

COMI support group Caregiving & Me!!

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Caregiving

- Today's Content

1. Caregiving & Family Stress
2. Caregiving & Adaptation
3. Transition of caregiving

- Researches

- Zarit & Zarit's works
- American Psychological Association (APA)

A real-life story

Miki & Chuck Paul...

By Heather Stringer: Feb 2017, Vol 48, No. 2

<https://www.apa.org/monitor/2017/02/caregiving-cover>

65 and older

- In 2016
 - ~18 million Americans care for family members who are 65 and older.
- By 2050
 - Older adults are most likely to need intensive support
 - Caregivers will jump to > 30 million
- What about the mentally ill?

([*Families Caring for an Aging America*](#), 2016).

Family Stress & Caregiving

- Many People Develop
 - Physical/mental disabilities over course of life
 - Family is 1st line of defense
- As the result, family members endure
 - Considerable personal sacrifices
 - Financial, physical, mental/emotional

Effects of caregiving

- Family Stress and Adaptation
 - Caregiving is stressful
 - Demand is unprecedented
- Caregivers
 - Many family members
 - Close friends/outside people become caregiver
- A 2016 study: Effects of caregiving
 - Caregivers: vulnerable to high levels of stress/strain
 - Negatively impacts family dynamic
 - Effects are multidimensional

National Alliance for Caregiving & 2 mental health organizations

- Study > 1,600 caregivers of adults
 - W/bipolar disorder, schizophrenia, major depression or other mental illnesses.
 - > 70%: reported high levels of emotional stress
 - > 50% said after diagnosis, difficult to find the right drug dose for their loved ones.
 - 40% found it difficult to take care of their own health.
- About 1/3:
 - Reported medication was effective
 - Difficult getting loved ones to adhere to the medication regimen

([*On Pins and Needles: Caregivers of Adults with Mental Illness*](#) , 2016).

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Negative/Positive Adaptation

Negative Adaptation

- Feeling alone, bitter
- Burnout, even depressed
- Poorer physical, mental health

Positive Adaptation

- Shift from single-person ➔ Team approach
- Social support, coping buffer against stressor
- Requires continuity in the midst of changes
- Facility placement should be considered

Transition of caregiving

When @Home Caregiving is feasible?

- Patient's health condition is stable
- Caregiving has good physical/mental health
- Not a solo-caregiving approach

Transition of caregiving

Future Adaptation to consider

- Patient's physical/mental health deteriorating
- When needs for care is > caregiver's capacity
- Considerations:
 - Caregiver's regular self-care is indispensable
 - Hired helps, involve professionals
 - Group home, independent living facility
 - Convalescent home etc.

Q & A

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wellness



Zero

illness