

**Prolonged impact of the COVID-19 pandemic on the well-being and roles of family/friend caregivers of older adults living at home in Canadian official language minority or majority communities.**

**Supplementary data file**

***This document was produced to complement the following article:***

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## Types of services received

Figure 2. Percentages of caregivers providing various types of care and support

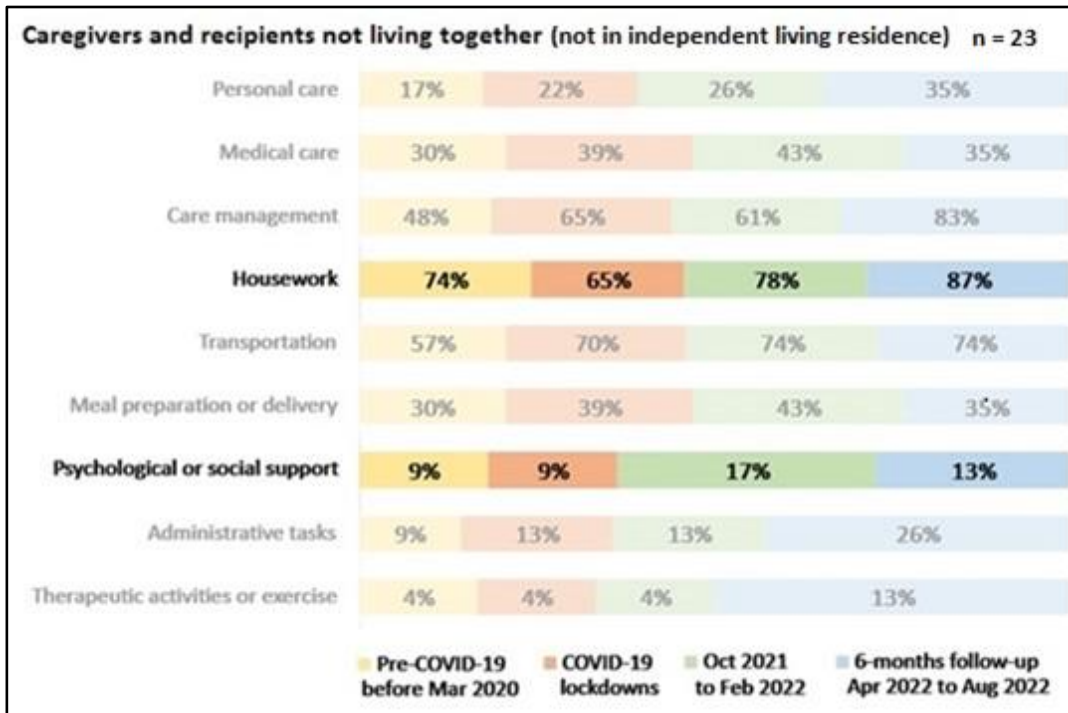
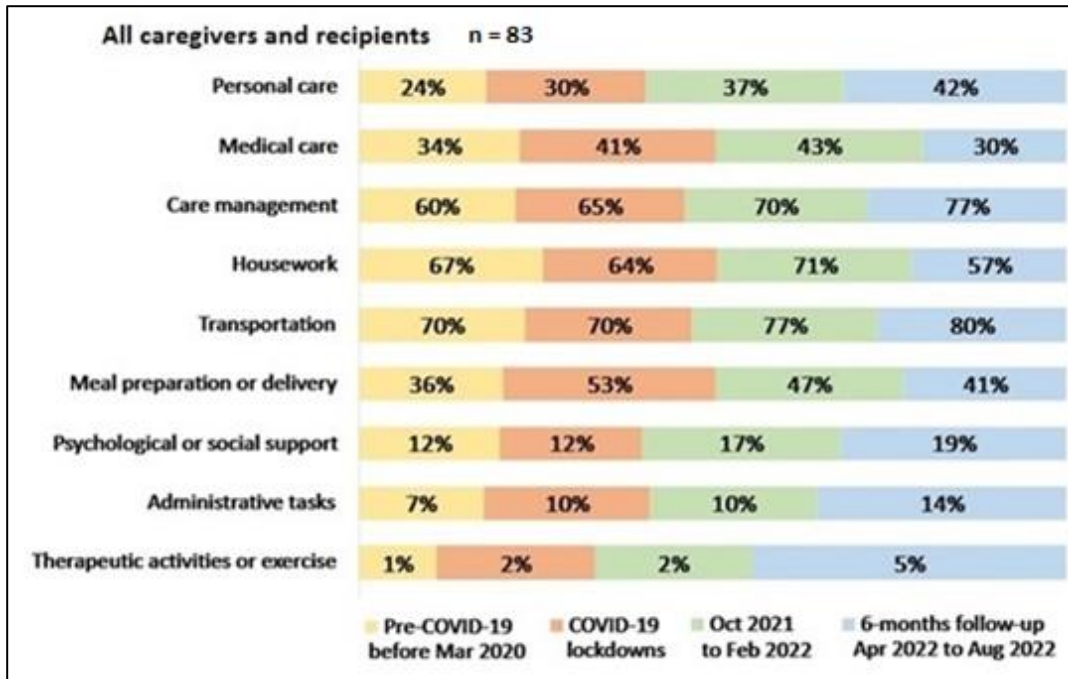


