

Personal Support Workers in Home Care in Canada: Evidence based on the RAI-HC

John P. Hirdes, PhD

**Ontario Home Care
Research and Knowledge Exchange Chair &
Professor, School of Public Health and Health Systems
University of Waterloo**

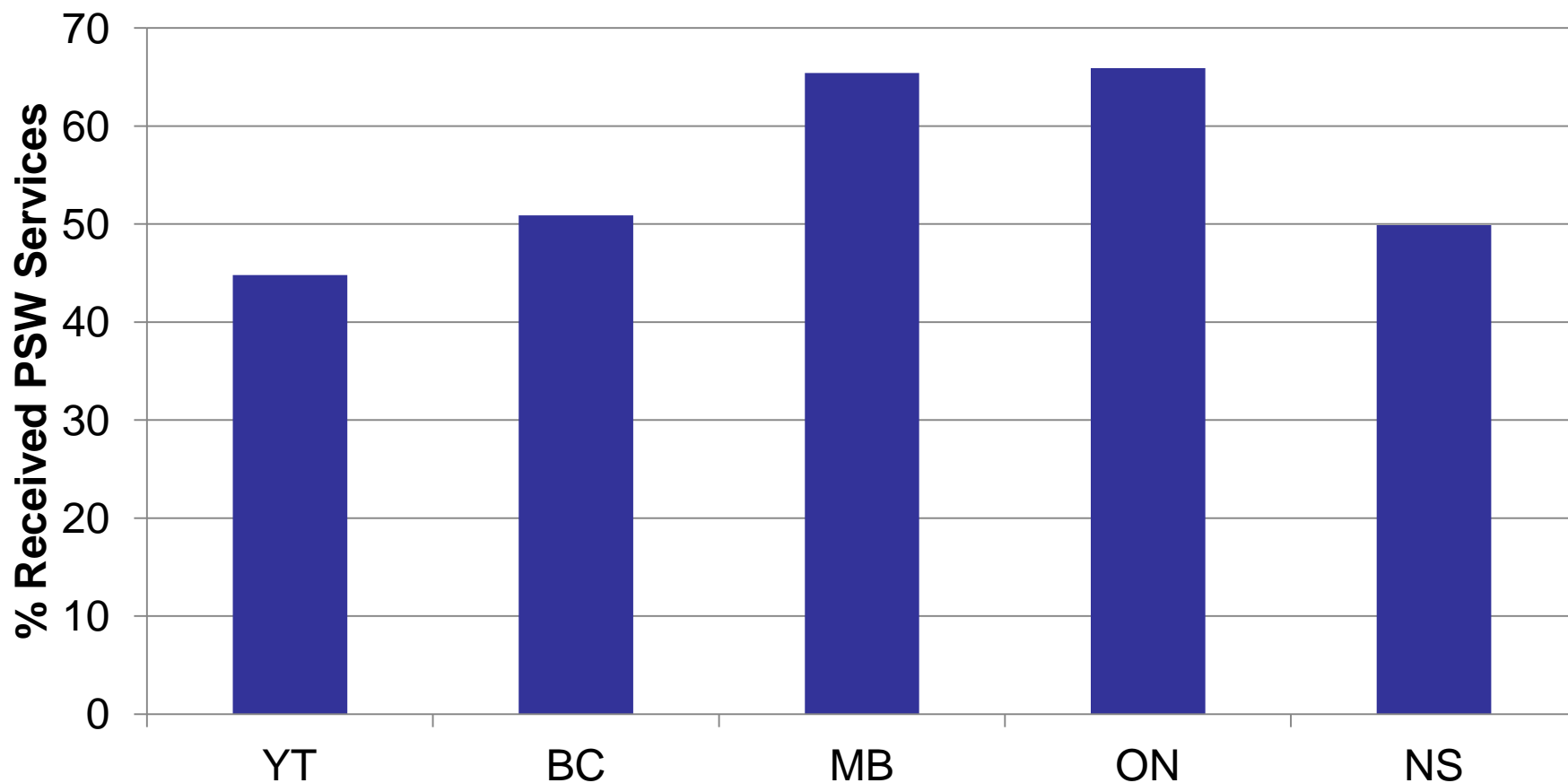
Agenda

- Why do the contributions of PSWs to home care matter?
- Access to PSW services
- Evidence related to caregiver distress

