



ဖိုးသူတော် လဲတော့ တောင်ဇေး ကယ်နိုင်သည်၊  
တောင်ဇေး လဲတော့ ဖိုးသူတော် မကယ်နိုင်။

***“Walking stick could save frail sage from falling,  
frail sage could not save fallen walking stick”***

*(Traditional Myanmar Saying)*

***Preventing Carer Burn Out***

***23<sup>rd</sup> Alzheimer Europe Conference  
St Julian's, Malta, 10-12 October, 2013***



# Overview

- **Health promotion in family carers has been defined as a process of enabling people to increase control over their health and to improve physical and mental health outcomes (WHO, 1987)**
- **Caring** for a relative with dementia is considered as a **physical and emotional burden** affecting **caregivers' health** (i.e. not having enough time to exercise, rest to recuperate from illness, missing regular health checks, Burton et al, 1997)
- **Health behaviours** are defined as **the actions that incorporate specific health practices**, such as getting regular exercise, sleeping moderately, and limiting the use of alcohol (Walker et al., 1987)
- **Pender's Health Promotion model** (1996) measures one's **health responsibility, physical activity, nutrition, interpersonal relations, spiritual growth, and stress management**
- The theory of **self-efficacy** is a component of Bandura's (1997) Social Cognitive Theory, positing that **individual beliefs about personal capabilities can predict behavioural performance**



# Burning Issues



- **Carer with greater ability in managing stressful events were also likely to experience high levels of anxiety and depression**
- **Lifestyle activities in carers have mutual relation with caregiver burden, so better the lifestyle activity (engaging in health practices) in carer the lower the caregiving burden**



# BEHAVIOUR



- Caregiver's beliefs and expectations about their success in engaging in health behaviour (**Self-efficacy**) **has high mutual association with health behaviour** (getting regular exercise, sleeping moderately, and limiting the use of alcohol)
- **Self-efficacy has mutual association with social support, but not actually engaging in health behaviour, and overall health**
- **Feelings of depression were associated with both health behaviour and self-efficacy, whereas anxiety correlated with self-efficacy only**



# BEHAVIOUR



- A **novel finding** was a **positive relationship between caregiver's age and self-reported levels of self-efficacy** suggesting that **chronological age may positively influence carers who are older, since they are more likely to believe that they can engage in health promoting behaviours**
- **Chronological age of family carer was negatively correlated with anxiety and depression**



# Strategising to Cope in preventing carer burn out

- Higher levels of emotion focused coping ability is positively associated with self-efficacy for health behaviour and self-care
- Problem focused coping strategy by family carer was positively associated with health responsibility, nutrition and spiritual growth
- Avoidance coping strategy was related to lower life satisfaction and higher levels of caregiver burden
- Avoidance coping strategy appeared to moderate the effects of caregiver health on caregiver burden



# THOUGHTS



- Current findings are informative in terms of **understanding the key predictors of health behaviour in caregivers** of people with dementia
- Understanding the key influences on carers' health practises is likely to contribute to the **refining and further development of theoretical models** in the area
- Understanding health behaviour in carers is likely to **increase our knowledge in relation to promoting health practises for carers** and how best to respond to ill health
- Health related actions can **limit some of the negative effects of family care giving in carers' health** and **guide interventions** aiming to increase physical health in family carers
- **Improving caregiver's well-being** and **increasing caregiver's ability to care for their family members** and preventing carer burn out is **likely to increase quality of life for the carer and the person with dementia**



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Dedicated to Minnie Dulcie Htay (936-2011)

Source:

Health Promoting Behaviour and Coping in family carer of people  
with dementia, MSc Thesis (2008-2011)

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