

CAREGIVING THROUGH THE EYES OF HISPANIC CAREGIVERS

Lyda C. Arevalo-Flechas PhD, RN
JAHF Claire M. Fagin Fellow
St. David's School of Nursing



The rising STAR of Texas



CAREGIVING

❖ BURDEN

❖ CARGA

❖ Physical load

Culture and Language

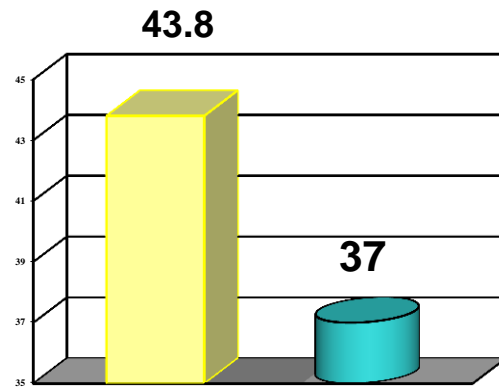
- ❖ Caregiver burden does not precisely translate into a relevant and accurate concept among Latino/Hispanic caregivers.
- ❖ Many Latino/Hispanic caregivers do not perceive their work as a caregiver in this way, but rather describe it as challenging, satisfying, or as an honorable duty (Arévalo-Flechas, 2008)

Screen for Caregiver Burden

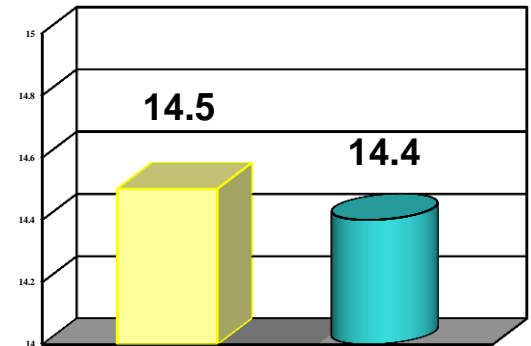
- ❖ Subjective and Objective Burden
- ❖ Spanish SCB, which has been translated from English to Spanish, may not fully capture Latino/Hispanic caregivers' perception of their role.

PILOT STUDY N=8

Comparison of *Subjective* Caregiver Burden Between SCB-English Version and SCB-Spanish Version



Comparison of *Objective* Caregiver Burden Between SCB-English Version and SCB-Spanish Version



Spanish Version



English Version

Purpose

To compare subjective and objective scores from the Screen for Caregiver Burden (SCB) administered to a bilingual Latino/Hispanic population caring for a relative living with AD, and to examine if any differences exist between scores when the instrument is administered in English and Spanish

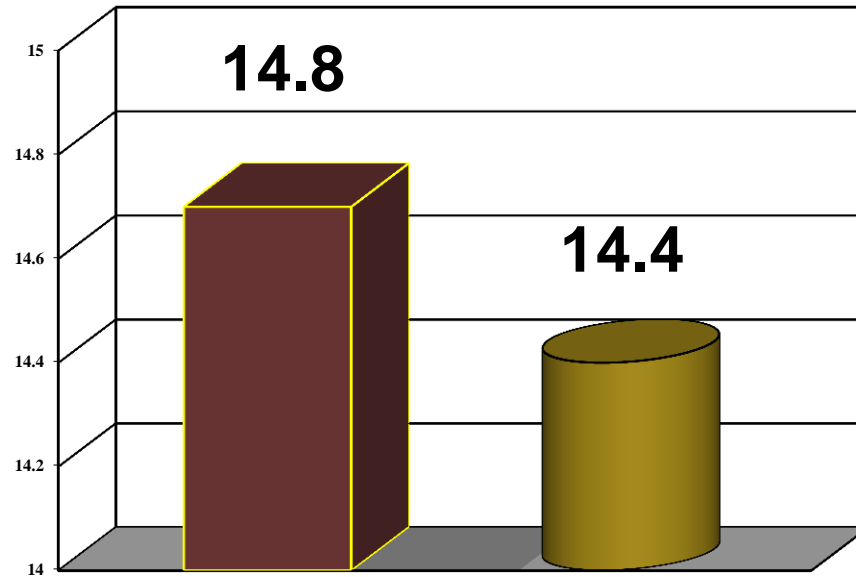
Sample

- ❖ 40 Latino/Hispanic, **bilingual** caregivers of relatives living with Alzheimer's Disease.
- ❖ Participants resided in south Texas, had provided care for their relative for at least one year prior to admission to the study
- ❖ 18 years of age or older.