Figure 3. Percentages of care recipients receiving external care and support

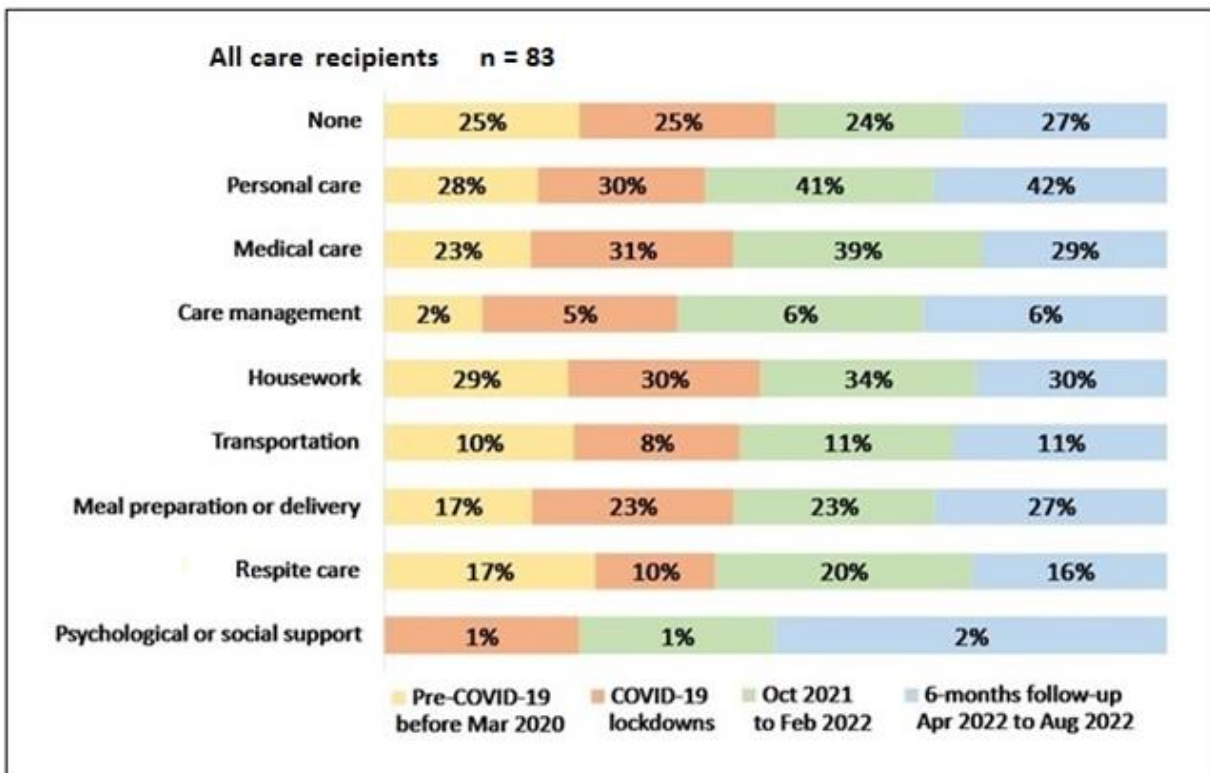
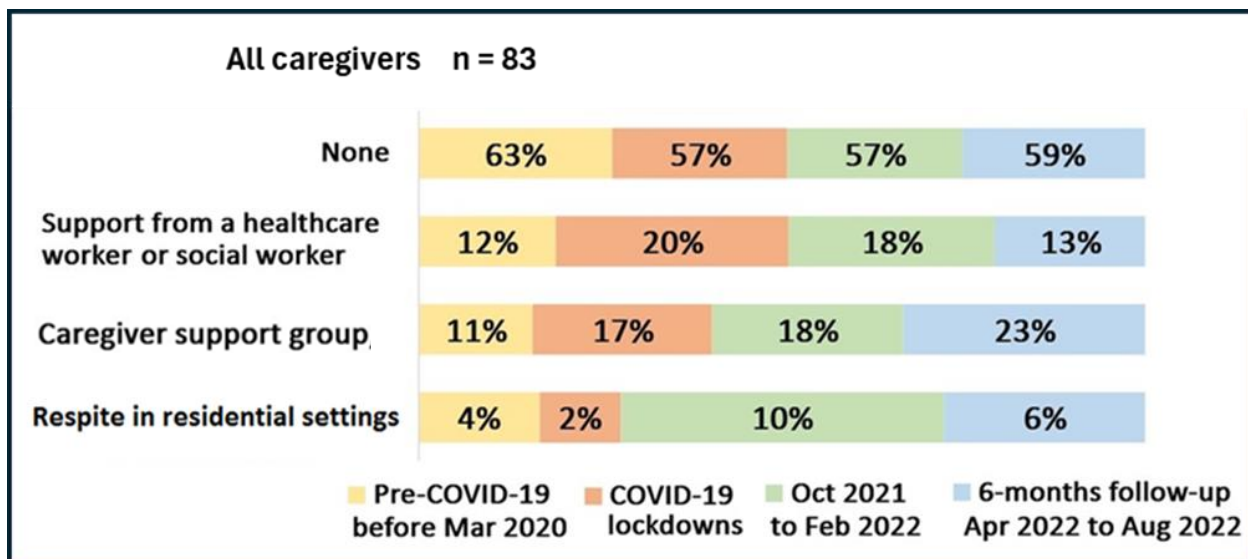


