)...(2)

Caregiver is the care recipient's.....

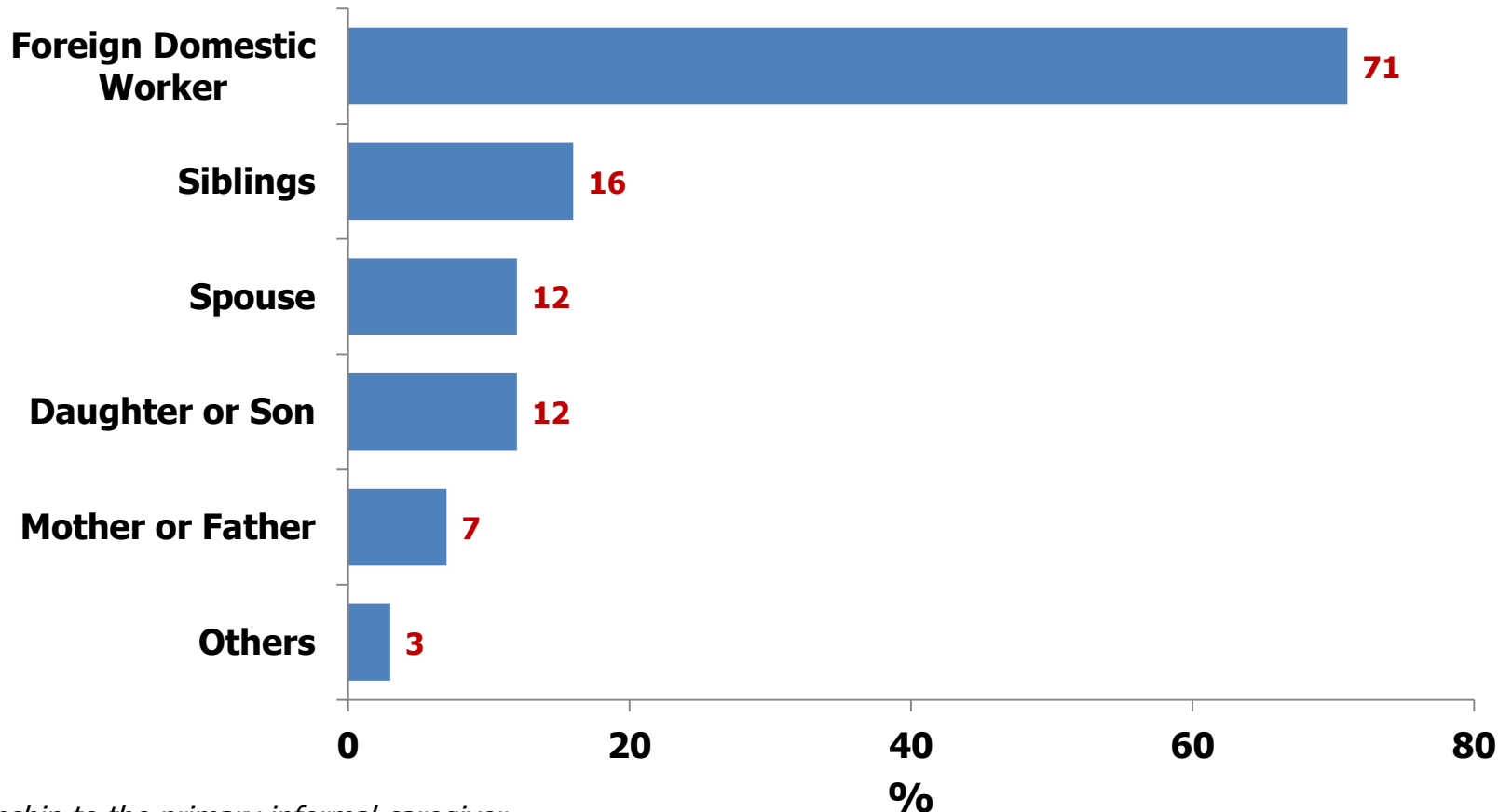


- **42% of "Daughters" and 31% of "Sons" reported a marital status of Never Married**

Primary informal caregivers ...(3)

