Caregiver Burden among Adult-Child Caregivers of Persons with Alzheimer’s Disease: A Systematic Review
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Purpose
The purpose of this systematic review was to identify how adult-children who care for a parent with Alzheimer’s disease experience caregiver burden.

Background
- The majority of care for the estimated 5.5 million persons diagnosed with Alzheimer’s disease in the United States are provided by family members.
- The complexities of this disease process expose these family caregivers to severe long-term chronic stressors, resulting in varied levels of burden.
- Various types of burden are experienced, including stress, relationship, and financial burden.
- As Alzheimer’s disease progresses, more time spent on caregiving is required, contributing to increased burden.
- Studies aimed at family caregivers do not always separate between spouses and adult-child caregivers; however, some studies identify that differences exist in the burden experienced between these two groups.
- Further inquiry is needed to determine the impact burden has on these adult-child caregivers, specifically.

Methods
- PRISMA Guidelines directed this systematic review
- CINAHL, PubMed, PsycINFO, and SCOPUS were databases searched
- Key search terms: “Caregiver Burden” AND “Alzheimer’s” AND “Adult-child Caregiver”
- Peer reviewed articles written in English and published between 2009 – 2019
- Articles were included when criteria were met and abstracts were read for relevance

Results

Key Findings
- Most family caregivers are not spouses; however, many research studies enroll spouses.
- Alzheimer’s disease stigma is shown to impact caregiver burden.
- No difference associated with Dementia type on caregiver burden.
- Female caregivers report increased rates of depressive symptoms
- Adult-child caregivers experience greater burden than do spousal caregivers
- Cohabitation increases burden.
- Caregiver’s health has been shown to improve with use of respite, in-home care, and adult day care centers.
- Quality of life indicators relate directly to care delivery.

Conclusions
- Adult-child caregivers comprise a significant proportion of people caring for persons with Alzheimer’s disease.
- The caregiver burden experienced by adult-children is affected by stigma, gender, and habitation relationship with their parent
- Interventions aimed at lessening the burden on these caregivers in order to promote health is an area that needs further study.

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