

***First Nations Regional Longitudinal
Health Survey (RHS) 2002/03***

Report on First Nations' Homecare

Prepared by the First Nations Centre at NAHO, on behalf of the
First Nations Information Governance Committee

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Introduction

This report provides a national, statistical portrait of the home care situation in First Nations communities. The report will provide a brief overview of home modification need and the role of family assistance in homecare needs, gender and age difference in home care requirements

Results are derived from personal interviews with 10,962 First Nations adults (18 years and older) living in 238 First Nations communities across Canada. These questionnaires were completed as part of the 2002/03 First Nations Regional Longitudinal Health Survey (RHS).¹ Additional RHS results, with more detailed background information, is available in the report: *First Nations Regional Longitudinal Health Survey (RHS) 2002/03: Results for Adults, Youth and Children Living in First Nations Communities*.²

Overview on homecare needs and use among First Nations

Overall, 8.0% of the First Nations adult population requires some modifications to their home (installation of ramps, handholds and bathroom modification, etc.) and 14.8% have some form of family assistance in their homecare needs. Women were more likely than men (9.9% vs. 6.1%) to need modifications made to their home and to receive home care assistance from a family member (7.7% vs. 5.0%).

Table 1 presents the types of assistance First Nations adults require and receive in their daily lives. Home maintenance and light housekeeping were the highest reported need. A smaller proportion required palliative care, personal care, care from a nurse, and prepared meals (or delivered).

Table 1. Proportion of First Nations requiring and receiving varying types of assistance in their daily lives.

Type of assistance needed	Need	Receiving
Home maintenance	15.4%	26.5%
Light housekeeping	9.5%	48.7%
Care from a nurse	3.4%	67.1%
Palliative care	0.6%	*
Personal care	2.4%	58.5%
Meals prepared or delivered	2.8%	51.6%
One or more services	17.5%	

Note: Proportion receiving is based on those needing that particular service

*value suppressed due to small cell size

Individual factors related to homecare needs and use

Women were more likely than men to require (21.4% vs. 13.9%) or be receiving (8.8% vs. 5.8%) one or more services. Women are also more likely to require help with light housekeeping (11.5% vs. 7.5%) and home maintenance (18.2% vs. 12.6%). There were no significant gender differences in the proportion receiving the specific care they needed among the different types of assistance mentioned.

As seen in Table 2, the need for these types of assistance is generally most pronounced in the older age groups. Likewise, older First Nations adults were more likely to require modifications in their home.

¹ Additional information about the survey and other reports are available at www.naho.ca/fnc/rhs.

² See chapter 3 “Housing” of the *First Nations Regional Longitudinal Health Survey: Report for Adults, Youth and Children Living in First Nations Communities* (http://www.naho.ca/firstnations/english/documents/RHS2002-03TechnicalReport_001.pdf)

Table 2. Proportion needing homecare services age group

Type of assistance needed	Age group				
	18-29	30-39	40-49	50-59	60+
Home maintenance	8.2%	11.3%	11.7%	25.3%	40.0%
Light housekeeping	3.1%	3.7%	5.7%	16.6%	38.7%
Care from a nurse	*	*	1.7%	6.1%	16.6%
Palliative care	*	*	*	*	*
Personal Care	1.5%	*	*	2.4%	9.9%
Meals prepared or delivered	1.0%	*	*	4.0%	13.6%
One or more services needed	8.9%	11.9%	13.6%	30.4%	47.7%
One or more services received	2.8%	2.6%	3.3%	9.8%	34.2%
Need for home modifications	2.0%	3.8%	5.1%	16.7%	29.4%

*value suppressed due to small cell size

In general, the type of assistance needed or the proportion of assistance fulfilled was not related to community size, isolation status, or the health transfer status of the community of residence. However, as seen in Table 3, individuals who rated themselves in fair or poor health were much more likely to report the need for assistance in the home.