816 (68.6%) of the 1190 primary informal caregivers reported that **someone else**, in addition to them, had helped the care recipient (CR) in **one or more Basic Activities of Daily Living** in the 30 days

Who else* helped CR in Basic Activities of Daily Living (N=816)

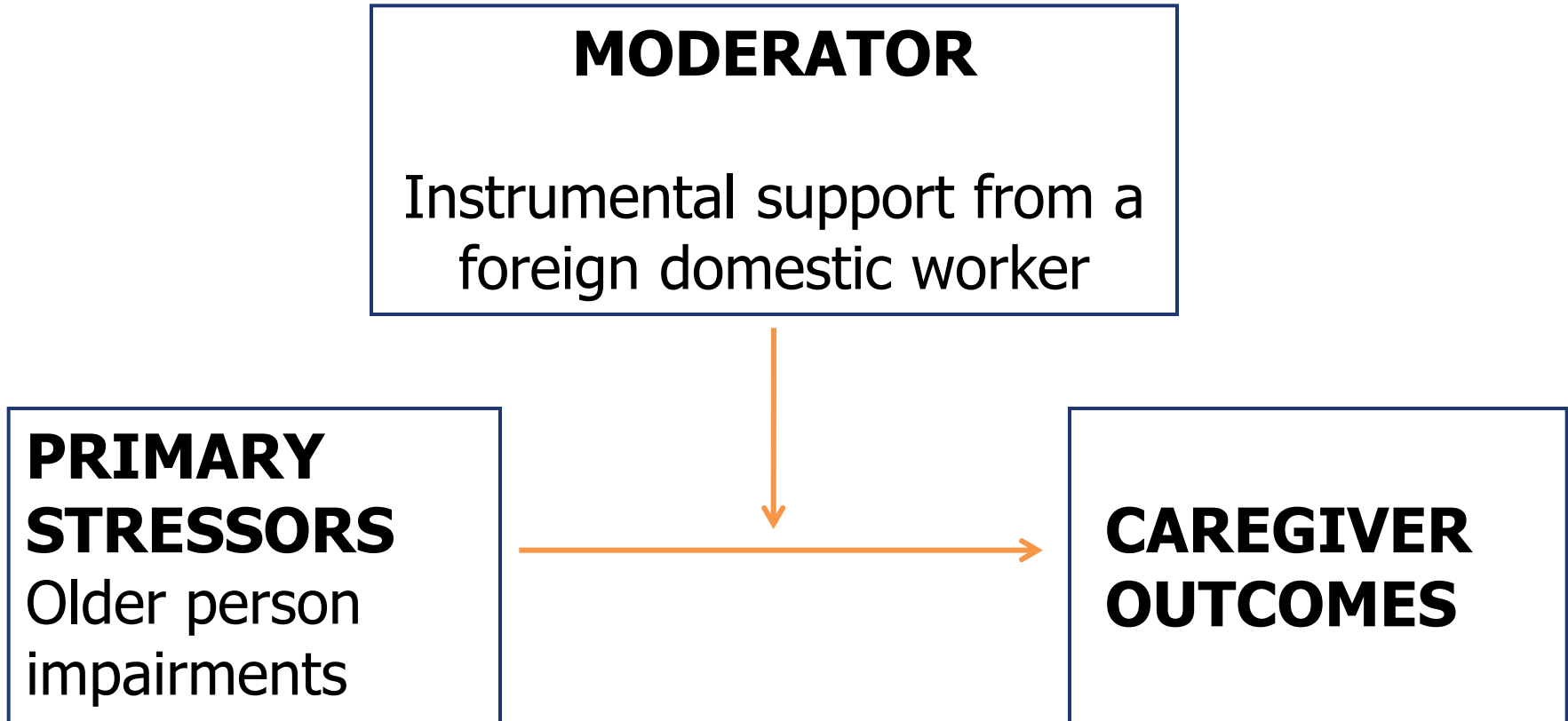


* Relationship to the primary informal caregiver

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Conceptual model (Moderating Stress Buffering model)



Methods: Four primary stressors

Older person's impairment in:

