

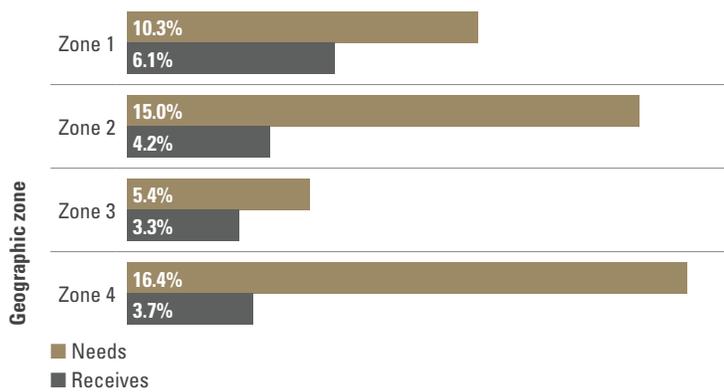
# 17 QUEBEC FIRST NATIONS: HOME CARE

Chapter 17 of the Quebec First Nations Regional Health Survey (RHS 2008) presents data about home health care needs and reported usage of services. Home health care users and informal caregivers are profiled and placement in long-term care facilities is addressed. This is a summary of the information included in Chapter 17. Therefore, it does not include all the knowledge covered by the survey, and may be open to different interpretations. To have a complete understanding of the results, the reader is invited to consult the entire chapter.

## Service needs and usage

Based on the results of the RHS 2008, 11.2% of adults reported a need for home health services due to their physical condition or health problems while 5.2% reported receiving these services. Service needs increased with age as did their use, although there is a gap between reported needs and use across all age groups. As Figure 1 shows, declared service needs are particularly important in the communities of zone 2 and 4.<sup>1,2</sup>

**Figure 1: Proportion of adults aged 18 and up who believe that they need home health services vs. those who actually receive them, based on geographic zone (N = 19,068)**



Regardless of the type of service needed, data collected shows a gap between perceived needs and service usage. A high degree of variance between perceived needs and usage was shown between types of services. People who perceived a need for care from a nurse received that service at a rate of 63.8%.

## Beneficiaries

The majority (66.3%) of beneficiaries are 65 years or older and the remaining 33.7% are distributed between people aged 18 years to 64 years. Proportionally, more women than men receive home care: they represent 57.1% of beneficiaries. In addition, the results show that about one third (35.8%) of the home care beneficiaries reported using a First Nations language in daily life. Sixty eight percent (67.6%) of beneficiaries indicated having a household income under \$40,000, 43.7% of which earn less than \$20,000. Primary and/or high school educations were incomplete for 75.5% of beneficiaries.

Based on the results of the survey, 11.9% of home care beneficiaries see their general health condition as poor. From a general perspective, 38.2% of the beneficiaries see their health condition as fair, 32.9% as good, 11.4% as very good and 5.5% as excellent. Since the previous year, 53.2% of beneficiaries reported that their health condition was about the same, 27.9% indicated that it was somewhat "worse" or "much worse," and 18.9% reported that it was somewhat "better" or "much better."

Over three quarters (78.1%) of home health care users have reported having two or more chronic health conditions. 65.6% reported limitations to their domestic, professional or other activities as a result of physical, mental or health challenges. Among individuals who said that they need home care services but don't receive them, 17.4% are often limited in their activities. Little over one in ten beneficiaries (13.3%) reported suffering from injuries over the 12 months before the survey, while nearly one third (27.8%) were hospitalized over the last 12 months.

Using the eight aspects of the Health Utilities Index (Éco-Santé Québec, 2010) beneficiaries are shown to have a significantly worse health condition than non-beneficiaries. However, no significant difference in psychological distress is shown between these two groups.

### <sup>1</sup> Geographic zone

Degree of geographic isolation is based on a zone system developed by Indigenous and Northern Affairs Canada (INAC).

Zone 1: The community is located less than 50 km from a service centre with year-round road access.

Zone 2: The community is located between 50 km and 350 km from a service centre with year-round road access.

Zone 3: The community is located over 350 km from a service centre with year-round road access.

Zone 4: The community has no year-round road access to a service centre.