Figure 4. Percentages of caregivers receiving support for themselves



## Impact of the pandemic

**Table 4. Caregivers reporting the pandemic had a negative health impact on themselves and care recipients (n= 83)**

Negative health impact*	Initial n (%)	6-month follow-up n (%)	Difference in proportions, % [95% CI]	p-value
<b>Caregiver</b>				
Physical health	50 (60.2)	57 (68.7)	8.5 [-1.7, 17.6]	.11
Mental health	68 (81.9)	72 (86.7)	4.8 [-4.5, 13.9]	.14
<b>Care recipient</b>				
Physical health	62 (74.7)	63 (75.9)	1.2 [-10.6, 13.0]	.84
Mental health	68 (81.9)	72 (86.7)	4.8 [-4.5, 13.9]	.14
Cognitive health	55 (66.3)	62 (74.7)	8.4 [-3.2, 20.1]	.16

\*Minor or major negative health impact (versus no impact or a minor or major positive impact)

**Table 5. Change in total scores for burden, loneliness, and social support total from initial to 6-month follow-up**

	Initial Mean total scores (SD)	6-month follow-up Mean total scores (SD)	Difference in means [95% CI]	p-value	Changes in total scores from initial to 6-month follow-up		
					Decrease (> 10%) n (%)	Stable (+/- 10%) n (%)	Increase (> 10%) n (%)
<b>Zarit Burden Questionnaire /48 (n=69)</b>	21.0 (10.1)	20.6 (9.7)	0.5 [-1.2, 2.1]	.59	17 (24.6)	38 (55.1)	14 (20.3)
<b>de Jong Gierveld Loneliness Scale /6 (n=68)</b>	3.2 (2.0)	3.4 (2.0)	-0.2 [-0.6, 0.1]	.22	5 (7.4)	52 (76.5)	11 (16.2)
<b>MOS Social Support Survey /30 (n=68)</b>	22.2 (5.7)	21.7 (5.6)	0.6 [-0.3, 1.5]	.21	12 (17.6)	48 (70.6)	8 (11.8)

MOS = Medical Outcomes Study; CI = Confidence interval; SD = standard deviation

## Correlations and regression analysis

Associations between variables considered for entry in multiple regression analysis were tested using bivariate linear regression.