4 Groups

- 1) English interview- English SCB- Spanish Interview- Spanish SCB.
- 2) English interview- Spanish SCB- interview- Spanish SCB. Spanish
- 3) Spanish interview- Spanish SCB- English interview- English SCB .
- 4) Spanish interview- English SCB- interview- Spanish SCB. English

OBJECTIVE BURDEN

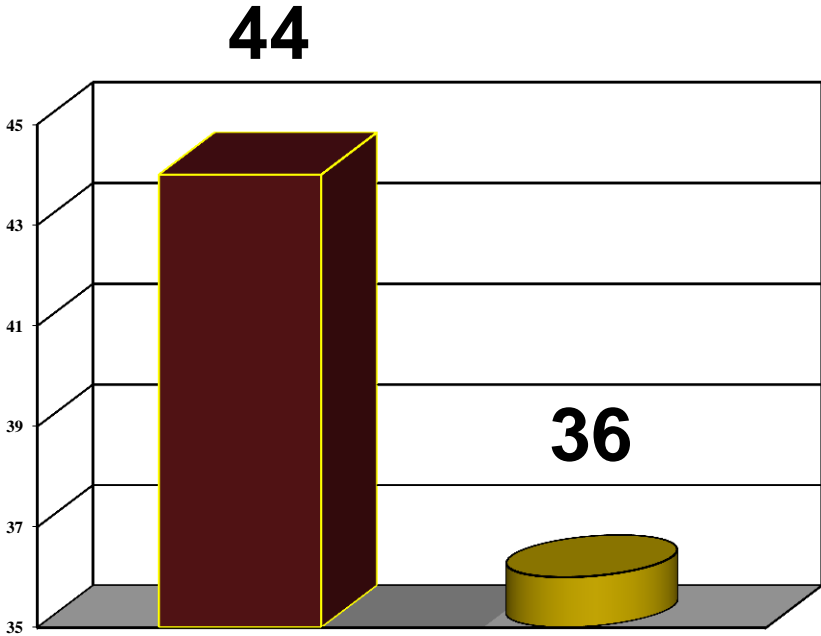


Spanish Version



English Version

SUBJECTIVE BURDEN



 Spanish Version

 English Version

Bilingual Caregivers

Unbearable

Overwhelming

Frustrating

Depressing

Powerlessness

Holding back

Difficult

Hard

Challenging

A load you carry with love

A heavy cross

Something you wish you did not have to do

Monolingual Caregivers

RESPONSIBILIDAD

(RESPONSIBILITY)

DIFICULTAD

(DIFFICULTY)

DESESPERACIÓN

(DESPAIR)

OBLIGACIÓN

(OBLIGATION)

DEBER

(DUTY)

SACRIFICE

(SACRIFICE)

UNA CRUZ PESADA

(A HEAVY CROSS)

TAREA PESADA QUE SE

(HEAVY JOB DONE

HACE CON AMOR

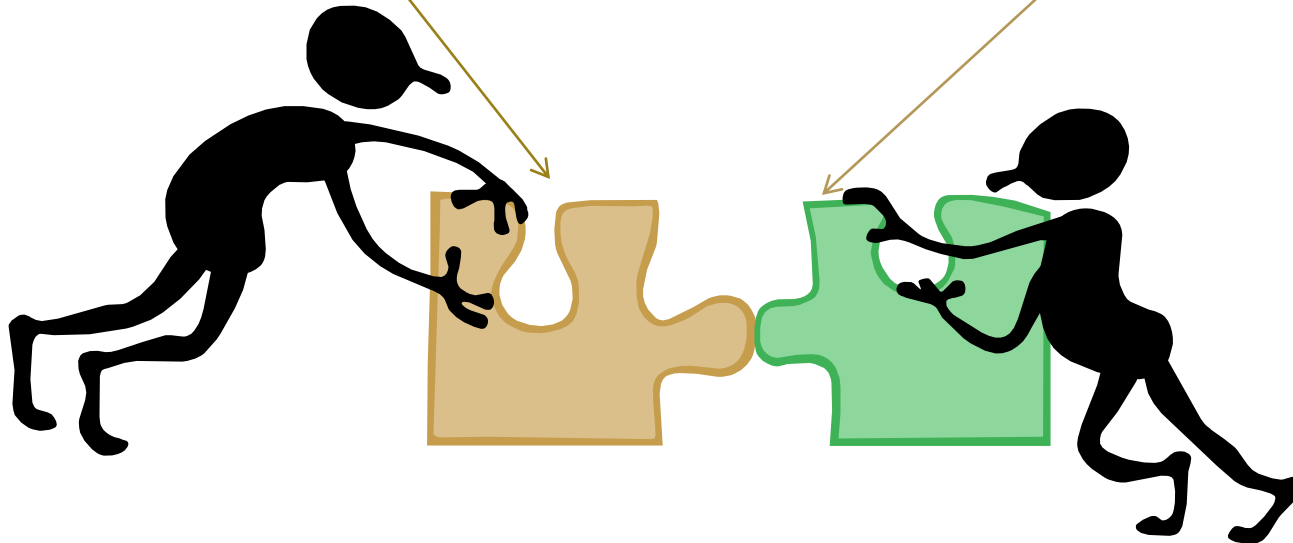
WITH LOVE)