Service centre: The nearest location where the community members must go in order to access service providers, banks and governmental services.

<sup>2</sup> The ratio of "needs" versus "receives" in Zone 1 may be skewed by the presence of both local elders and relocated elders in this Zone

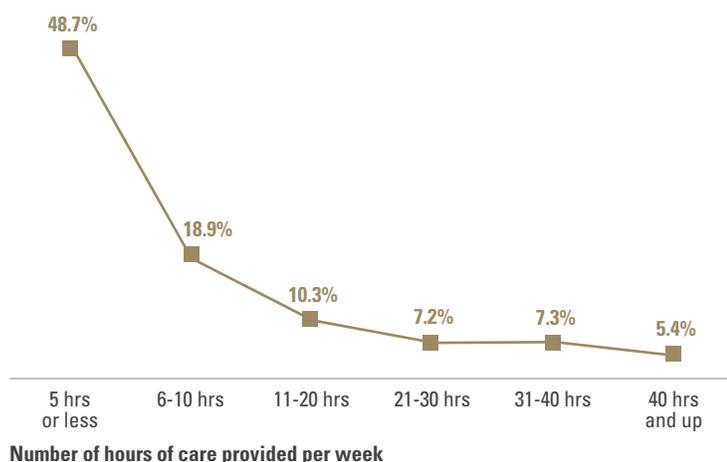
## Informal Caregivers

“Informal caregivers are individuals who provide care and support to a close or distant family member, a friend, a neighbour or anyone who needs help. Informal caregivers bring individual support to accomplish tasks or activities on a daily, weekly, monthly or seasonal basis, without compensation.” [free translation] (FNQLHSSC, 2006, p. 25).

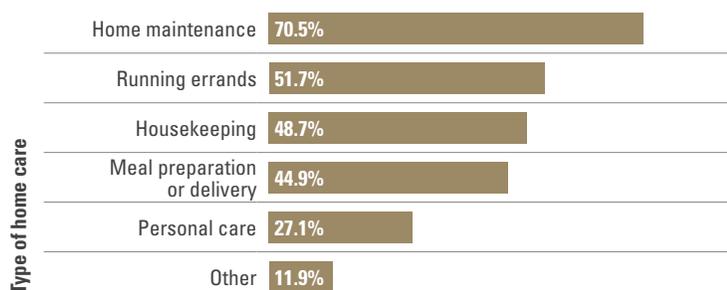
Nearly half (48.5%) of home caregivers in this study are aged between 35 and 54, followed by 18-34 (31.2%). A First Nations language is spoken by 24.7% while others speak English and/or French (75.3%). 40.7% of home caregivers completed high school or a higher education degree while more than half did not finish primary or high school education (56.8%). Little more than half (56.6%) of caregivers are women and 47.9% occupy a wage earning job.

The number of hours and types of homecare offered are represented by Figures 2 and 3:

**Figure 2: Number of home care hours provided by informal caregivers per week (N=2,746)**



**Figure 3: Type of care provided by informal caregivers<sup>3</sup> (N=2,746)**



<sup>3</sup> Multiple answers are possible, more than one type of care can be reported.

## Placement in long-term care facilities

A great number of First Nations communities have no long-term care facilities. Housing services or centres for elders exist in 34.8% of communities. The relocation of elder family members for placement outside the community is experienced by 9.1% of adult respondents. The median age of placement is 68.

## Conclusions

Fewer than half of the beneficiaries who reported a need for home care receive these services. The majority of those in need are elders, while informal caregivers, including family members, are generally younger than the beneficiaries. Nearly one third of informal caregivers provide eleven hours or more of care per week, with 5.4% of informal caregivers working a minimum of 40 hours per week. It should be noted that individuals living in remote communities may have less access to services. In fact, elders in need of long-term placement from remote communities are often moved outside their community to provincial facilities.

This summary provides an overview of Chapter 17 of the Quebec First Nations Regional Health Survey. For more details on the survey results, the full chapter is available at the following link: <https://www.cssspnql.com/docs/centre-de-documentation/chapitre-17-soins-et-services-à-domicile-eng.pdf?sfvrsn=2>



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COMMISSION