**Table 6. Associations between sociodemographic variables in their dichotomized form**

	Age group	Education	Professional Status	Work in healthcare	Household gross income	Dyad belongs to an OLMC
Age group						
Education	b = -0.128 p = 0.250					
Professional Status	b = 0.587 p < 0.001 *	b = 0.037 p = 0.738				
Work in healthcare	b = 0.086 p = -0.462	b = 0.067 p = 0.551	b = 0.253 p = 0.024 *			
Household gross income	b = -0.160 p = 0.215	b = 0.155 p = 0.226	b = 0.315 p = 0.010 *	b = 0.033 p = 0.795		
Dyad belongs to an OLMC	b = -0.199 p = 0.118	b = -0.185 p = 0.135	b = 0.053 p = 0.639	b = -0.095 p = 0.440	b = 0.118 p = 0.380	

\* Statistically significant associations; OLMC = official language minority community

Significant associations were found between professional status and age group, working or having worked in health care and household gross income. Retired or unemployed participants were more likely to be older than 60 years, not have worked in health care and have a household income less than 100 000 \$.

**Table 7. Bivariate association between individual sociodemographic variables and burden at the 6-month follow-up**

		B	SE B	$\beta$	t	p-value.
1	(Constant)	18.286	1.543		11.855	<.001
	Age group (<60 vs $\geq$ 60)	5.293	2.104	.274	2.516	.014
2	(Constant)	18.513	1.711		10.821	<.001
	Education (university vs other)	4.275	2.186	.216	1.955	.054
3	(Constant)	21.331	1.568		13.604	<.001
	Professional status (working full time or part time vs unemployed or retired)	-.541	2.204	-.028	-.246	.807
4	(Constant)	22.337	1.355		16.489	<.001
	Works or as worked in Healthcare (Yes vs no)	-2.199	2.222	-.113	-.990	.325
5	(Constant)	18.298	1.371		13.345	<.001
	Income (<100k vs $\geq$ 100k)	7.902	2.673	.370	2.956	.005
6	(Constant)	19.860	1.226		16.197	<.001
	Belonging to an OLMC (Yes vs no)	5.085	2.452	.229	2.074	.041

B = unstandardized coefficient; SE B = coefficient standard error;  $\beta$  = standardized coefficient; t = t-statistic; CI = confidence interval; OLMC = official language minority community

Only variables that demonstrated relationship with burden at the  $p \leq .20$  level in the bivariate analysis were entered in the regression analysis, that is age group, education, income and belonging to an OLMC. Professional status will not be used in the regression analysis, thus avoiding possible multicollinearity.

**Bivariate association between individual sociodemographic variables and loneliness or social support at the 6-month follow-up**

Similar analyses were performed with loneliness and social support as the dependant variable. Only age group demonstrated a relationship with loneliness at the  $p \leq .20$  level in the bivariate analysis ( $b = -0.123$   $p = 0.093$ ). As it would be the only variable considered for a multiple regression analysis, this analysis was not performed. None of the variables demonstrated relationship with social support at the  $p \leq .20$  level in the bivariate analysis, thus a multiple regression analysis was not performed.

**Table 8. Multiple regression analysis of sociodemographic variables and burden at the 6-month follow-up**

Only variables that demonstrated relationship with burden at the  $p \leq .20$  level in the bivariate analysis were entered in the regression analysis, that is: age group, education, income and belonging to an OLMC. Backward elimination procedure was performed until the model contains only variables significant at  $p \leq .05$ .

	B	SE B	$\beta$	t	p-value	95% CI for B
Model 1 $F(4, 52) = 4.91, p < .01, n = 57$ Adjusted $R^2 : 0.218$						
(Constant)	13.694	2.010	--	6.814	<.001	9.661 – 17.727
Age group (<60 vs $\geq 60$ )	4.984	2.409	.265	2.069	.044	0.150 – 9.818
Education (university vs other)	3.332	2.240	.177	1.488	.143	-1.162 – 7.826
Income (<100k vs $\geq 100k$ )	6.568	2.568	.308	2.557	.013	1.415 – 11.721
Belonging to an OLMC (Yes vs no)	2.372	2.699	.113	.879	.383	-3.044 – 7.788
Model 2 $F(3, 53) = 6.31, p < .01, n = 57$ Adjusted $R^2 : 0.222$						
(Constant)	13.951	1.984		7.031	<.001	9.971 – 17.931
Age group (<60 vs $\geq 60$ )	5.771	2.231	.307	2.586	.012	1.295 – 10.247
Education (university vs other)	3.197	2.230	.170	1.434	.157	-1.275 – 7.669
Income (<100k vs $\geq 100k$ )	6.868	2.540	.322	2.704	.009	1.774 – 11.962
Model 3 $F(2, 54) = 8.28, p < .01, n = 57$ Adjusted $R^2 : 0.206$						
(Constant)	15.485	1.687		9.176	<.001	12.102 – 18.868
Age group (<60 vs $\geq 60$ )	5.907	2.251	.314	2.624	.011	1.394 – 10.421
Income (<100k vs $\geq 100k$ )	7.171	2.556	.336	2.806	.007	2.047 – 12.295