1. Physical function

Older Americans Resources and Services (OARS) Multidimensional Functional Assessment Questionnaire

- Ability to perform 7 Activity of Daily Living (ADLs)
- Ability to perform 7 Instrumental ADLs (IADLs)

2. Memory

3. Behavior

4. Mood

24-item Revised Memory and Behavior Problems Checklist (RMBPC)

- Frequency of memory, behavior and depression or mood problems in older person in past week

Methods: Moderator

Instrumental support by a FDW

Whether older person received support of a FDW to perform one or more ADLs or IADLs in the past month

Methods: Caregiver outcomes

Modified Caregiver Reaction Assessment

- Validated in Singapore (Malhotra R, Chan A, Malhotra C, Østbye T. Validity and reliability of the Caregiver Reaction Assessment scale among primary informal caregivers for older persons in Singapore. Aging & Mental Health. 2012; 16(8): 1004-15)
- Assesses caregiving-related outcomes in four domains (score 1 to 5):
 1. Disturbed schedule and poor health
 2. Lack of finances
 3. Lack of family support
 4. Caregiver esteem
- *Higher score* for caregiver esteem indicates positive impact
- *Higher score* for other three indicates negative impact

Modified Caregiver Reaction Assessment ...(1)

Subscale	Constituent items
Disturbed schedule and poor health	<ol style="list-style-type: none">1) My activities are centered around care for...2) I have to stop in the middle of my work or activities to provide care3) I have eliminated things from my schedule since caring for...4) The constant interruptions make it difficult to find time for relaxation5) I visit family and friends less since I have been caring for...6) It takes all my physical strength to care for...7) My health has gotten worse since I've been caring for...8) Since caring for..., it seems like I'm tired all of the time
Lack of finances	<ol style="list-style-type: none">1) It is difficult to pay for...2) Caring for... puts a financial strain on me

Modified Caregiver Reaction Assessment ...(2)

