67.94), followed by knee injuries with a mean of 44.77 days (SD 62.03). Low back injuries had the shortest duration with a mean of 27.31 days (SD 45.49). There were different patterns of regional variation within jurisdictions. In three jurisdictions, British Columbia, Manitoba and Ontario, higher CV values were observed for shoulder injuries (10.98, 12.03 and 15.65 respectively) and lower CVs observed for knee injuries (6.34, 9.77, 14.19 respectively). In contrast, in Alberta and Saskatchewan CVs were lower for shoulder injuries (4.47 and 4.92 respectively) and higher for low back injuries in Alberta (CV=8.27) and knee injuries in Saskatchewan (CV=13.49).

Conclusion Findings suggest that variation across regions differs by jurisdiction and injury cohorts. This variation may reflect differences in approaches to treatment for specific injuries across jurisdictions. Further analysis will examine the association between work disability duration and workers’ compensation healthcare utilization and spending in these cohorts.

Psychosocial-1

O-38 'IT’S LIKE JUGGLING, CONSTANTLY TRYING TO KEEP ALL BALLS IN THE AIR': A QUALITATIVE STUDY OF THE SUPPORT NEEDS OF WORKING CAREGIVERS TAKING CARE OF AN OLDER ADULT

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Introduction Many informal caregivers of older adults combine their caregiving tasks with a paid job. Adequate support is important to enable them to combine paid work with caregiving, while maintaining their health and wellbeing. To date, however, knowledge about working caregivers’ support needs is fragmented.

Objectives This study therefore aimed to obtain more insight into support needs of working caregivers of older adults.

Methods We conducted six online semi-structured focus group interviews with in total 25 working caregivers of older adults living at home. Data were complemented with information from seven working caregivers participating in the study’s advisory board. Data were analyzed using inductive and deductive thematic analysis.

Results Six themes related to working caregivers’ needs were identified: 1) Recognition of caregivers including the challenges they face; 2) Attention for caregivers’ health, well-being and ability to cope; 3) Opportunities to share care responsibilities; 4) Help with finding and arranging care and support; 5) Understanding and support from the work environment; and 6) Technological support tailored to the needs and capacities of caregivers and older adults. To address these needs, working caregivers’ suggested several options in multiple domains of life (i.e. work, home life, personal health and wellbeing).

Conclusion To successfully support working caregivers, a multi-faceted approach including actors from multiple settings, is needed.