



The crucial role of caregivers in geriatric care

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BELGIAN INTERUNIVERSITY COURSE IN GERIATRIC MEDICINE

May 20, Brussels, Woluwe

Learning objectives

- Identify and assess the caregiver
- Screen for caregiver burden
- Include caregivers needs in the care plan
- Know the resources existing in Belgium to support caregivers

Definition



Eurocarers :

‘Persons of all ages

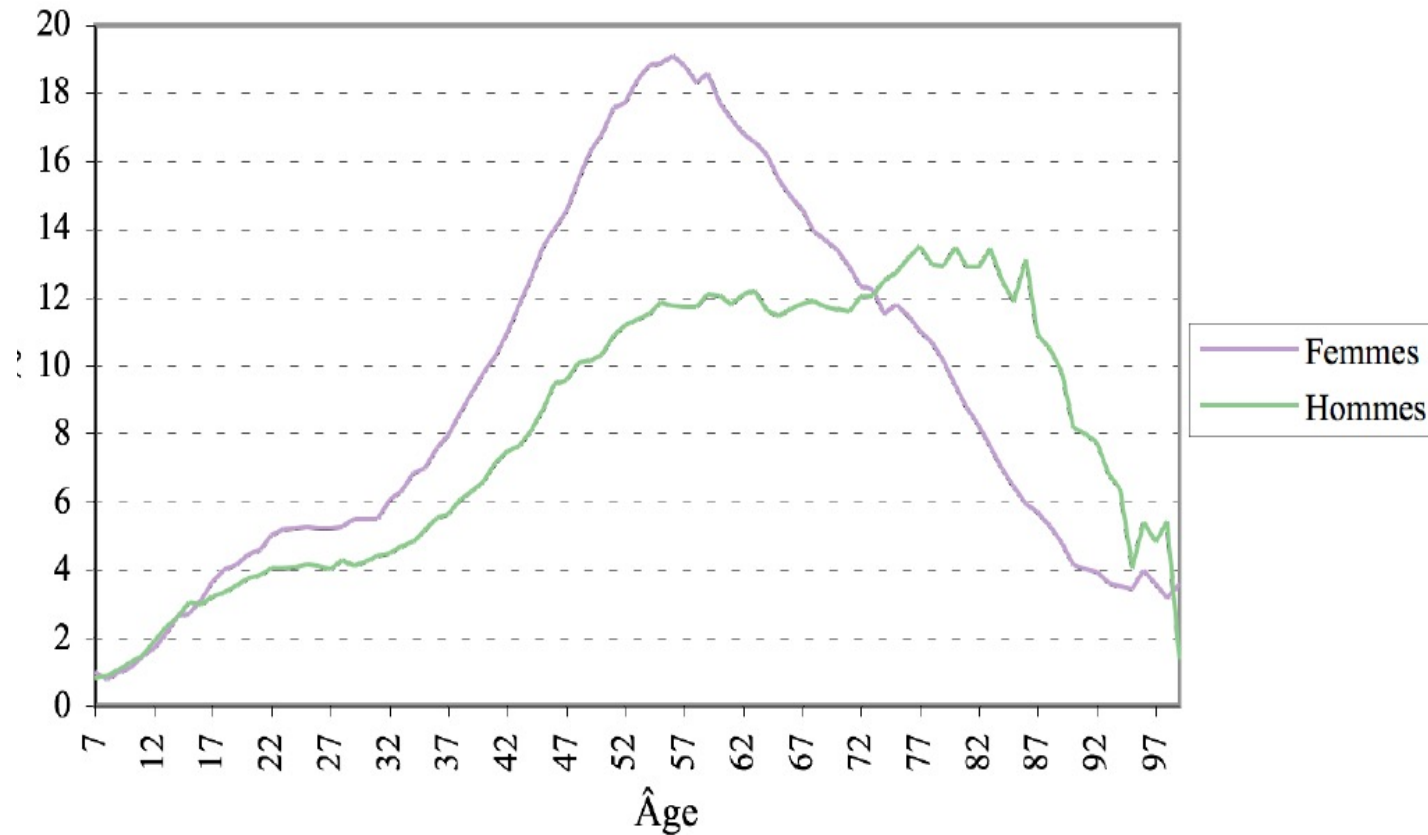
who provide care (usually unpaid)

to someone with a **chronic illness**, disability or other long lasting health
or care need

outside a professional or formal employment framework’