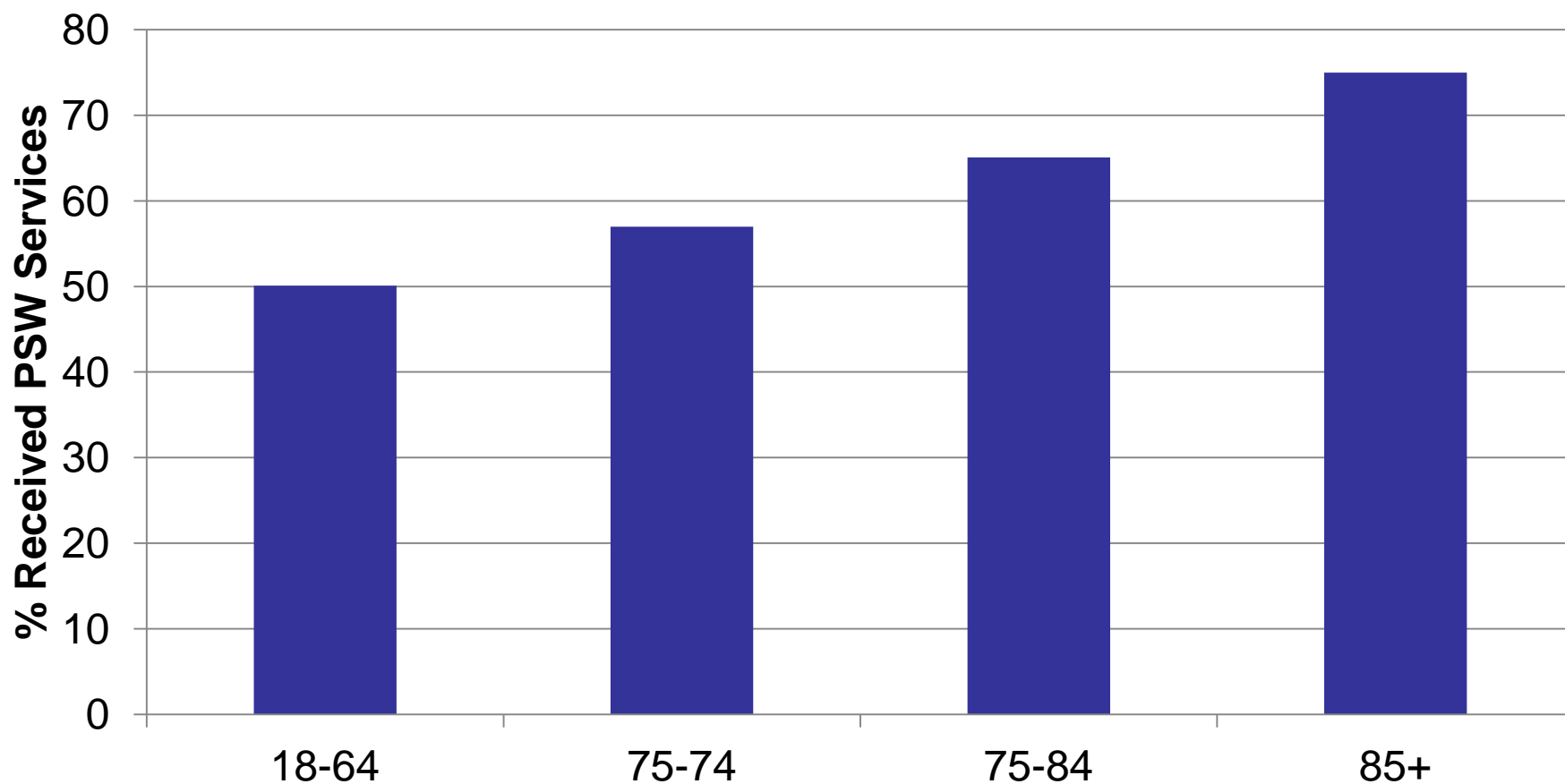
Why do the contributions of PSWs in home care matter?

