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Exploring Caregivers' Experiences in Managing Daily Occupations of People With Dementia

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EXPLORING CAREGIVERS' EXPERIENCES IN MANAGING DAILY OCCUPATIONS OF PEOPLE WITH DEMENTIA

Abstract

The prevalence of people with dementia (PwD) is increasing alarmingly in India. PwD are usually looked after by their family members. In addition to managing the cognitive and behavioral problems in PwD, a considerable part of caregiving involves providing assistance and supervision for performance of their daily occupations. There is a need to understand how daily occupations of PwD are managed by caregivers in India. A qualitative study using phenomenological approach was carried out to explore caregiver's experiences in managing daily occupations of PwD. The study included 10 caregivers and their care recipients. ZBI was administered to measure the caregiver burden. CDR was used to identify the stage of dementia. Interview was carried out using a semi-structured interview guide. Thematic analysis of data resulted in emergence of four themes: addressing problems in daily occupations, accepting and adjusting, factors influencing caregiving and felt needs of the caregivers. The study highlighted different strategies used by the caregivers. It was found that caregivers accepted and adapted to the care situation to deal with the burden. Personal characteristics and support system was found to influence caregiving. Caregivers expressed need for professional guidance and alternative care facilities. This study emphasizes the need for tailor made, culturally relevant and comprehensive dementia care to reduce the caregiver burden.

Keywords: dementia, caregivers, daily occupations