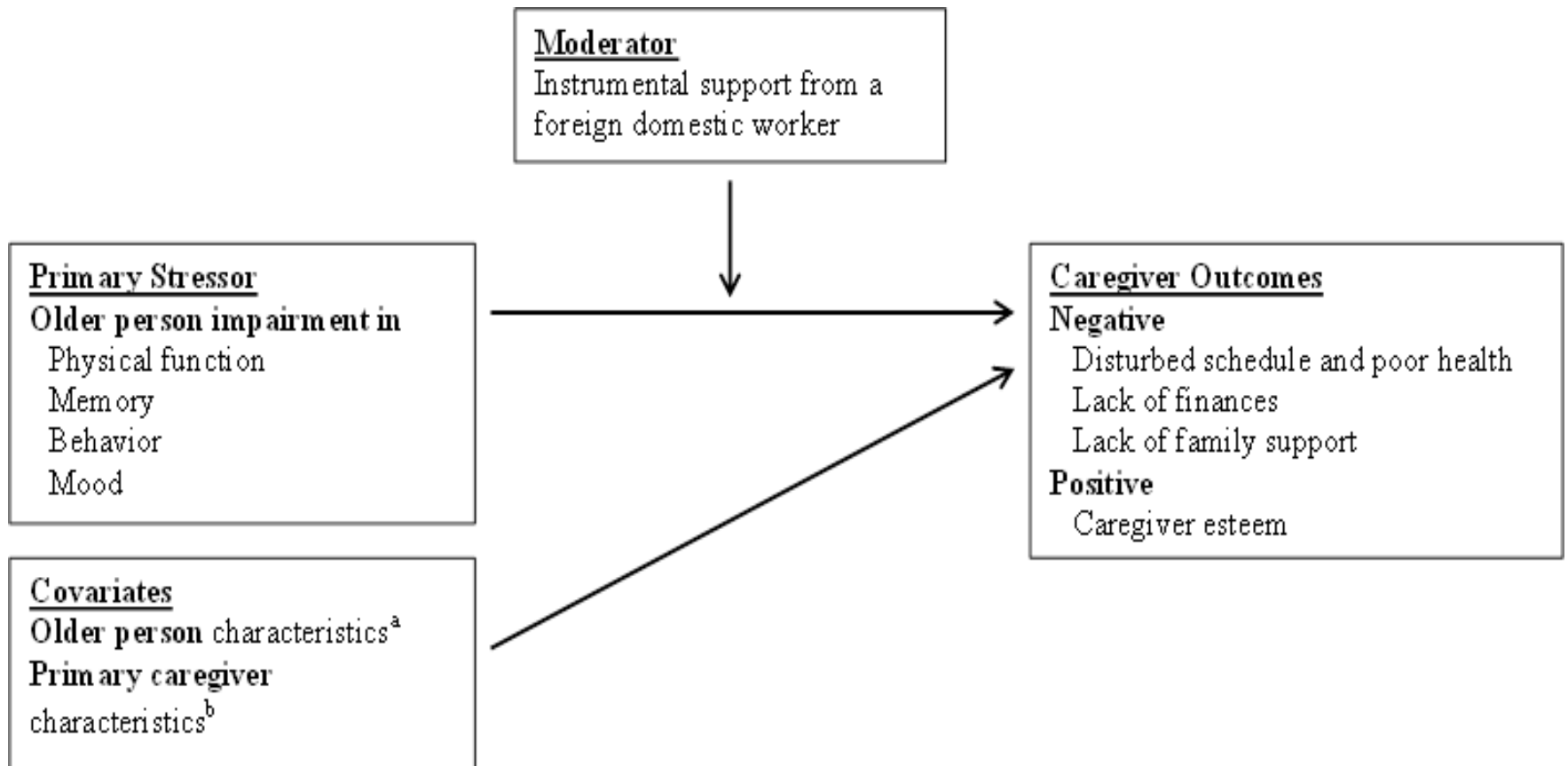
Subscale	Constituent items
Lack of family support	<ol style="list-style-type: none">1) My family works together at caring for... ^a2) Since caring for..., I feel my family has abandoned me3) It is very difficult to get help from my family in taking care of...4) Others have dumped caring for... onto me5) My family (brothers, sisters, children) left me alone to care for...
Caregiver esteem	<ol style="list-style-type: none">1) Caring for... is important to me2) I enjoy caring for...3) Caring for... makes me feel good4) I feel privileged to care for...5) I really want to care for...6) I will never be able to do enough care giving to repay...

^a reverse scored

Modified Caregiver Reaction Assessment ...(3)

- Each item: Five-point Likert-type response scale
 - (1) strongly disagree
 - (2) disagree
 - (3) neither agree nor disagree
 - (4) agree
 - (5) strongly agree
- Subscale score:
 - Average of constituent item scores

Analytical model



^a age and gender

^b age, gender, ethnicity, marital status, educational status, housing type, work status, relationship to older person

Methods: Statistical analysis

- Adjusted *linear regression models*, one for each of the four Caregiver Reaction Assessment subscales : Main effect of the four impairment scores and instrumental support from a FDW

$$\text{CRA Subscale Score} = \alpha + \beta_1 \text{ Impairment} + \beta_2 \text{ FDW Support} + \text{Cov} + \varepsilon$$

- Interaction terms** of the four impairment scores with instrumental support from a FDW introduced; significant interaction terms were retained.

