



CAREGIVER ROLE STRAIN



What's the big deal?

Caregiver role strain is an often overlooked subject. The physical and emotional stress placed on caregivers caring for chronically ill or disabled patients is a predictor of poor outcomes for the caregiver, yet it is rarely addressed by clinicians.

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Children: 1 in 6 have a disability



34 MILLION CAREGIVERS



Adults: 50% have a chronic disease

IMPACT



-Stress
-Decreased Health



-Schedule
-Time



-Financial

NEEDS



-Support



-Respite

Research shows that caregiver role strain is a problem. However, caregivers are not being screened for role strain. Caregivers of children need information on available respite services to reduce strain.



What can nurses do?

● ASSESS



● COORDINATE CARE



● PROVIDE INFORMATION



Proposed research aims to understand:

● What resources are available to caregivers of children with chronic illnesses?

● How are the resources helpful?

