

## HOME CARE SURVEY

## Profile of patients


**Zone 5**  
Restigouche 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	7.6	7.8
Perceived mental health, very good or excellent %   2021	22.5	20.4
COVID-19 had a negative impact on mental health %   2021	51.6	56.7

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

Arthritis %   2021	52.3	44.8
Asthma %   2021	20.4	17.8
Chronic pain %   2021	32.4	31.0
Emphysema/COPD %   2021	19.0	17.5
Cancer %   2021	16.2	23.6
Diabetes %   2021	30.1	31.6
Heart disease %   2021	33.9	30.8
Stroke %   2021	16.5	12.4
High blood pressure %   2021	62.5	52.9
Gastric reflux %   2021	24.7	24.5
High cholesterol %   2021	34.4	28.4

**Zone 5**  
Restigouche Area

**Province**  
New Brunswick

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

Depression %   2021	22.7	22.7
Anxiety %   2021	28.7	23.9
Mood disorder (other than depression) %   2021	6.9	4.7

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

Alzheimer's disease or another form of dementia %   2021	4.7	7.1
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### **Management of chronic health conditions**

Confidence in managing their health condition, very confident %   2021	13.4	13.9
COVID-19 had a negative impact on ability to manage their health condition %   2021	41.8	42.4

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

Lives alone %   2021	44.4	39.2
A friend, family member or volunteer helped them with their home care in the last 2 months %   2021	56.1	62.4

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

A friend %   2021	11.6	16.1
Grandson or granddaughter %   2021	7.8	8.1
Husband, wife or common-law partner %   2021	36.9	41.5
Mother or father %   2021	5.8	6.2
Son or daughter %   2021	52.0	51.1
Volunteer %   2021	S	1.7
Another family member (other than the ones previously listed) %   2021	15.4	16.5

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

Every day %   2021	60.3	59.0
A few times a week %   2021	25.8	22.7

	<b>Zone 5 Restigouche Area</b>	<b>Province New Brunswick</b>
Once a week %   2021	<b>8.7</b>	<b>9.5</b>
2 or 3 times a month %   2021	<b>4.7</b>	<b>8.6</b>
Once a month %   2021	<b>2.7</b>	<b>2.8</b>
Only once in the last 2 months %   2021	<b>S</b>	<b>1.4</b>

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

### ★ Quality of life

Perceived health, very good or excellent %   2021	<b>4.9</b>	<b>6.7</b>
Perceived mental health, very good or excellent %   2021	<b>14.9</b>	<b>16.2</b>
COVID-19 had a negative impact on mental health %   2021	<b>54.2</b>	<b>61.1</b>

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

Arthritis %   2021	<b>54.5</b>	<b>52.9</b>
Asthma %   2021	<b>23.8</b>	<b>20.6</b>
Chronic pain %   2021	<b>37.7</b>	<b>38.4</b>
Emphysema/COPD %   2021	<b>19.1</b>	<b>16.4</b>
Cancer %   2021	<b>16.3</b>	<b>16.8</b>
Diabetes %   2021	<b>27.6</b>	<b>32.7</b>
Heart disease %   2021	<b>31.6</b>	<b>30.6</b>
Stroke %   2021	<b>16.2</b>	<b>14.3</b>
High blood pressure %   2021	<b>58.7</b>	<b>56.4</b>
Gastric reflux %   2021	<b>31.1</b>	<b>28.9</b>
High cholesterol %   2021	<b>34.3</b>	<b>29.9</b>

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

	<b>Zone 5 Restigouche Area</b>	<b>Province New Brunswick</b>
Depression %   2021	<b>24.5</b>	<b>30.9</b>
Anxiety %   2021	<b>35.7</b>	<b>31.0</b>
Mood disorder (other than depression) %   2021	<b>9.8</b>	<b>8.2</b>
<b> Prevalence of chronic health conditions (memory)</b>		
Alzheimer's disease or another form of dementia %   2021	<b>4.3</b>	<b>9.9</b>
<b> Management of chronic health conditions</b>		
Confidence in managing their health condition, very confident %   2021	<b>11.3</b>	<b>11.8</b>
COVID-19 had a negative impact on ability to manage their health condition %   2021	<b>49.1</b>	<b>46.8</b>
<b> Care received from family and friends in the last 2 months</b>		
Lives alone %   2021	<b>60.7</b>	<b>58.9</b>
A friend, family member or volunteer helped them with their home care in the last 2 months %   2021	<b>46.7</b>	<b>56.1</b>
<b> Family caregivers who have helped the most</b>		
A friend %   2021	<b>12.9</b>	<b>16.2</b>
Grandson or granddaughter %   2021	<b>7.7</b>	<b>9.7</b>
Husband, wife or common-law partner %   2021	<b>14.7</b>	<b>17.5</b>
Mother or father %   2021	<b>12.9</b>	<b>9.9</b>
Son or daughter %   2021	<b>61.3</b>	<b>59.3</b>
Volunteer %   2021	<b>S</b>	<b>2.4</b>
Another family member (other than the ones previously listed) %   2021	<b>21.1</b>	<b>19.9</b>
<b> Frequency of help received from family caregivers</b>		
Every day %   2021	<b>42.3</b>	<b>45.7</b>
A few times a week %   2021	<b>33.4</b>	<b>26.2</b>
Once a week %   2021	<b>9.4</b>	<b>11.8</b>