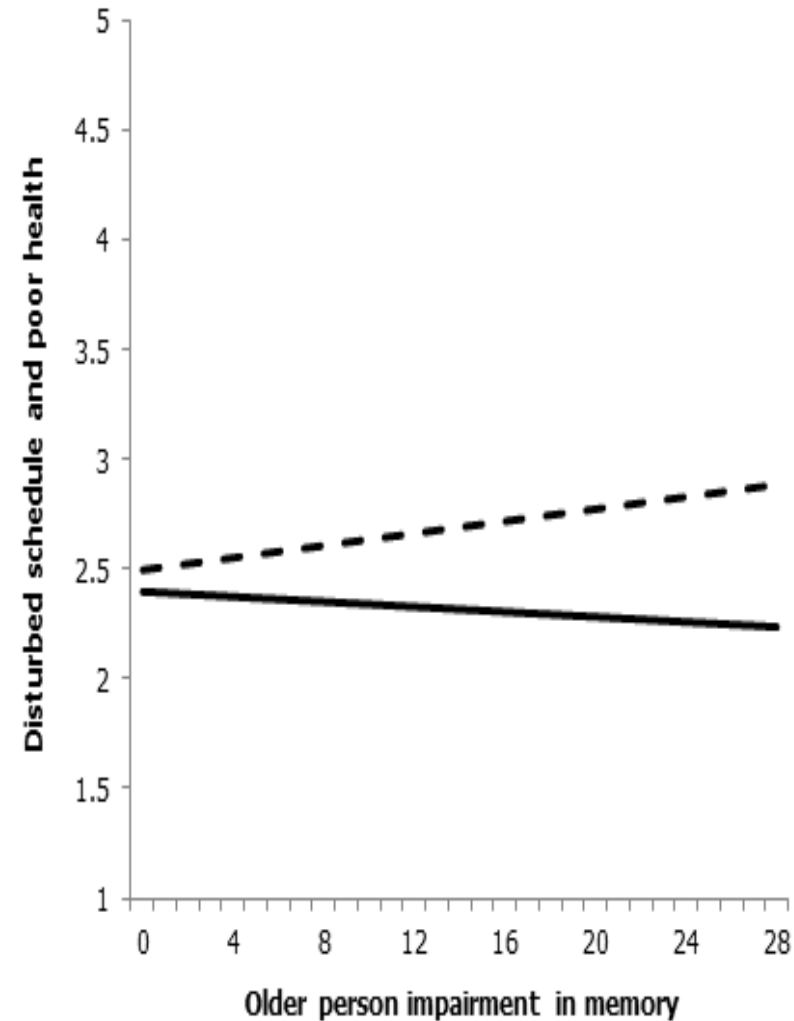
$$\text{CRA Subscale Score} = \alpha + \beta_1 \text{ Impairment} + \beta_2 \text{ FDW Support} + \beta_3 \text{ Impairment*FDW Support} + \text{Cov} + \varepsilon$$

Association between older person impairments and 'disturbed schedule and poor health' of the caregiver, main and interaction effects

Variable	Disturbed schedule and poor health	
	Main Effect model	Interaction Term model
Primary stressors		
OP physical function impairment score	+*	+*
OP memory impairment score	+	+*
OP behavior impairment score	+*	+*
OP mood impairment score	+*	+*
Moderator		
Instrumental support from a FDW	-*	+
Interaction term (Primary stressor X Moderator)		
OP physical function impairment score X Instrumental support from a FDW		-*
OP memory impairment score X Instrumental support from a FDW		-*
OP behavior impairment score X Instrumental support from a FDW		n.s.
OP mood impairment score X Instrumental support from a FDW		n.s.

Notes. FDW: Foreign Domestic Worker; OP: Older person.

