

## HOME CARE SURVEY

# Profile of patients



**Community**  
Fredericton



**Zone 3**  
Fredericton and  
River Valley Area



**Province**  
New Brunswick

## Citizens receiving publicly funded home care services (Extra-Mural Program or home support services, or both)

### ★ Quality of life

Perceived health, very good or excellent %   2021	8.9	7.8	7.8
Perceived mental health, very good or excellent %   2021	21.1	19.9	20.4
COVID-19 had a negative impact on mental health %   2021	59.6	55.6	56.7

### 🧑 Prevalence of chronic health conditions (physical health)

Arthritis %   2021	45.5	45.7	44.8
Asthma %   2021	20.2	19.5	17.8
Chronic pain %   2021	29.3	29.1	31.0
Emphysema/COPD %   2021	16.1	19.2	17.5
Cancer %   2021	26.6	25.8	23.6
Diabetes %   2021	26.2	31.4	31.6
Heart disease %   2021	33.5	33.4	30.8
Stroke %   2021	12.9	12.9	12.4
High blood pressure %   2021	50.1	52.0	52.9
Gastric reflux %   2021	24.8	23.9	24.5
High cholesterol %   2021	23.8	26.7	28.4

<b>Community Fredericton</b>	<b>Zone 3 Fredericton and River Valley Area</b>	<b>Province New Brunswick</b>
----------------------------------	---------------------------------------------------------	-----------------------------------

### **Prevalence of chronic health conditions (mental health)**

Depression %   2021	22.7	21.5	22.7
Anxiety %   2021	22.8	19.7	23.9
Mood disorder (other than depression) %   2021	4.5	3.4	4.7

### **Prevalence of chronic health conditions (memory)**

Alzheimer's disease or another form of dementia %   2021	7.5	8.5	7.1
----------------------------------------------------------	-----	-----	-----

### **Management of chronic health conditions**

Confidence in managing their health condition, very confident %   2021	12.8	14.9	13.9
COVID-19 had a negative impact on ability to manage their health condition %   2021	45.6	41.6	42.4

### **Care received from family and friends in the last 2 months**

Lives alone %   2021	41.0	36.4	39.2
A friend, family member or volunteer helped them with their home care in the last 2 months %   2021	66.2	64.9	62.4

### **Family caregivers who have helped the most**

A friend %   2021	17.8	16.3	16.1
Grandson or granddaughter %   2021	6.6	8.9	8.1
Husband, wife or common-law partner %   2021	40.4	45.4	41.5
Mother or father %   2021	6.1	6.2	6.2
Son or daughter %   2021	53.2	49.5	51.1
Volunteer %   2021	S	1.5	1.7
Another family member (other than the ones previously listed) %   2021	14.0	15.0	16.5

### **Frequency of help received from family caregivers**

Every day %   2021	57.8	64.0	59.0
--------------------	------	------	------

	<b>Community Fredericton</b>	<b>Zone 3 Fredericton and River Valley Area</b>	<b>Province New Brunswick</b>
A few times a week %   2021	<b>22.3</b>	<b>20.1</b>	<b>22.7</b>
Once a week %   2021	<b>11.1</b>	<b>8.5</b>	<b>9.5</b>
2 or 3 times a month %   2021	<b>8.7</b>	<b>8.6</b>	<b>8.6</b>
Once a month %   2021	<b>3.6</b>	<b>3.2</b>	<b>2.8</b>
Only once in the last 2 months %   2018	<b>3.2</b>	<b>2.4</b>	<b>1.8</b>

## Clients receiving home support services (housekeeping, meal preparation, ...)

### ★ Quality of life

Perceived health, very good or excellent %   2021	<b>8.7</b>	<b>7.3</b>	<b>6.7</b>
Perceived mental health, very good or excellent %   2021	<b>16.5</b>	<b>16.3</b>	<b>16.2</b>
COVID-19 had a negative impact on mental health %   2021	<b>59.1</b>	<b>59.3</b>	<b>61.1</b>