- Most common type of service offered
 - Most “home care hours” of service are PSW hours
 - Accounts for the substantial portion of home care expenditures
 - Perceived client experience likely to be dominated by their interactions with PSWs
- “Eyes and ears” of the clinical team
 - Most likely to be in frequent, regular contact with client
 - Should be considered a major source of information about
 - Client’s status
 - Changes in client or caregiver needs
 - Effectiveness of interventions
- Key service for preventing caregiver distress, LTC admission

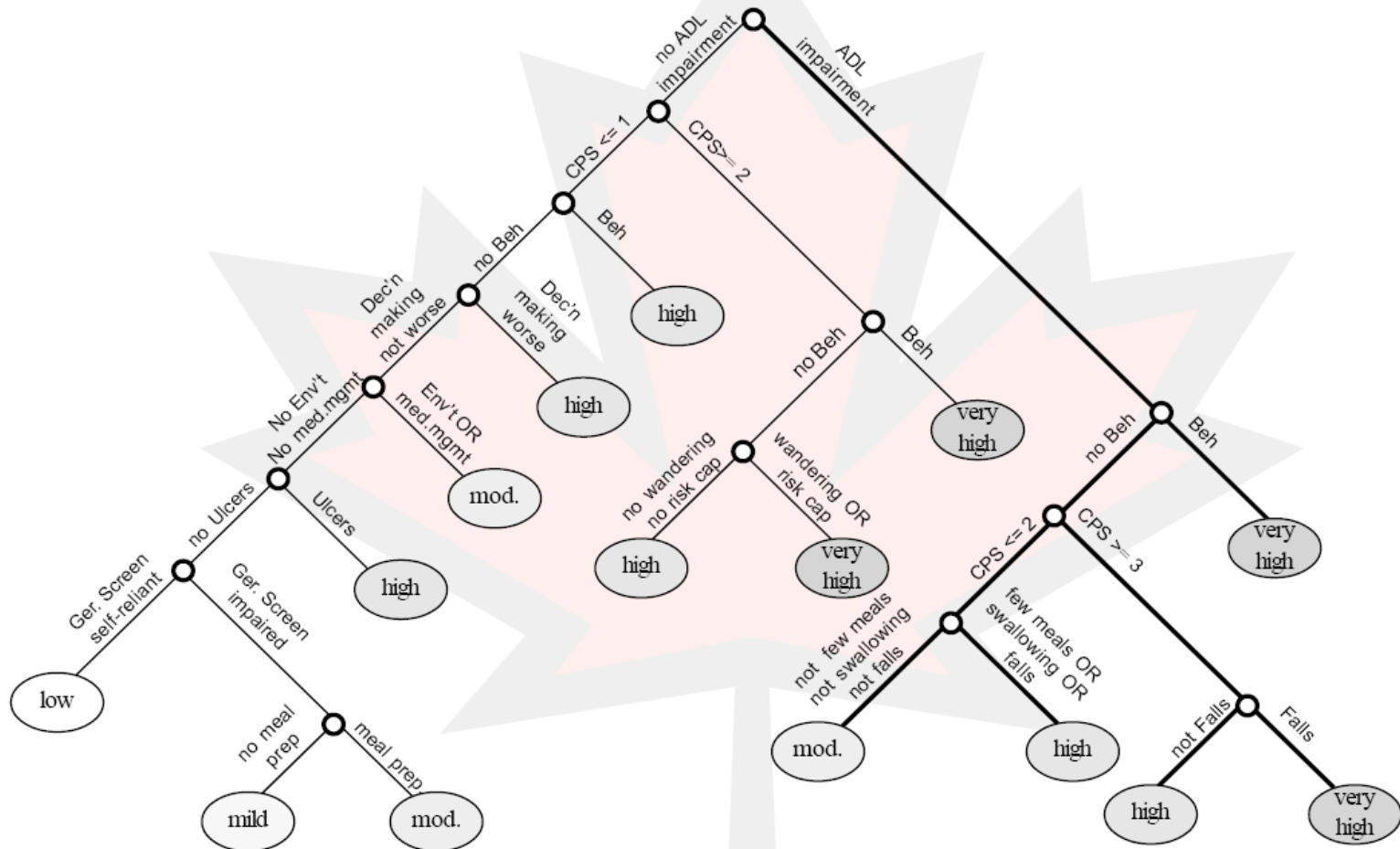
Receipt of Any PSW Services in Last 7 Days, All Ages, by Province/Territory



