

## M13 Frailty, clinical, and psychosocial status among old caregivers in Belgium : a case-control study.

<b>Topic</b>	medical
<b>Presentation</b>	oral
<b>Quality project</b>	
<b>First author</b>	Camille Nicolay Hopital Erasme <a href="mailto:camille_nicolay@hotmail.com">camille_nicolay@hotmail.com</a> junior
<b>Other authors</b>	Sandra Higuët ISPPC-Hopital Charleroi  Sandra De Breucker Hopital Erasme
<b>Abstract title</b>	Frailty, clinical, and psychosocial status among old caregivers in Belgium : a case-control study.
<b>Abstract body</b>	<p>But :</p> <p>We compared the frailty, the clinical and psychosocial status of old caregivers with controls (&gt;65). We analyzed the association of frailty status according to Fried's criteria and Rockwood FI with the characteristics of caregivers and controls.</p> <p>Méthode :</p> <p>Eighty-six caregivers and 105 matched controls were included. Frailty was assessed by the Frailty Phenotype (Fried) and the 40-deficit Frailty Index (FI). Social data, SF-12, bADL, iADL, GDS, MNA-SF, Mini-Cog, CIRS-G, Zarit, gait speed, handgrip strength were collected.</p> <p>Résultats :</p> <p>The prevalence of frailty was similar in caregivers and controls with the FI (<math>p=0.479</math>) but higher with the Fried's criteria (<math>p=0.001</math>). Compared with the control group, caregiving was associated with a lower mental quality of life (<math>p</math> In multiple regression, the Fried's criteria of caregivers adjusted for age, gender, marital status and incomes were associated with age, grip strength, physical quality of life, gait speed and nutritional status (<math>R^2=0.79-p&lt;0.0001</math>). FI was associated with depression, use of antidepressants, physical quality of life, cognitive status and ADL (<math>R^2=0.85-p&lt;0.0001</math>).</p> <p>Conclusions :</p> <p>The prevalence of frailty is similar in caregivers and controls when using FI, but higher in caregivers with Fried's criteria. Compared with controls, caregiving is associated with poorer health and psychological issues. While Fried's criteria focus on physical frailty, FI is more related with geriatric syndromes like depression, cognitive disorders, loss of autonomy, and quality of life.</p>