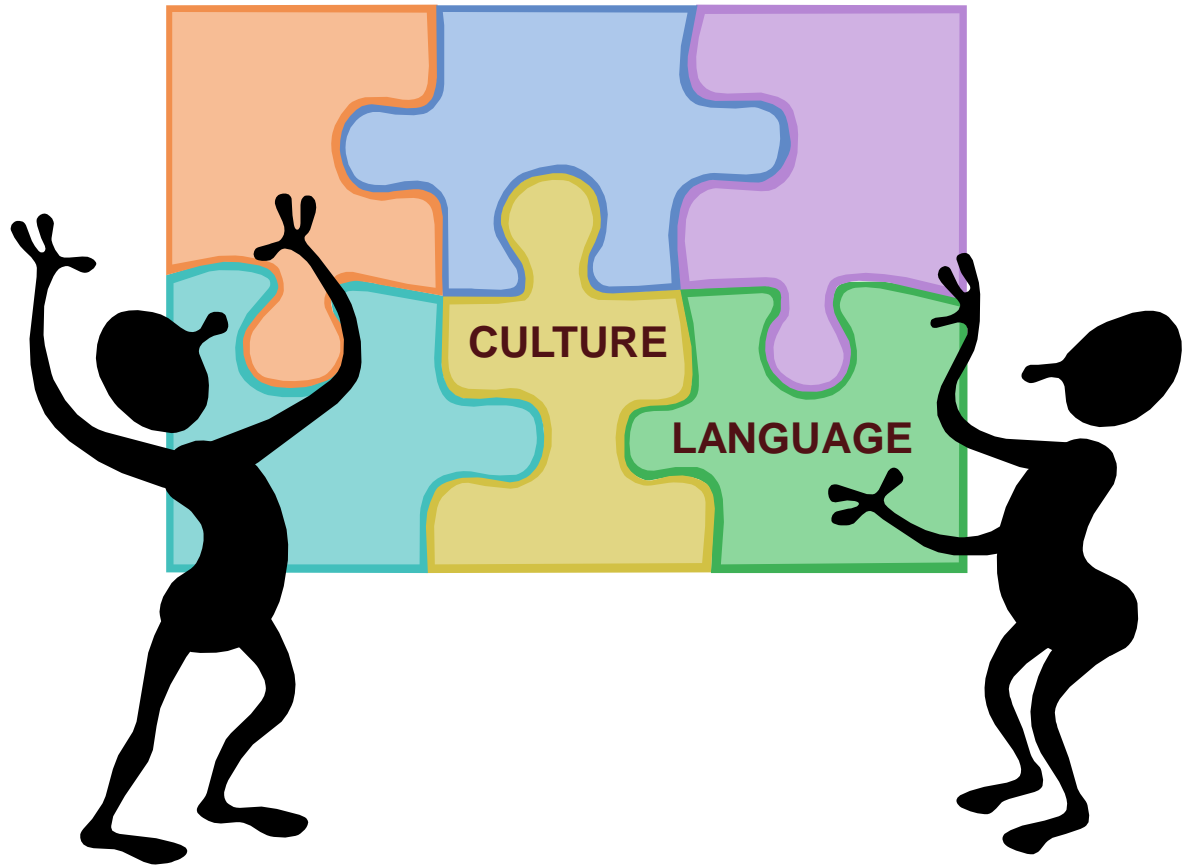
Meaning of Carga

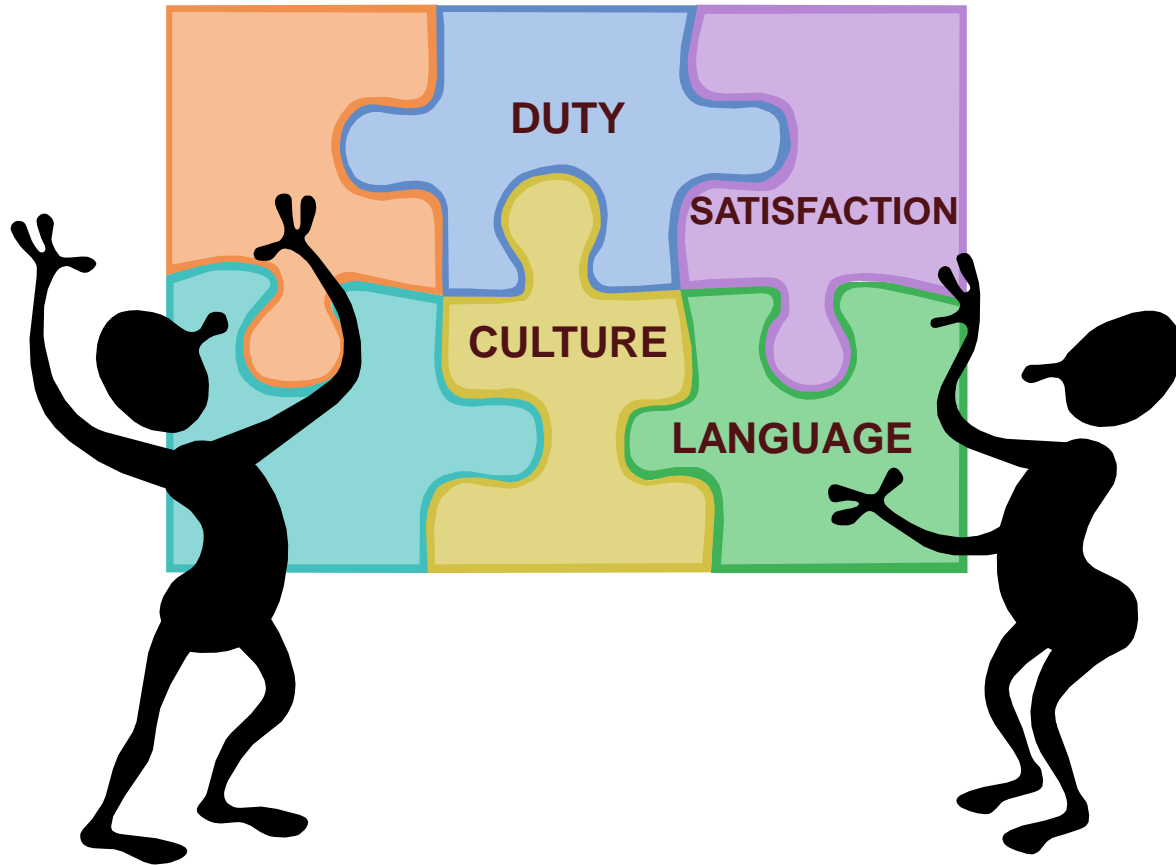
Objeto pesado	(heavy object)
Peso	(weight)
Bulto	(sack)
Encargado	(in charge of)
Al pendiente	(attentive, paying attention)
Algo que se lleva	(something you carry)
Algo que se tira	(something you dispose of)
Lo que se lleva a cuestas	(what you carry on your back)
Molestia permanente	(permanent bother)
