



CAREGIVER STRESS

The “Hidden Patient”

MEET ETHEL: AGE 107.5 YEARS OLD



MEET HER CAREGIVERS: AGES 84, 49, & 72



WHO ARE THE CAREGIVERS IN THE USA?:

- 44 million Americans (21% of adult pop.)
- 59-75% of are women
- 13% are age 65 or older, the rest are primarily middle-aged
- ~source: Family Caregiver Alliance (2010)



COMPARING MALE AND FEMALE CAREGIVERS

- 82% men have full time jobs
- 70% of women have full time jobs
- Average age of male caregiver is 49, caring for individuals with the average age of 77
- Men are more likely to be a secondary caregiver for mother, and are more likely to be a primary caregiver for a spouse
- 16% of men help with bathing
- 30% of women help with bathing
- Men tend to live farther away than women



WHAT DO WE KNOW ABOUT MALE CAREGIVERS?

- Primarily serve as secondary caregivers for mothers with aging concerns or Alzheimer's disease
- Then serve as primary caregivers for spouses who have Multiple Sclerosis, Cancer, Fibromyalgia, Alzheimer's Disease, Renal or Cardiovascular Disease
- Report stress with finances, social life, self-esteem and self-worth

~ Ginzler (2010)



CAREGIVER THOUGHTS ON STRESS:

- 75% of these caregivers report physical, emotional or financial stress related to care giving
- Approximately 50% report:
 1. increased appreciation for life as a result of being a caregiver
 2. care giving has made them feel good about themselves



SIMPLE CAREGIVER STRESS TEST

- http://www.standrews1.com/resource_center/Caregiver%20Stress%20Quiz.pdf



STRESSED CAREGIVERS EXPRESS:

Frustration

Loneliness

Exhaustion

Guilt



SIDE-AFFECTS OF STRESS:

- Denial
- Anger
- Irritability
- Lack of Concentration
- Sleeplessness
- Exhaustion
- Social Withdrawal
- Depression
- Anxiety
- Health Problems



HEALTH PROBLEMS

- Self-efficacy affects perceived physical health and influences depression symptoms (Au et. al.,2010)
- Female caregivers are less likely to get mammograms, get needed medical care, fill a prescription because of the cost (Women's health gov., 2010)
- Elderly people who felt stressed while taking care of their disabled spouses were 63 percent more likely to die within 4 years than caregivers who were not feeling stressed. (Schulz & Beach, 1999)



INCREASE OF HEALTH RISKS:

- depression or anxiety
- long-term medical problems, such as heart disease, cancer, diabetes, or arthritis
- higher levels of stress hormones
- weaker immune response to the flu vaccine
- slower wound healing
- higher levels of obesity
- may be at higher risk for mental decline, including problems with memory and paying attention



ALZHEIMER'S DISEASE

- 50% of adult caregivers (8.9 million people) care for someone who has dementia (Family Caregiver Alliance, 2010)



ADVICE TO CAREGIVERS FROM ALZHEIMER'S ASSOCIATION

- Be aware of resources
- Learn about disease
- Ask for help
- Accept changes
- Make Legal/financial plans
- Be Realistic
- Give yourself credit, not guilt



MINDFULNESS-BASED STRESS REDUCTION FOR PATIENTS AND CAREGIVERS:

- Parkinson's Disease
- Alzheimer's Disease
- HIV
- Cancer
- Arthritis
- Cardiovascular Health
- Diabetes



MINDFULNESS-BASED STRESS REDUCTION

- <http://www.mindfullivingprograms.com/whatMBSR.php>



HELPFUL LINKS FOR CAREGIVERS:

- <http://www.womenshealth.gov/faq/caregiver-stress.cfm#a>
- <http://archrespice.org/respitelocator>
- <http://www.aoa.gov/>
- <http://www.caregiving.org/>
- <http://www.cms.gov/>



LOCAL SERVICES:

- Aging and Disability Resource Center
- Options for Independent Living

