

QUALITY OF LIFE FOR CAREGIVERS OF ELDERLY PATIENTS

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BACKGROUND:

- ❑ With the aging of the population, the number of caregivers caring for the elderly is increasing considerably. These carers are essential partners for a best quality of life (QOL) for elderly in the perspective of a home support.
- ❑ The health status and QOL of these caregivers deserve to be studied.
- ❑ The aim of this study is to evaluate the QOL of caregivers of non-autonomous elderly people living at home.

METHODS:

- ❑ Prospective observational study conducted in the internal medicine department of Sahloul hospital during the month of March 2019.
- ❑ Elderly of over 70 years old hospitalized in the department and their caregivers were included. The QOL was assessed by the Zarit score.

RESULTS:

- ❑ Ten couples of "Elderly person-caregiver" were evaluated. The average age of elderly was 79 ± 6 years with 4 men and 6 women. The caregivers were spouses in 4 cases (average age 74 years, 100% women) and children in 6 cases (average age 49 years, 50% women).
- ❑ Five caregivers lived at the same home of the elderly person and five spent each day between 30 minutes and 1 hour to visit their elderly parent.
- ❑ The average time spent with the elderly parents was more than 10 hours per day for 3 caregivers.

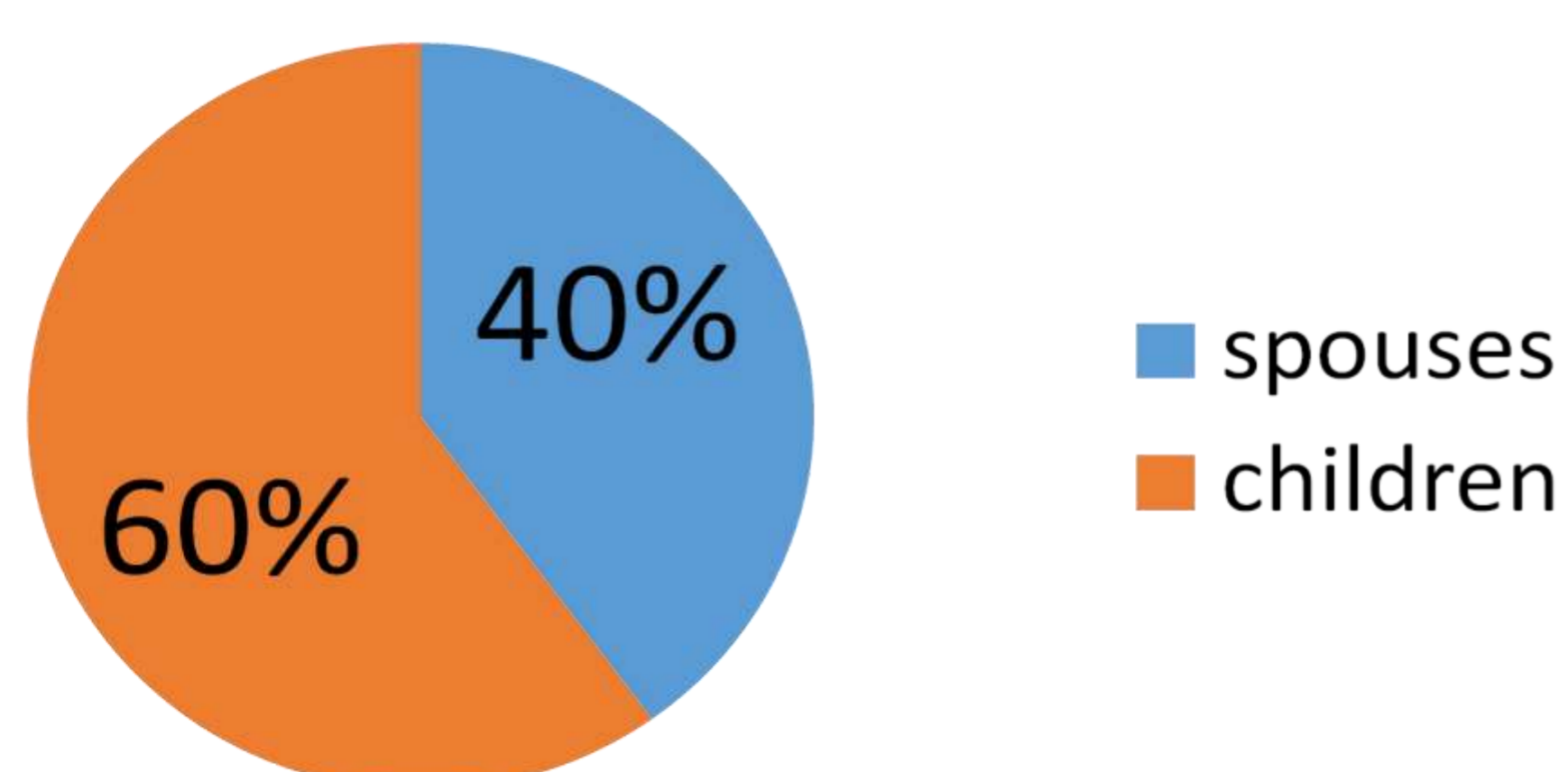


Fig1: caregivers distribution

- ❑ Seven caregivers were married and six had children in charge, two of whom had more than three children.
- ❑ Four caregivers worked full time and reported that taking care of their elderly relative forced them to adapt or reduce their professional activity.
- ❑ Six caregivers had themselves chronic illnesses and were on long-term treatment, and four reported that caring for elderly relatives disturbed their social and family lifestyle.
- ❑ The evaluation of the Zarit score in the caregivers showed that 7 caregivers had a score between 21 and 40 and therefore a light load and that three carers had a score between 41 and 60 indicating a moderate load.
- ❑ Any of the caregivers said that caring was a burden.

Table 1: Zarit score evaluation

Zarit score	interpretation	Nb
[21 - 40]	light load	7
[41 - 60]	moderate load	3

DISCUSION

AND

CONCLUSION:

Despite the small sample, there is a considerable change in the QOL of the caregivers of our elderly. The alteration is primarily due to lack of help at home, the presence of personal difficulties for the caregiver. These results show the importance, on one hand, of identifying the caregiver in order to monitor the onset of physical and psychological difficulties and, on the other hand, the need to propose targeted interventions through home helpers. The QOL of assisted elderly is closely dependent on the QOL of caregivers and vice versa. The evaluation of QOL of AP caregivers is important to take into account so that the proposed supports are adapted to the needs. This would optimize the care and home support of the assisted PA and improve QOL.