Lo que llevan los camiones o los animales	(what is carried by trucks or animals)
Difícil y que esclaviza	(difficult and enslaving)

BURDEN

CARGA

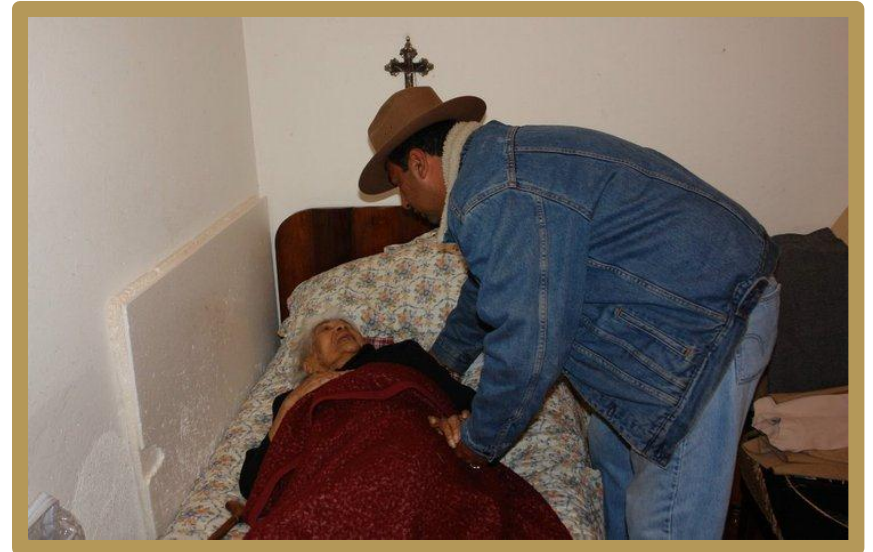






The manner in which these caregivers describe their caregiving experience is congruent with Hispanic values of familismo, personalismo, marianismo, collectivism, and respect.