Receipt of Any PSW Services in Last 7 Days, by Age, All Reporting P/Ts



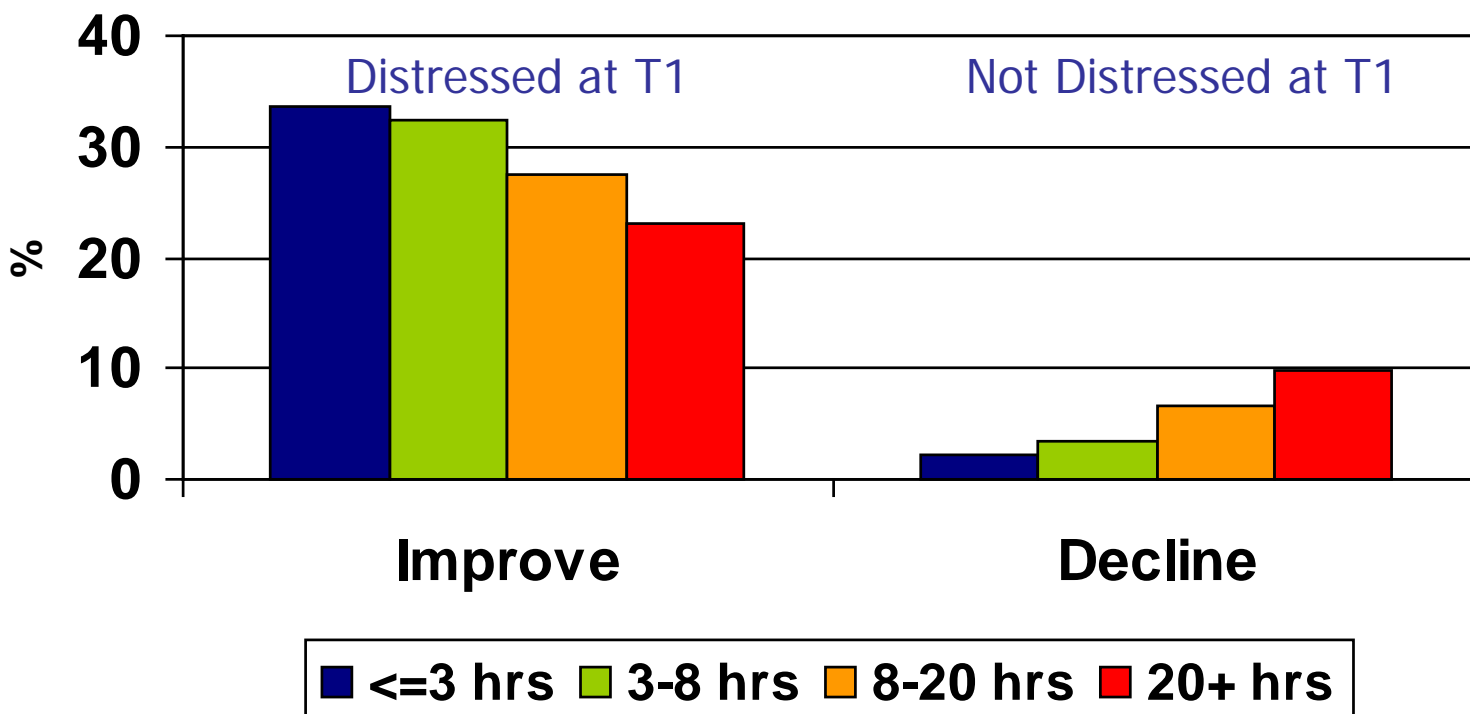
MAPLe



Rates of Caregiver Distress Among Ontario Home Care Clients, 2002-2006

<i>Cross-sectional</i>	
Prevalence at baseline	12.4%
Prevalence at follow-up	13.7%
<i>Longitudinal</i>	
Distressed T1 → Not distressed T2	26.8%
Not distressed T1 → Distressed T2	5.3%

Transitions between Any Distress and No Distress among Caregivers of Ontario Home Care Clients, by Hours of Informal Care/Week