* $p < 0.05$

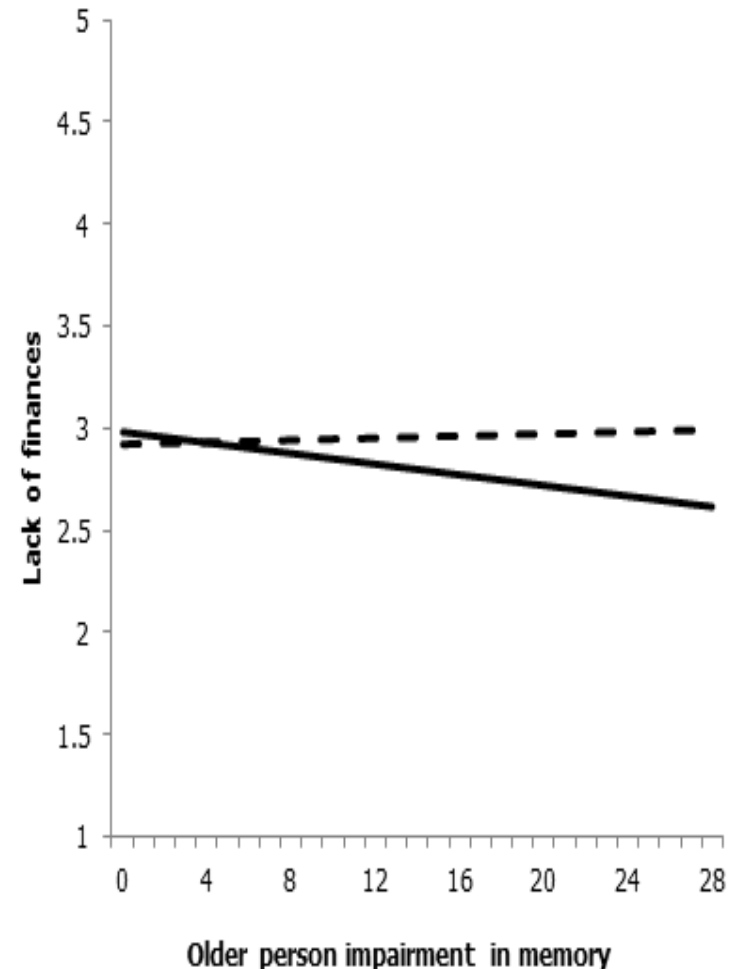


FDW status:

YES [———] NO [- - -]

Association between older person impairments and 'lack of finances' of the caregiver, main and interaction effects

Variable	Lack of finances	
	Main Effect model	Interaction Term model
Primary stressors		
OP physical function impairment score	+ *	+ *
OP memory impairment score	-	+ *
OP behavior impairment score	+ *	+ *
OP mood impairment score	+ *	+ *
Moderator		
Instrumental support from a FDW	-	+ *
Interaction term (Primary stressor X Moderator)		
OP physical function impairment score X Instrumental support from a FDW		n.s.
OP memory impairment score X Instrumental support from a FDW		- *
OP behavior impairment score X Instrumental support from a FDW		n.s.
OP mood impairment score X Instrumental support from a FDW		n.s.

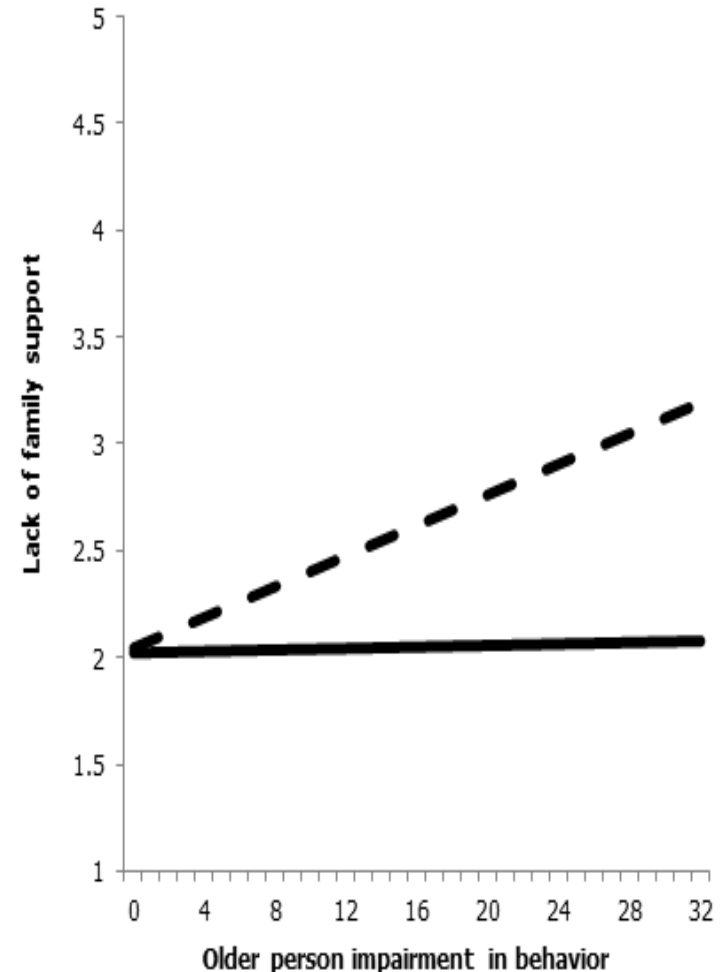


Notes. FDW: Foreign Domestic Worker; OP: Older person.