B = unstandardized coefficient; SE B = coefficient standard error;  $\beta$  = standardized coefficient; t = t-statistic; CI = confidence interval; OLMC = official language minority community

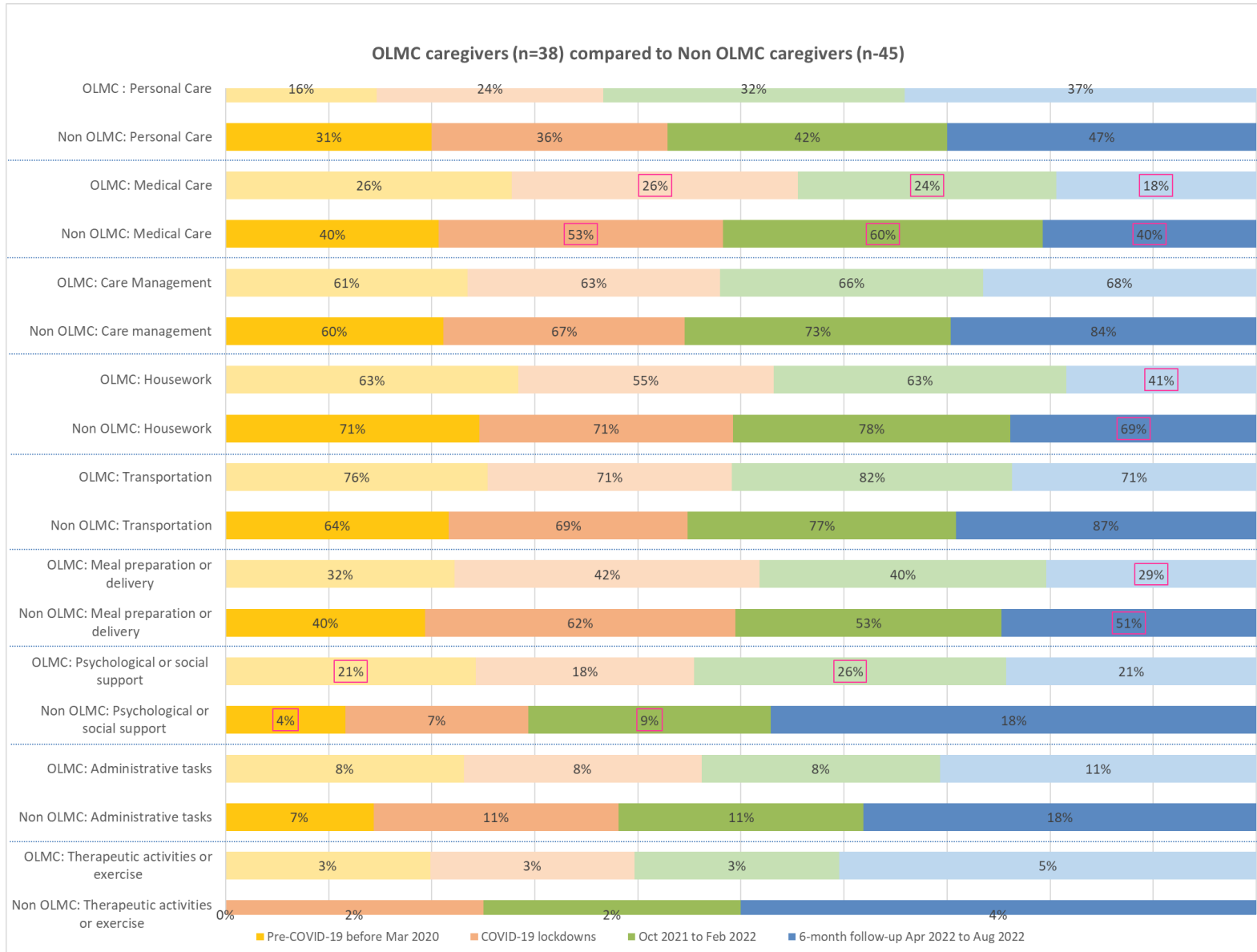
## Differences between caregiver-recipient dyads from OLMC and those from linguistic majority groups

