Conquering Caregiver Challenges of Daily Living-A Secondary Analysis
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Background:
• Family caregivers face many challenges providing daily care for someone with dementia
• Challenges increase when resistiveness to care behaviors occur (Fauth, Femia & Zarit, 2016)
• Daily activities such as bathing, dressing, and eating often produce challenging behaviors that leave the family caregiver feeling unsupported (Ball, Jansen, Desbrow, Morgan, Moyle, & Hughes, 2015)
• Caregivers also face the challenge of keeping the person with dementia safe (Cleary & Doody, 2017)

Purpose:
To uncover the wide range of challenges and anxiety that caregivers experience as they assist the person with dementia in daily tasks and encourage other researchers to use these identified challenges as targets for future intervention research to help family caregivers manage these challenges

Method:
After IRB approval, a secondary analysis was conducted using de-identified interview data (N=8) from a qualitative phenomenology study.

Findings:

Anger in the heat of the moment
“In my mind I’m thinking, ‘why can’t you understand this?’ And she is either bawling or screaming at me. And then sometimes I would get fed up and I would scream right back and I would always think ‘that is your mother no matter what. Knock it off.’ But you know in the heat of the moment you just want to lash out.”

Lashing out at the disease upon reflection
“Well they tell you at the support group, remember it’s not the person attacking you personally, it’s the disease. So in my mind I have separated it. I have my wife and I have the disease.”

Leaving loved one home alone
“And you’re not afraid to leave him at home?” “Oh I’m terrified, but you know what... I just pray God it’s in your hands”

Use of support groups
“Well like I said I have been to 4 different support groups 2 here and 2 in [town 60 miles away]. [...]and this is the biggest I have seen and most well attended”

No one sleeps
“We even had to get up at 2:00 in the morning and go out and get in the car, just drive around the block even and go back to the house. This was one morning and really, really, cold (chuckles) it was during the winter. Then he was fine and we went back to bed and he was okay.”

My time is no longer mine
“People kept saying well you need to do something for yourself, what do you do on your days off? I say “I spend them at the nursing home and I come home and do her laundry, do my laundry, and get things caught up around the house and go to work the next day.”

Future Recommendations:
• Seek out caregivers that do not attend support groups to identify if they handle challenges in the same way
• Trialing multiple support groups in a month to allow for greater support among caregivers