Predictors of caregiving satisfaction in informal caregivers of people with dementia

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understAID project

- A platform that helps informal caregivers to understand and aid their relatives with dementia
- Partners for Spain, Denmark, and Poland

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Aim

• The prevalence of dementia is increasing and consequently the demands from families, institutions and healthcare system
• Substantial amount of research on caregiving has emphasized the negative aspects of caregiving, specifically on caregiver burden and depression, less attention has been paid to the positive aspects of caregiving
• The aim of the present work was to study the phenomenon of caregiving in relation to positive outcomes for the caregiver
Methods

A stress process model was used to study caregiver’s satisfaction (Pearlin)

- Revised Caregiving Satisfaction Scale (RCSS)
- Global Deterioration Scale (GDS)
- Zarit Burden Interview (ZBI)
- Caregiver Competence Scale (CCS)
- Social Support Questionnaire: Short form Revised (SSQRS)
- Job situation
- > 20 h/week care for the relative
- Types of social support
- Background and context
Caregiver’s background and context

Primary stressors
- **Objective**: care recipient dementia severity, frequency of care
- **Subjective**: subjective burden

Secondary stressors
- **Role strains**: job strains
- **Intrapsychic strains**: caregiving competence

Outcome
Caregiving satisfaction

Mediators
Perceived social support
Satisfaction with support
Caregiver’s background and context

- Age
- Gender
- Education
- Marital status
- Relationship with care recipient
- Employment status
- Duration of caregiving

Primary stressors
- **Objective**: care recipient dementia severity, frequency of care
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Job situation

Outcome
Caregiving satisfaction

Type of support

Mediators
Perceived social support
Satisfaction with support

RCSS
DGS
ZBI
CCS
> 20 h/w

SSQRS
Results – sample (1)

Characteristics of the 101 caregivers of patients with dementia:

- Age range of caregivers was 25–88 years (mean 61.28)
- Majority of caregivers were female (70.3%)
- Medium level of education (46.5%)
- Married or living with someone (82.2%)
- Consanguinity (52.2%) relationship with the care recipient
- Employed among caregivers 50%
- Duration of caregiving was 64.26 months
Results – sample (2)

Support for the caregivers:

• General practitioner was used by 38.6%
• Dementia supervisor was used by 35.6%
• Relatives and friends was identified by 63.4%
• Home services was used by 31.7%
• Respite care services was used by 8.9%
• Self-help groups was used by 15.8%

• 82% of caregivers reported spending more than 20 h per week in caring activities

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Results – sample (3)

- Substantial number of care recipients suffered from severe or very severe cognitive impairment (56.4%)
- The mean score for the ZBI was 45.27
- 17.2% of the sample having to change the work shift
- 22.8% of the caregivers leaving work to take care of the relative
- Caregiving Competence mean score was 13.67
- 2.02 for perceived social support
- 4.64 for satisfaction with that support
- Caregiving satisfaction, as measured using RCSS, was 20.72

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Results

- The most important predictors of higher caregiving satisfaction was:
  - Having a consanguinity relationship with the care recipient
  - Suffering from lower levels of subjective burden
  - Caring for an individual with severe cognitive impairment
- The regression model has an adjusted R2 of 0.20
Conclusion

• Interventions focused on the enhancement of the caregiving satisfaction by increasing the understanding of the disease, should be especially addressed to caregivers without a consanguinity relationship and with high levels of subjective burden, and to those managing care recipients with mild or moderate stages of dementia.
Further reading

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