Instruments that capture caregiver satisfaction and caregiver duty fulfillment as described by Latino/Hispanic caregivers remain to be developed.

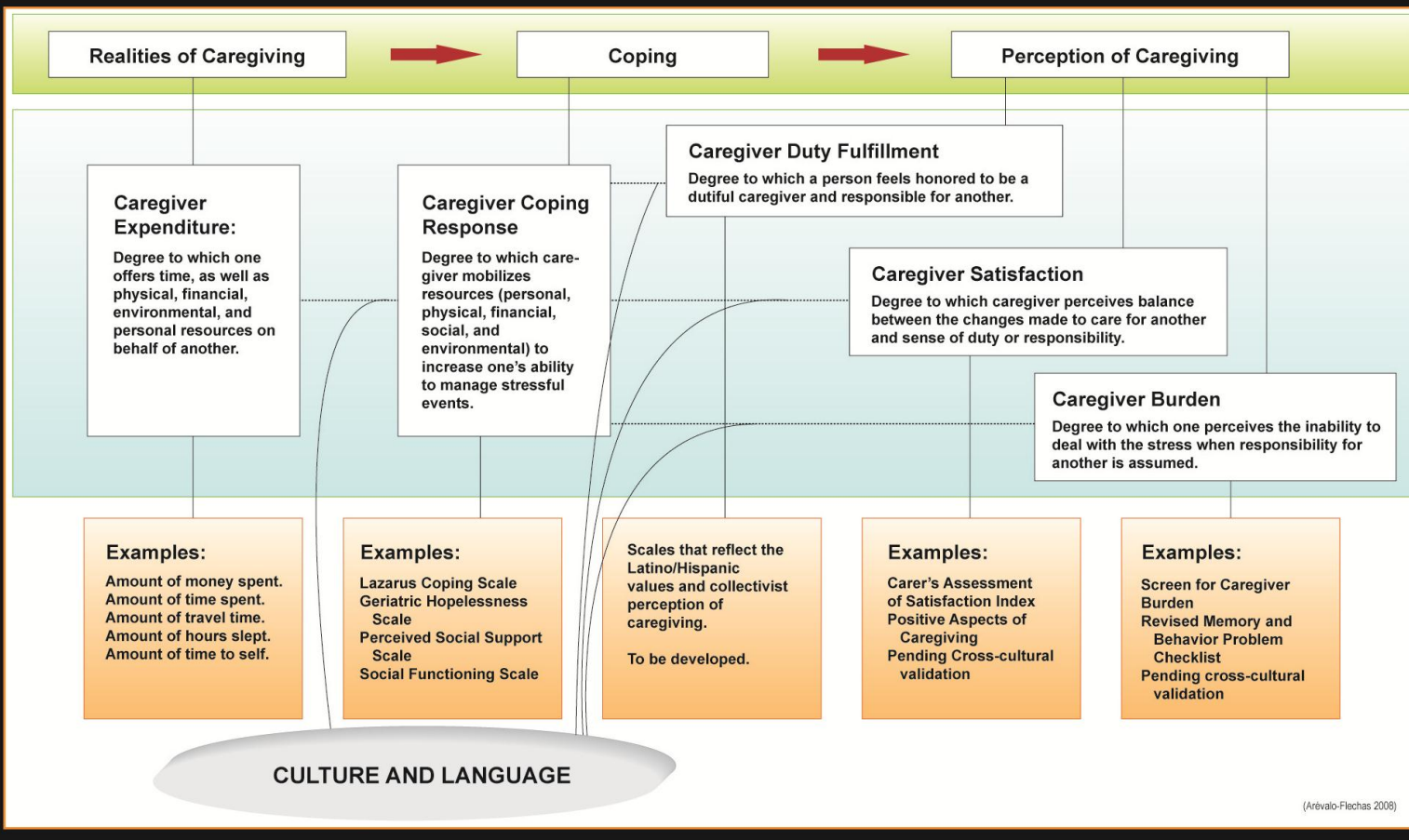
CULTURALLY INFORMED CONCEPTUAL ORIENTATION OF CAREGIVING

ANTECEDENTS

Regardless of racial or ethnic background, caregivers face these day-to-day situations that are antecedents to coping and perception

CONSEQUENCES

The resulting outcome is the perception that the caregiver has of the overall caregiving experience.



(Arévalo-Flechas 2008)