

Caring for adult relatives: what impact on health and well-being of the Family Caregiver?

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Introduction & Goals: The attention given to family members who care for their loved ones with dependence on self-care has increased (Oliveira *et al.*, 2011; Pereira & Botelho, 2011; Shyu *et al.*, 2008). A research was carried out to identify and systematize the evidence produced about the negative consequences on the health and well-being of the family member who has the cares to the dependent person at home.

Methods: In order to respond to the proposed objective, an Integrative Review was carried out guided by the question: *What impact does it have on the health and well-being of the Family Caregiver, caring for relatives dependent adult?*

The analysis of the studies was performed independently by two reviewers. A meeting was held with another investigator to discuss non-consensual cases. The following inclusion criteria were defined: Being a Family Caregiver (FC) of an adult person with dependence on self-care; play the role for at least six months and be Portuguese empirical studies available in full text published between 2000 and 2012. After the application of the previously defined criteria 12 studies were selected.

Results/ Discussions: The 12 studies report to 2006-2012 and showed that the quality of caring is associated with caregivers well-being and health; they have higher burden/stress, mainly those who care family relatives with high levels of dependency or dementia. Women caregivers have burden, depression and stress levels higher than men caregivers. The results showed that the perceived burden of FC is associated with the perception of health status, satisfaction and quality of life. The studies described the profile of FC; identified their needs as well as the factors associated with the burden. All selected studies were based on observational research.

Conclusion: There is an increased interest in studying FC who care their dependent relatives. Primary studies show that caring for adults with self-care dependence is associated with deterioration in the health and well-being of the FC, which is reflected in the levels of burden and stress. However, it is necessary to move to experimental studies that support better evidence for decision

making in clinical practice.

Key words: *Caregiver; Family; Well-being.*

Reference:

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