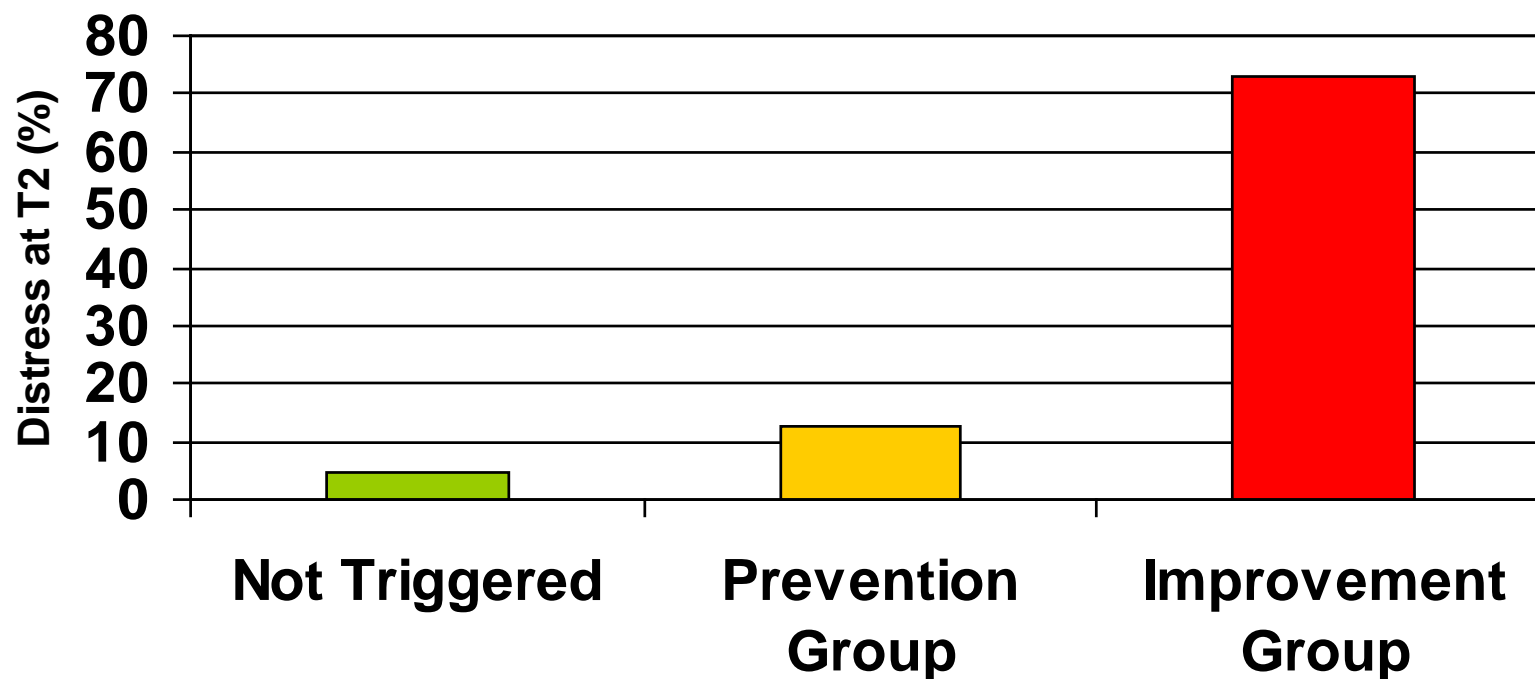
Longitudinal Models of Transitions in Caregiver Distress, Ontario, 2002-2006

Variable	Odds Ratio (95% CL)	
	Distress T ₁ → No Distress T ₂	No Distress T ₁ → Distress T ₂
CPS 1+	0.84 (0.789-0.89)	1.67 (1.60-1.75)
IADL Summary 13+	0.94 (0.88-1.00)	1.28 (1.22-1.34)
CHESS 2+	1.11 (1.06-1.17)	1.20 (1.15-1.25)
Any Behaviour	0.86 (0.80-0.92)	1.43 (1.34-1.53)
DRS 3+	0.94 (0.89-1.00)	1.24 (1.17-1.31)
Caregiver=Spouse	0.72 (0.69-0.76)	1.62 (1.56-1.69)
Falls	1.07 (1.03-1.10)	1.14 (1.10-1.17)
Communication Difficulty	0.88 (0.83-0.93)	1.21 (1.15-1.27)
Caregiver time (Ref <3 hrs)		
• 3-7.9 hours	NS	1.56 (1.45-1.68)
• 8-19.9 hours	0.85 (0.77-0.94)	2.43 (2.27-2.60)
• 20+ hours	0.74 (0.67-0.82)	2.78 (2.59-2.98)
C statistic	0.59	0.71