Table 3. Proportion needing homecare services by self reported health

Type of assistance needed	Reported health		
	Very good or excellent	Good	Fair or poor
Home maintenance	8.6%	12.8%	33.5%
Light housekeeping	3.7%	6.6%	26.0%
Care from a nurse	0.9%	1.6%	11.6%
Palliative care	*	*	1.4%
Personal care	1.3%	1.3%	7.0%
Meals prepared or delivered	1.3%	1.1%	9.3%
One or more services needed	9.9%	14.5%	38.2%
One or more services received	3.8%	5.8%	16.9%
Need for home modifications	2.7%	4.6%	16.5%

As seen in Table 4, individuals with medical conditions are more likely to require assistance. Overall, those with one or more of the medical conditions listed are 3.7 times as likely to report that they need homecare services and 6.7 times as likely to receive services.

Table 4. Proportion needing or receiving homecare services by medical condition

Type of condition	One or more services	Those without condition	Those with condition	Ratio
Musculoskeletal	Needed	11.0%	36.1%	3.3
	Received	3.9%	16.7%	4.3
Respiratory	Needed	16.2%	28.0%	1.7
	Received	6.7%	11.8%	1.8
Vision & hearing	Needed	14.3%	38.5%	2.7
	Received	4.8%	23.3%	4.9
Neurological	Needed	16.4%	35.2%	2.1
	Received	6.8%	13.9%	2.0
Cardiovascular	Needed	13.2%	38.4%	2.9
	Received	4.6%	20.0%	4.3
Infectious	Needed	16.8%	35.7%	2.1
	Received	6.8%	18.9%	2.8
Any condition	Needed	7.2%	26.5%	3.7
	Received	1.8%	12.0%	6.7

Musculoskeletal conditions include arthritis, chronic back pain, rheumatism, and osteoporosis.

Respiratory conditions include asthma, chronic bronchitis, and emphysema.

Vision and hearing conditions include cataracts, blindness, serious vision problems, glaucoma, and hearing impairment.

Neurological conditions include epilepsy, psychological or nervous disorders, cognitive or mental disability, ADHD/ADD, or learning disability.

Cardiovascular conditions include heart disease high blood pressure, and effects of stroke.

Infectious diseases include HIV/AIDS, tuberculosis, hepatitis, and diabetes.

Community and housing factors related to homecare needs and use

In general, the type of assistance needed or the proportion of assistance fulfilled is not related to community size, isolation status, or the health transfer status of the community of residence. Likewise, there were no significant trends related to home ownership (rental or owned) or whether the participant lived in band-owned housing or not.

However, First Nations living in household requiring major repairs were more likely to require one more services or need modifications done on their home (Table 5).

Table 5. Proportion needing homecare services by household repair need

Type of assistance needed	Type of household repair needed			
	Major	Minor	Reg. maint.	None
Home maintenance	21.7%	17.1%	8.0%	8.4%
Light housekeeping (ns)	12.1%	9.2%	7.7%	7.6%
Care from a nurse (ns)	4.9%	3.8%	1.4%	2.4%
Palliative care	*	*	*	*
Personal care (ns)	3.0%	2.3%	1.5%	*
Meals prepared or delivered (ns)	3.8%	2.7%	1.8%	*
One or more services needed	23.8%	18.5%	11.1%	11.7%
One or more services received (ns)	8.4%	7.7%	6.0%	5.3%
Need for home modifications	11.7%	7.9%	4.2%	6.4%

Notes: ns = not statistically significant (overlapping 95% CIs); values in bold are statistically different; *values are suppressed due to small cell size

Summary

- Nearly one in ten (8.0%) First Nations adults, requires some type of modification to their home (such as installations of ramps, handholds and bathroom modification to their homes).
- Older First Nations adults were more likely to require modifications in their home.
- First Nations women were more likely than their male counterparts (9.9% vs. 6.1%) to require modifications made to their home.
- More than one in six (14.8%) First Nations adults are receiving (homecare) assistance from an immediate family member.
- First Nations women vs. men were more likely to receive home care assistance from an immediate family member: 7.7% vs. 5.0%.
- Home maintenance and light housekeeping were the highest reported need among First Nations adults.
- First Nations who rated themselves to be in fair or poor health were much more likely to report the need for assistance in the home.
- First Nations with medical conditions are more likely to require homecare assistance. Those with one or more medical conditions are 3.7 times likely to report that they need homecare services and 6.7 times as likely to be receiving services.
- First Nations living in households requiring major repairs are more likely to require assistance (one or more services) and, in particular, help with home maintenance.