

Menopause and Occupational Transitions in the Context of Caregiving: A Qualitative Exploration

Location: Canadian

Description: This project explores the menopausal transition and its impact on the daily activities and occupations of caregivers. Individual interviews of approximately 1 hour will be conducted over zoom and transcripts will be analyzed to identify themes. The project is open to all menopausal caregivers across Canada. Researchers are hoping to contribute to increased resources for menopausal caregivers and occupational therapists in better supporting this demographic.

Language: This opportunity is offered in English; however, researchers will try their best to accommodate other languages as they are able.

Eligibility:

- Are at menopause (defined as 12 months after final menstrual cycle) and up to five years post menopause.
- Have not received a hysterectomy or other interventions that induced menopause.
- Are a caregiver to a spouse, parent/in-law, or adult child who has a disability or is chronically ill.
 - A caregiver is defined as someone who assists with any activity [e.g. toileting, dressing, cooking, banking, transportation, etc.] at least once per week for the past 6+ months without financial compensation.

Participant requirements: 1-hour virtual interview scheduled at the interviewee's convenience

Institution: University of Toronto

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