**Table 9: Living situation at initial and 6-month follow-up (n=83)**

	Dyads from OLMC		Dyads from the Linguistic majority group	
	Initial questionnaire n (%)	6-month follow-up questionnaire n (%)	Initial questionnaire n (%)	6-month follow-up questionnaire n (%)
<b>Living situation during the study period * :</b>				
Caregiver and care recipient live together (with or without other family members)	7 (18.4)	7 (18.4)	17 (37.8)	12 (26.7)
Caregiver and care recipient do not live together				
• Care recipient in private dwellings, either their own house/apartment or that of another family member	15 (39.5)	10 (26.3)	17 (37.8)	17 (37.8)
• Care recipient lives in an independent living residence	15 (39.5)	15 (39.5)	9 (20.0)	8 (17.8)
• Care recipient lives in an assisted living accommodation	0 (0.0)	4 (10.5)	1 (2.2)	7 (18.4)
Care recipient deceased	--	1 (2.6)	--	1 (2.2)
Not specified	1 (2.6)	1 (2.6)	1 (2.2)	--

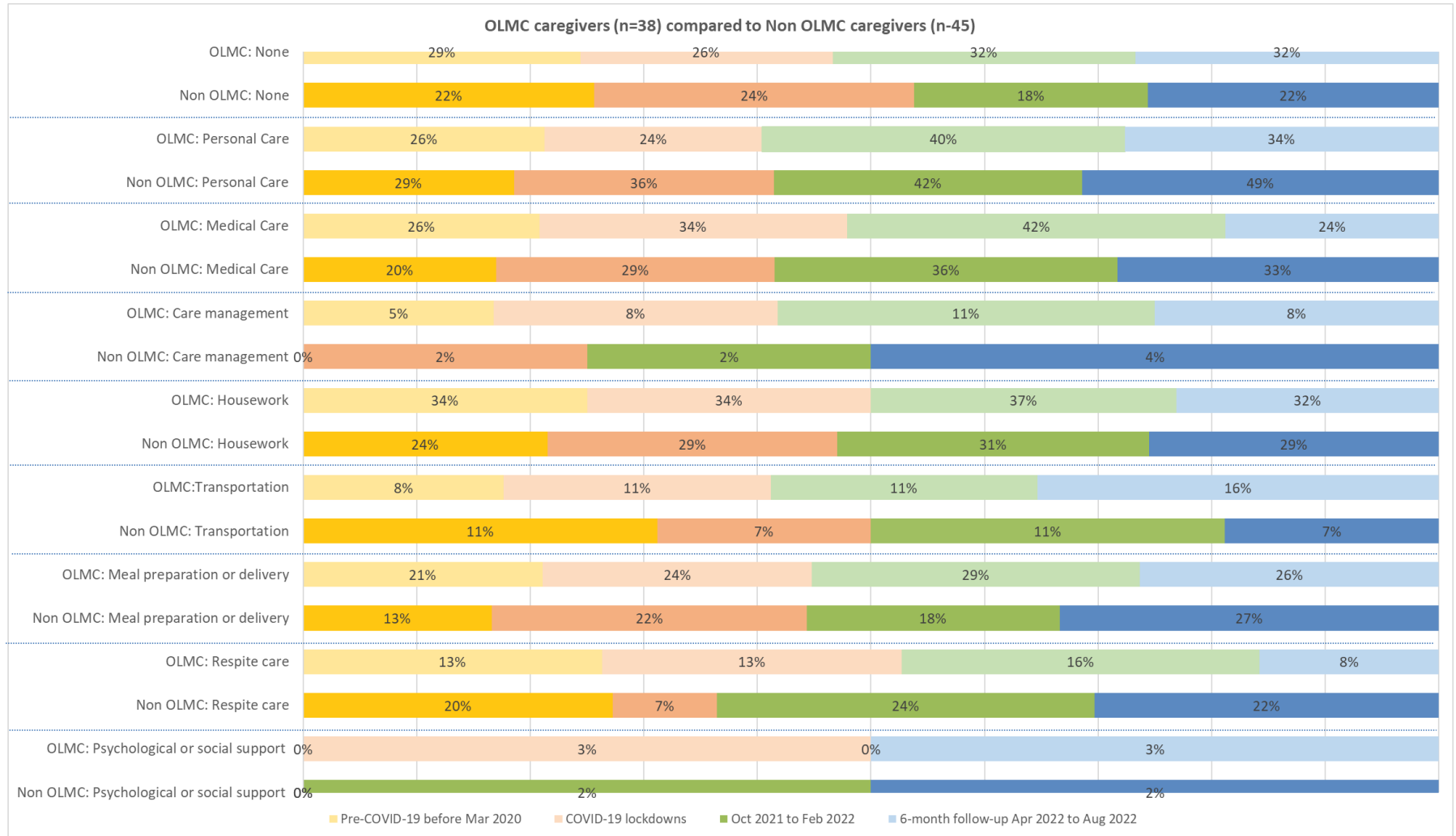
\* Those who moved during the study period were allocated to the place they were at the time of the questionnaire

