

“Caring is no accident” Carer experiences of falls and other adverse events

Ms Claudia Meyer¹
Prof. Keith Hill^{1,2}
Dr Belinda Binley³
Ms Kirsten Moore¹
Dr Briony Dow¹
Ms Amanda Bingham¹
Ms Carolyne Jones¹

¹ National Ageing Research Institute, Melbourne, Victoria
² Musculoskeletal Research Centre, LaTrobe University and Northern Health, Bundoora, Victoria
³ DHS Stroke Clinical Network, Ballarat Health Services, Queen Elizabeth Centre, Ballarat, Victoria



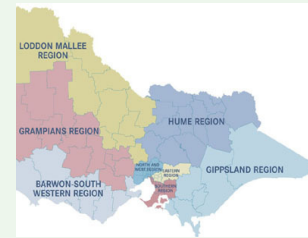
Funded by: The Australian Government
Department of Health and Ageing



Falls are common
among older people



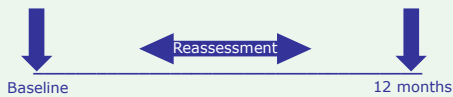
??? Impact upon
carer



MECWA
For Ageing, Disability, Dementia, Support



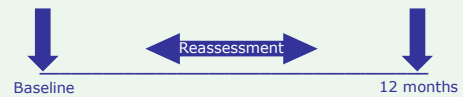
Methodology



- Falls risk assessment (FROP-Com) (CR)
- Modified Barthel Index (CR & CG)
- Medical Outcomes Survey Short Form 36 (SF-36) (CR)
- Geriatric Depression Scale (GDS) (CR & CG)
- Assessment of Quality of Life (AQoL) (CR & CG)
- DEMMI (CR)
- Baseline carer demographic survey (CG)
- Zarit Carer Burden Interview (CG)
- Lawton Instrumental Activities of Daily Living (CR)



Methodology



- Falls risk assessment (FROP-Com) (CR)
- Modified Barthel Index (CR & CG)
- Medical Outcomes Survey Short Form 36 (SF-36) (CR)
- Geriatric Depression Scale (GDS) (CR & CG)
- Assessment of Quality of Life (AQoL) (CR & CG)
- DEMMI (CR)
- Baseline carer demographic survey (CG)
- Zarit Carer Burden Interview (CG)
- Lawton Instrumental Activities of Daily Living (CR)



Demographic data

Carers

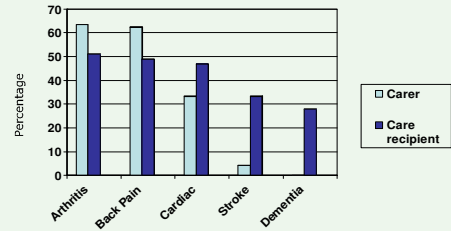
- 85% spousal
- 69% female
- Age range 45 – 95 yrs (average age = 72 yrs)
- No. of yrs caring 1 month to 38 years

Care recipients

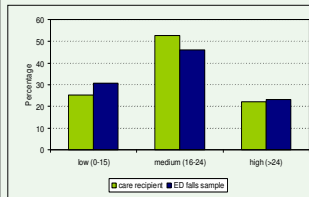
- 62.5% male
- Average age = 78 yrs
- Mean number of health problems = 4.6 conditions



Health concerns



Falls risk for care recipients



CURRENT STUDY

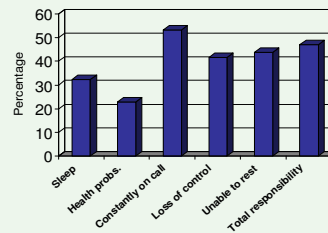
Average score is 20

Range is 8-40

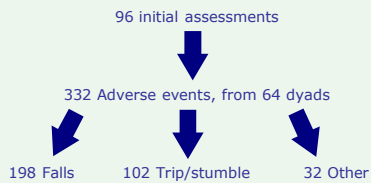
Maximum score is 63



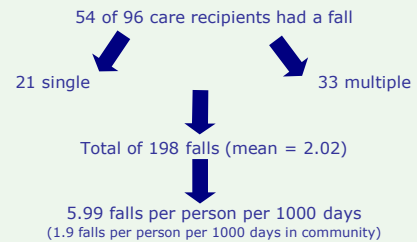
Issues facing carers



Reassessment



Falls data



t-test analysis to first fall

	Baseline - mean (sd)	Post first fall - mean (sd)	P value
Modified Barthel Index (CR)	17.4 (3.0)	16.7 (4.2)	0.041
Modified Barthel Index (CG)	19.7 (0.6)	19.7 (0.7)	1.000
SF-36 Total Physical Score (CR)	46.4 (10.9)	46.6 (10.0)	0.994
SF-36 Total Mental Score (CR)	48.3 (8.9)	48.8 (9.9)	0.648
Lawton-Brody IADL (CR)	3.6 (2.2)	3.5 (2.4)	0.473
Zarit Burden Interview (CG)	24.2 (14.2)	27.6 (14.5)	0.000
Geriatric Depression Scale (CG)	3.3 (2.3)	3.0 (2.2)	0.193
Assessment of Quality of Life (CG)	9.8 (4.6)	10.4 (4.8)	0.148



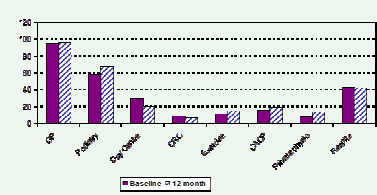
Transition to respite care



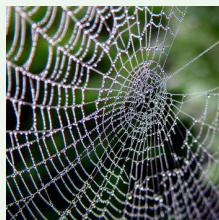
Impact on carers



Health service utilisation



In conclusion...



Thankyou

c.meyer@nari.unimelb.edu.au