	<b>Zone 5 Restigouche Area</b>	<b>Province New Brunswick</b>
2 or 3 times a month %   2021	<b>8.0</b>	<b>11.4</b>
Once a month %   2021	<b>5</b>	<b>4.0</b>
Only once in the last 2 months %   2021	<b>0.0</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>8.4</b>	<b>7.9</b>
Perceived mental health, very good or excellent %   2021	<b>27.6</b>	<b>22.1</b>
COVID-19 had a negative impact on mental health %   2021	<b>47.9</b>	<b>54.3</b>

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

Arthritis %   2021	<b>49.7</b>	<b>42.1</b>
Asthma %   2021	<b>20.4</b>	<b>16.9</b>
Chronic pain %   2021	<b>28.0</b>	<b>28.5</b>
Emphysema/COPD %   2021	<b>20.2</b>	<b>19.0</b>
Cancer %   2021	<b>16.5</b>	<b>26.4</b>
Diabetes %   2021	<b>30.8</b>	<b>31.4</b>
Heart disease %   2021	<b>37.4</b>	<b>31.9</b>
Stroke %   2021	<b>17.7</b>	<b>12.2</b>
High blood pressure %   2021	<b>63.8</b>	<b>51.8</b>
Gastric reflux %   2021	<b>19.8</b>	<b>22.8</b>
High cholesterol %   2021	<b>33.3</b>	<b>27.0</b>

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

Depression %   2021	<b>19.7</b>	<b>18.8</b>
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	<b>Zone 5 Restigouche Area</b>	<b>Province New Brunswick</b>
Anxiety %   2021	<b>22.9</b>	<b>20.7</b>
Mood disorder (other than depression) %   2021	<b>3.3</b>	<b>2.6</b>
<b> Prevalence of chronic health conditions (memory)</b>		
Alzheimer's disease or another form of dementia %   2021	<b>5.2</b>	<b>6.4</b>
<b> Management of chronic health conditions</b>		
Confidence in managing their health condition, very confident %   2021	<b>15.6</b>	<b>14.3</b>
COVID-19 had a negative impact on ability to manage their health condition %   2021	<b>36.6</b>	<b>40.0</b>
<b> Care received from family and friends in the last 2 months</b>		
Lives alone %   2021	<b>32.3</b>	<b>30.3</b>
A friend, family member or volunteer helped them with their home care in the last 2 months %   2021	<b>64.1</b>	<b>66.4</b>
<b> Family caregivers who have helped the most</b>		
A friend %   2021	<b>11.1</b>	<b>16.0</b>
Grandson or granddaughter %   2021	<b>9.4</b>	<b>7.8</b>
Husband, wife or common-law partner %   2021	<b>45.6</b>	<b>49.0</b>
Mother or father %   2012	<b>9.9</b>	<b>7.5</b>
Son or daughter %   2021	<b>50.3</b>	<b>49.8</b>
Volunteer %   2021	<b>S</b>	<b>1.5</b>
Another family member (other than the ones previously listed) %   2021	<b>12.0</b>	<b>15.7</b>
<b> Frequency of help received from family caregivers</b>		
Every day %   2021	<b>69.4</b>	<b>64.7</b>
A few times a week %   2021	<b>21.8</b>	<b>21.0</b>
Once a week %   2021	<b>7.9</b>	<b>8.6</b>
2 or 3 times a month %   2021	<b>4.0</b>	<b>7.3</b>

	Zone 5 Restigouche Area	Province New Brunswick
Once a month %   2018	6.3	2.3
Only once in the last 2 months %   2021	S	1.2

## 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.

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### 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