### Prevalence of chronic health conditions (physical health)

Arthritis %   2021	<b>54.3</b>	<b>54.9</b>	<b>52.9</b>
Asthma %   2021	<b>26.9</b>	<b>21.0</b>	<b>20.6</b>
Chronic pain %   2021	<b>38.2</b>	<b>35.2</b>	<b>38.4</b>
Emphysema/COPD %   2021	<b>17.2</b>	<b>16.5</b>	<b>16.4</b>
Cancer %   2021	<b>13.1</b>	<b>17.6</b>	<b>16.8</b>
Diabetes %   2021	<b>28.4</b>	<b>31.8</b>	<b>32.7</b>
Heart disease %   2021	<b>31.3</b>	<b>34.7</b>	<b>30.6</b>
Stroke %   2021	<b>14.6</b>	<b>16.2</b>	<b>14.3</b>
High blood pressure %   2021	<b>51.6</b>	<b>55.8</b>	<b>56.4</b>
Gastric reflux %   2021	<b>32.0</b>	<b>29.7</b>	<b>28.9</b>
High cholesterol %   2021	<b>20.6</b>	<b>28.1</b>	<b>29.9</b>

<b>Community Fredericton</b>	<b>Zone 3 Fredericton and River Valley Area</b>	<b>Province New Brunswick</b>
----------------------------------	---------------------------------------------------------	-----------------------------------

### Prevalence of chronic health conditions (mental health)

Depression %   2021	38.4	30.7	30.9
Anxiety %   2021	34.4	25.3	31.0
Mood disorder (other than depression) %   2021	10.4	6.0	8.2

### Prevalence of chronic health conditions (memory)

Alzheimer's disease or another form of dementia %   2021	9.2	12.2	9.9
----------------------------------------------------------	-----	------	-----

### Management of chronic health conditions

Confidence in managing their health condition, very confident %   2021	14.3	15.9	11.8
COVID-19 had a negative impact on ability to manage their health condition %   2021	44.8	43.3	46.8

### Care received from family and friends in the last 2 months

Lives alone %   2021	65.7	60.0	58.9
A friend, family member or volunteer helped them with their home care in the last 2 months %   2021	56.6	59.4	56.1

### Family caregivers who have helped the most

A friend %   2021	22.5	18.0	16.2
Grandson or granddaughter %   2021	8.2	11.5	9.7
Husband, wife or common-law partner %   2021	16.5	17.7	17.5
Mother or father %   2021	12.0	10.3	9.9
Son or daughter %   2021	57.9	57.7	59.3
Volunteer %   2012	0.0	S	1.2
Another family member (other than the ones previously listed) %   2021	15.6	18.7	19.9

### Frequency of help received from family caregivers

Every day %   2021	50.1	55.7	45.7
--------------------	------	------	------

	<b>Community Fredericton</b>	<b>Zone 3 Fredericton and River Valley Area</b>	<b>Province New Brunswick</b>
A few times a week %   2021	<b>29.1</b>	<b>22.5</b>	<b>26.2</b>
Once a week %   2021	<b>12.4</b>	<b>9.2</b>	<b>11.8</b>
2 or 3 times a month %   2021	<b>7.5</b>	<b>9.4</b>	<b>11.4</b>
Once a month %   2021	<b>S</b>	<b>4.5</b>	<b>4.0</b>
Only once in the last 2 months %   2021	<b>S</b>	<b>2.2</b>	<b>2.1</b>

## Patients receiving services from the Extra-Mural Program (nursing, physiotherapy, ...)

### ★ Quality of life

Perceived health, very good or excellent %   2021	<b>8.3</b>	<b>7.6</b>	<b>7.9</b>
Perceived mental health, very good or excellent %   2021	<b>22.2</b>	<b>21.3</b>	<b>22.1</b>
COVID-19 had a negative impact on mental health %   2021	<b>59.8</b>	<b>53.3</b>	<b>54.3</b>