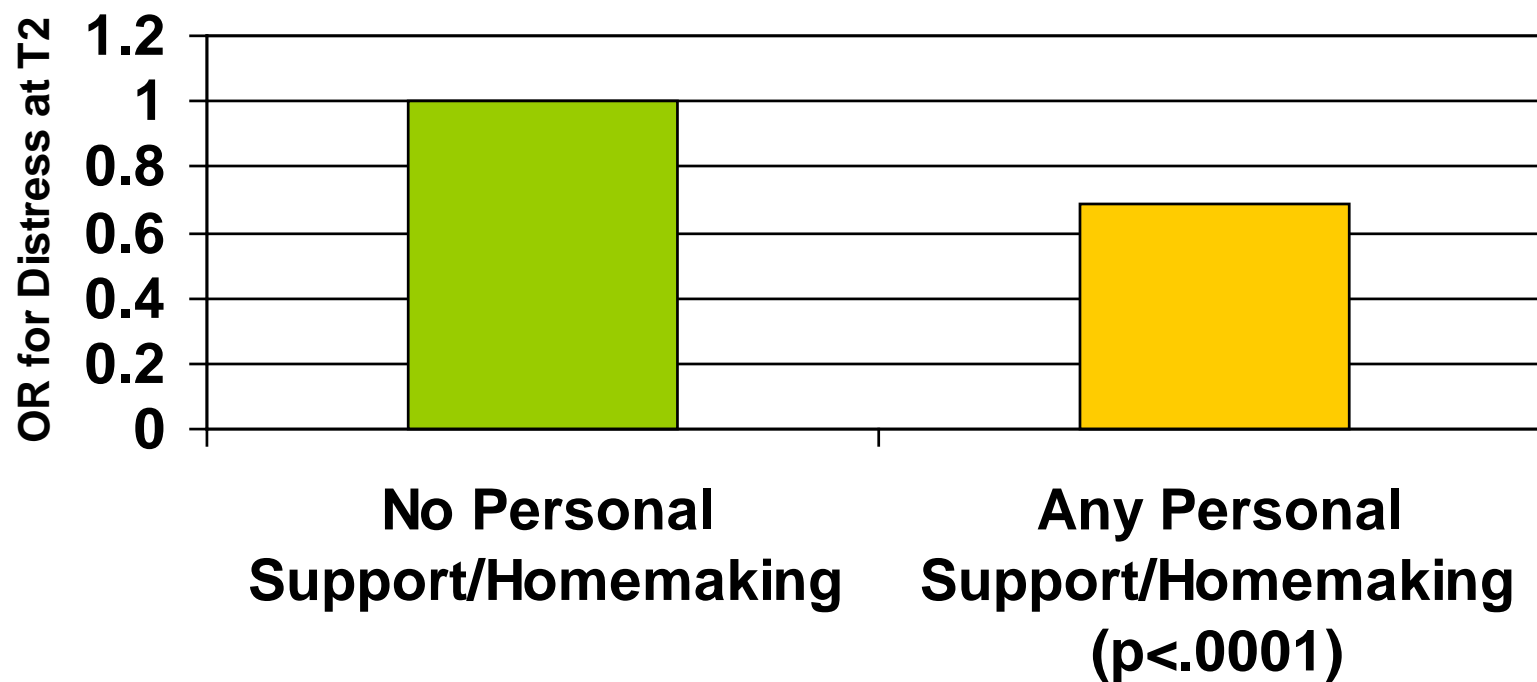
Proposed Triggers for a Caregiver Distress CAP

- IMPROVEMENT GROUP
 - G2a = 1 or G2c=1
 - Caregiver unable to continue
 - Primary caregivers expresses feelings of distress, anger or depression
- PREVENTION GROUP
 - MAPLe = 4 or 5 **AND** 20 hrs < G3a < 120 hrs
 - No current caregiver distress, but
 - MAPLe in high or very high categories AND 20-120 hours of care time across five weekdays
- NOT TRIGGERED
 - All other clients

Rates of Caregiver Distress at Follow-up by Proposed CAP Triggers at Baseline, Ontario, 2002-2006



Rates of Caregiver Distress at Follow-up by Receipt of Any Personal Support or Homemaking Services at Baseline in CGCAP Prevention Group, Ontario, 2002-2006



Thank you!

Questions? Comments?