“Consequences of family care for employment and health”

With aging societies, more people will be in need of health-related care provided by their relatives or friends, called family care, also known as unpaid or informal care. However, providing care for a relative or friend can have an impact on other domains of a person’s life.

In this talk, I give an overview of my research on the consequences of family care for employment and health. My analyses are based on longitudinal surveys, retrospective caregiving data, and Dutch register data, and I will explain the rationale behind choosing a certain quantitative analysis method. Further, I will highlight the need for both an enrichment (positive) and conflict (negative) perspective to understand the consequences of family care.