* $p < 0.05$

Association between older person impairments and 'lack of family support' of the caregiver, main and interaction effects

Variable	Lack of family support	
	Main Effect model	Interaction Term model
Primary stressors		
OP physical function impairment score	+	+
OP memory impairment score	-	-
OP behavior impairment score	+*	+*
OP mood impairment score	+	+
Moderator		
Instrumental support from a FDW	-*	-
Interaction term (Primary stressor X Moderator)		
OP physical function impairment score X Instrumental support from a FDW		n.s.
OP memory impairment score X Instrumental support from a FDW		n.s.
OP behavior impairment score X Instrumental support from a FDW		-*
OP mood impairment score X Instrumental support from a FDW		n.s.

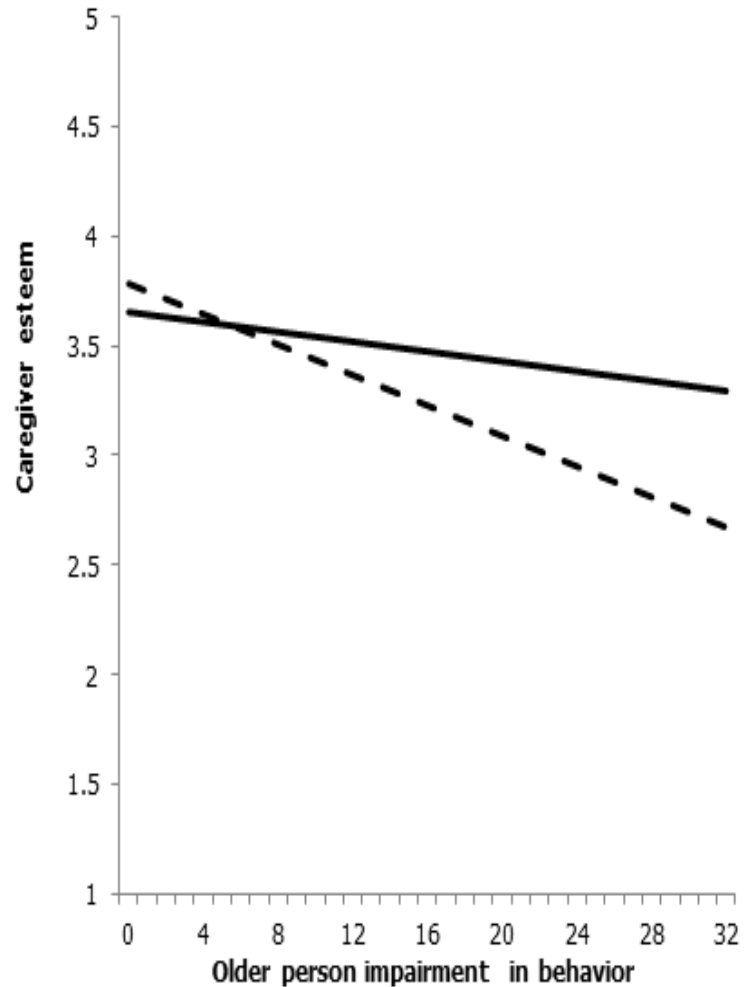


Notes. FDW: Foreign Domestic Worker; OP: Older person.

* $p < 0.05$

Association between older person impairments and 'caregiver esteem' of the caregiver, main and interaction effects

Variable	Caregiver esteem	
	Main Effect model	Interaction Term model
Primary stressors		
OP physical function impairment score	+	+
OP memory impairment score	+	+
OP behavior impairment score	-*	-*
OP mood impairment score	+*	+*
Moderator		
Instrumental support from a FDW	-	-
Interaction term (Primary stressor X Moderator)		
OP physical function impairment score X Instrumental support from a FDW		n.s.
OP memory impairment score X Instrumental support from a FDW		n.s.
OP behavior impairment score X Instrumental support from a FDW		+*
OP mood impairment score X Instrumental support from a FDW		-*



Notes. FDW: Foreign Domestic Worker; OP: Older person.