### Prevalence of chronic health conditions (physical health)

Arthritis %   2021	<b>41.4</b>	<b>43.2</b>	<b>42.1</b>
Asthma %   2021	<b>18.1</b>	<b>18.9</b>	<b>16.9</b>
Chronic pain %   2021	<b>26.1</b>	<b>28.2</b>	<b>28.5</b>
Emphysema/COPD %   2021	<b>16.5</b>	<b>20.5</b>	<b>19.0</b>
Cancer %   2021	<b>31.0</b>	<b>28.3</b>	<b>26.4</b>
Diabetes %   2021	<b>25.4</b>	<b>31.3</b>	<b>31.4</b>
Heart disease %   2021	<b>35.2</b>	<b>33.7</b>	<b>31.9</b>
Stroke %   2021	<b>12.1</b>	<b>12.8</b>	<b>12.2</b>
High blood pressure %   2021	<b>48.6</b>	<b>50.9</b>	<b>51.8</b>
Gastric reflux %   2021	<b>21.5</b>	<b>21.8</b>	<b>22.8</b>
High cholesterol %   2021	<b>23.5</b>	<b>25.5</b>	<b>27.0</b>

<b>Community</b> Fredericton	<b>Zone 3</b> Fredericton and River Valley Area	<b>Province</b> New Brunswick
---------------------------------	-------------------------------------------------------	----------------------------------

### Prevalence of chronic health conditions (mental health)

Depression %   2021	16.5	17.4	18.8
Anxiety %   2021	18.5	17.6	20.7
Mood disorder (other than depression) %   2021	1.9	2.1	2.6

### Prevalence of chronic health conditions (memory)

Alzheimer's disease or another form of dementia %   2021	7.5	7.7	6.4
----------------------------------------------------------	-----	-----	-----

### Management of chronic health conditions

Confidence in managing their health condition, very confident %   2021	11.1	14.2	14.3
COVID-19 had a negative impact on ability to manage their health condition %   2021	45.5	40.5	40.0

### Care received from family and friends in the last 2 months

Lives alone %   2021	32.2	28.9	30.3
A friend, family member or volunteer helped them with their home care in the last 2 months %   2021	72.3	68.3	66.4

### Family caregivers who have helped the most

A friend %   2021	17.1	16.6	16.0
Grandson or granddaughter %   2021	6.0	8.6	7.8
Husband, wife or common-law partner %   2021	46.8	52.6	49.0
Mother or father %   2021	4.4	4.4	4.5
Son or daughter %   2021	52.7	48.6	49.8
Volunteer %   2015	0.0	S	0.4
Another family member (other than the ones previously listed) %   2021	14.3	14.8	15.7

### Frequency of help received from family caregivers

Every day %   2021	60.5	67.5	64.7
--------------------	------	------	------

	<b>Community Fredericton</b>	<b>Zone 3 Fredericton and River Valley Area</b>	<b>Province New Brunswick</b>
A few times a week %   2021	<b>21.9</b>	<b>19.3</b>	<b>21.0</b>
Once a week %   2021	<b>11.4</b>	<b>8.4</b>	<b>8.6</b>
2 or 3 times a month %   2021	<b>8.7</b>	<b>7.9</b>	<b>7.3</b>
Once a month %   2021	<b>2.7</b>	<b>2.4</b>	<b>2.1</b>
Only once in the last 2 months %   2021	<b>S</b>	<b>1.4</b>	<b>1.2</b>

## About this Table

### Content and description

Data about the demographics of citizens receiving home care services in New Brunswick. Topics include self-reported health, chronic health conditions, and care received from family and friends.

Data is organized by 3 categories: (1) all citizens receiving home care services whose costs are being entirely or partially covered by public funds, (2) patients receiving services from the Extra-Mural Program, and (3) clients receiving home support services.

### Why it is important

By better understanding the demographic context of citizens receiving home care services in New Brunswick, we can better understand their characteristics and needs, thus provide more citizen-centred care.

### Availability of the data

The information for this data table is available at different geographical levels as well as by demographic groups. More information is available on our [Home Care Survey page](#).

### Note about 2021 data

Results from the 2021 edition of the Home Care Survey should be interpreted in the context of the COVID-19 pandemic. Since March 2020, our health care system has adapted and evolved to respond to COVID-19, which includes home care services providers.

---

### Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size

 Above-average performance

 Below-average performance