**Figure 5: Percentages of caregivers providing various types of care and support**



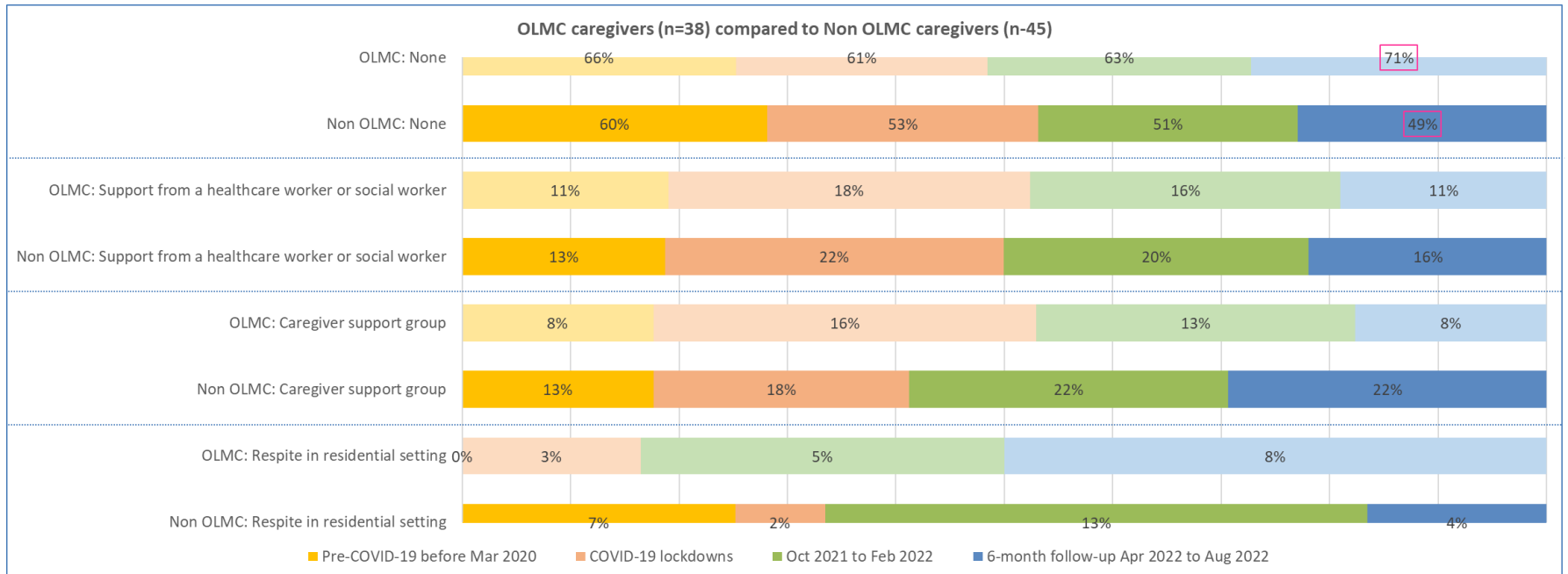
Note: Statistically significant differences are outlined with a pink border.

**Figure 6: Percentages of care recipients receiving external care and support**



Note : None of the differences were statistically significant

**Figure 7: Percentages of caregivers receiving support for themselves**



Note: Statistically significant differences are outlined with a pink border