* $p < 0.05$

FDW status:
YES [———] NO [- - -]

Implications

- **Practitioners and researchers** can use the *Modified Caregiver Reaction Assessment* to assess caregiving-related outcomes among informal caregivers of older persons in Singapore
- Older person impairment ~ detrimental for the caregiver
- **FDW support is beneficial for the informal caregiver**, especially as older person impairment severity increases
- The 'positive' role of FDW support appears in various aspects of the caregiver's life

Implications

- Number of FDWs in Singapore will likely increase as:
 - Caregiving demand increases
 - Foreign domestic labor remains relatively affordable
 - Government policy is positive (monthly grant)
- **But, Labor-sending countries**
 - Improving economic conditions ~ employment opportunities
 - Stricter rules for improved work conditions in host countries

Home > Asia > Story >

Indonesia will stop sending its women to work as maids overseas, says Jokowi

PUBLISHED ON FEB 14, 2015 10:53 PM



Indonesian and Filipino maids at a maid agency in Singapore. Indonesia president Joko Widodo said the country will stop sending its women to work as maids overseas to preserve its dignity. -- PHOTO: ST FILE

<http://www.straitstimes.com/news/asia/south-east-asia/story/indonesia-will-stop-sending-its-women-work-maids-overseas-says-jokow>

Singapore 'will be hit hard' if Jakarta imposes maid ban

PUBLISHED ON FEB 17, 2015 9:28 AM



Singapore-bound trainee maids undergoing practical lessons on taking care of the elderly and babies at the PT Dafa Putra Jaya training centre in Semarang, Central Java, in 2011. -- PHOTO: ST FILE

<http://www.straitstimes.com/news/singapore/more-singapore-stories/story/singapore-will-be-hit-hard-if-jakarta-imposes-maid-ban-2>

Implications

- Immigration and Integration
- Health of the FDW? Impact on the FDW?
 - Relatively little is known.
 - Systematic review
 - Malhotra R, Arambepola C, Tarun S, de Silva, Kishore J, Østbye T. Health issues of female foreign domestic workers: a systematic review of the scientific and grey literature. *Int J Occup Environ Health*. 2013; 19 (4): 261-277.
 - (Representative) Longitudinal study of FDWs in Singapore??

Acknowledgement

- **MSF (erstwhile MCYS)**
- Grant from the Tsao Foundation, Singapore
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- Chetna Malhotra
- David B Matchar
- John Ansah
- Sean Love
- Truls Østbye

THANK YOU

Further reading:

Report of The Survey on Informal Caregiving

- Chan A, Østbye T, Malhotra R, Hu AJ. The Survey on Informal Caregiving (commissioned by the Ministry of Social and Family Development, Singapore). Summary Report, Duke-NUS GMS/ NUS/ Duke University, Singapore 2012 (27pp). Available at <http://app.msf.gov.sg/Publications/TheSurveyonInformalCaregiving.aspx>
- Chan A, Østbye T, Malhotra R, Hu AJ. The Survey on Informal Caregiving (commissioned by the Ministry of Social and Family Development, Singapore). Full Report, Duke-NUS GMS/ NUS/ Duke University, Singapore 2012 (507pp). Available at <http://app.msf.gov.sg/Publications/TheSurveyonInformalCaregiving.aspx>

Published papers

- Malhotra R, Chan A, Malhotra C, Østbye T. Validity and reliability of the Caregiver Reaction Assessment scale among primary informal caregivers for older persons in Singapore. *Aging Ment Health*. 2012; 16(8): 1004-15.
- Østbye T, Malhotra R, Malhotra C, Arambepola C, Chan A. Does support from foreign domestic workers decrease the negative impact of informal caregiving? Results from Singapore Survey on Informal Caregiving. *J Gerontol B Psychol Sci Soc Sci*. 2013; 68(4):609-621.
- Malhotra R, Arambepola C, Tarun S, de Silva, Kishore J, Østbye T. Health issues of female foreign domestic workers: a systematic review of the scientific and grey literature. *Int J Occup Environ Health*. 2013; 19 (4): 261-277.

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