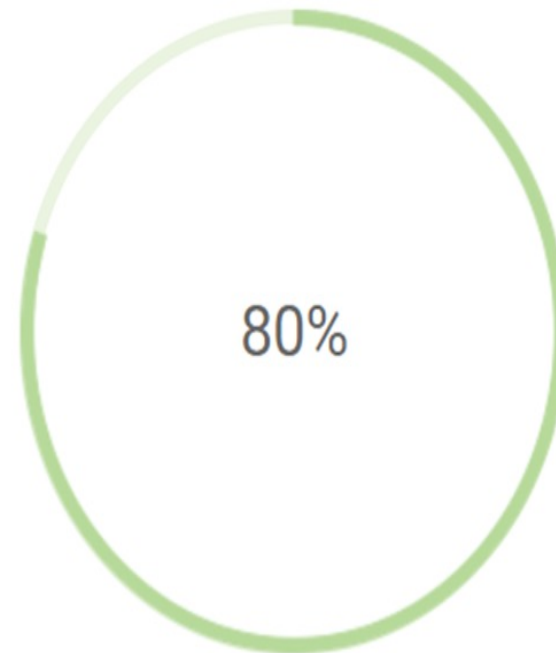
Who are caregivers?

→ 860 000 caregivers in Belgium in 2013



Pourcentage d'aidants informels selon l'âge et le sexe

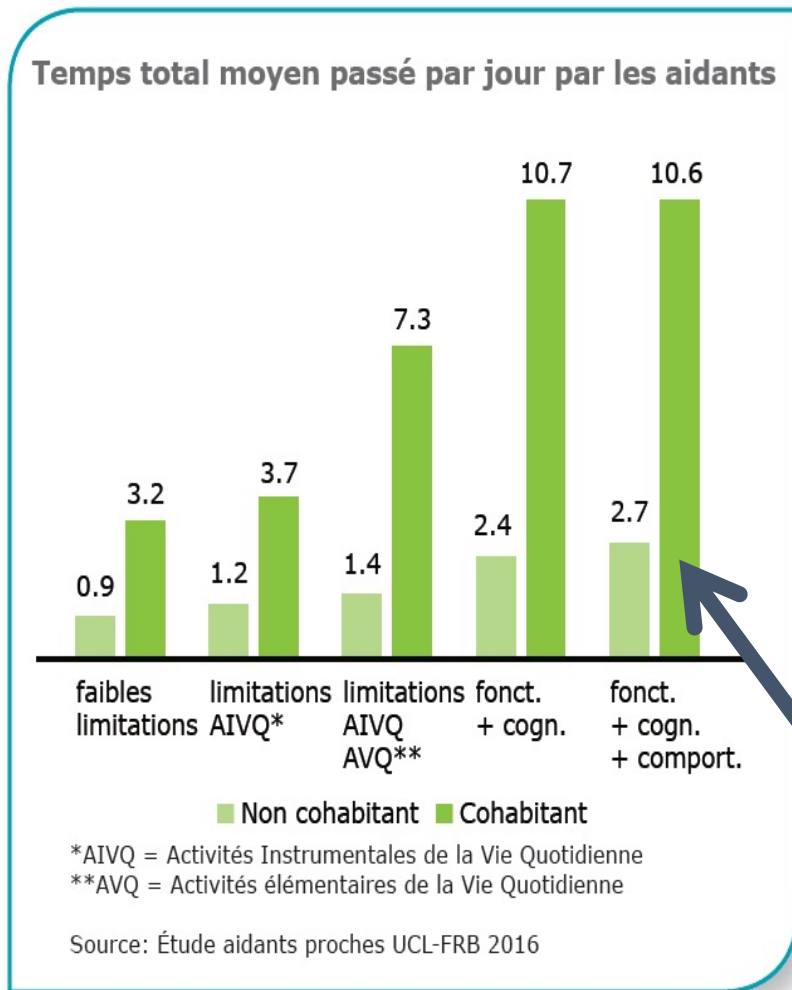
What do caregivers do?



In Europe, 80% of all care is provided by informal carers

On average --> 4 hours/day
Large differences according to the profile of the patient

Spousal caregivers



- 1/2 >70 years
- Considerable amount of caregiving duties
- Mostly alone to care

Estimated economic value :
1200 euros/month

Caregiver burden

Definition

‘The extent to which caregivers
perceive
that caregiving has had an adverse effect on their
emotional, social, financial, physical, and spiritual
Functioning’

- **Individualized experience** - **Multidimensional**

Caregiver burden

Adverse effect	Caregiver (CG)
Emotional	Chronic stress, anxiety, depression, anger, suicide
Social	Social isolation
Financial	Financial stress
Physical	Poor self care, weight loss, sleep deprivation, hypertension, coronary disease, stroke, mortality
Spiritual	Sexual identity

Caregiver burden : risk factors

Demographic

Female sex
Low education
Cohabitation

Psychosocial

Depression
Coping strategies
Perceived patient distress
Social isolation

Context

Time and effort
Financial stress
Lack of choice
Inability to continue regular
employment

Care recipient

Behaviour problems
Cognitive impairment
High level of disability
Advanced age

CAREGIVER study

Effect of caregiving on physical and psychological health

Questionnaires :

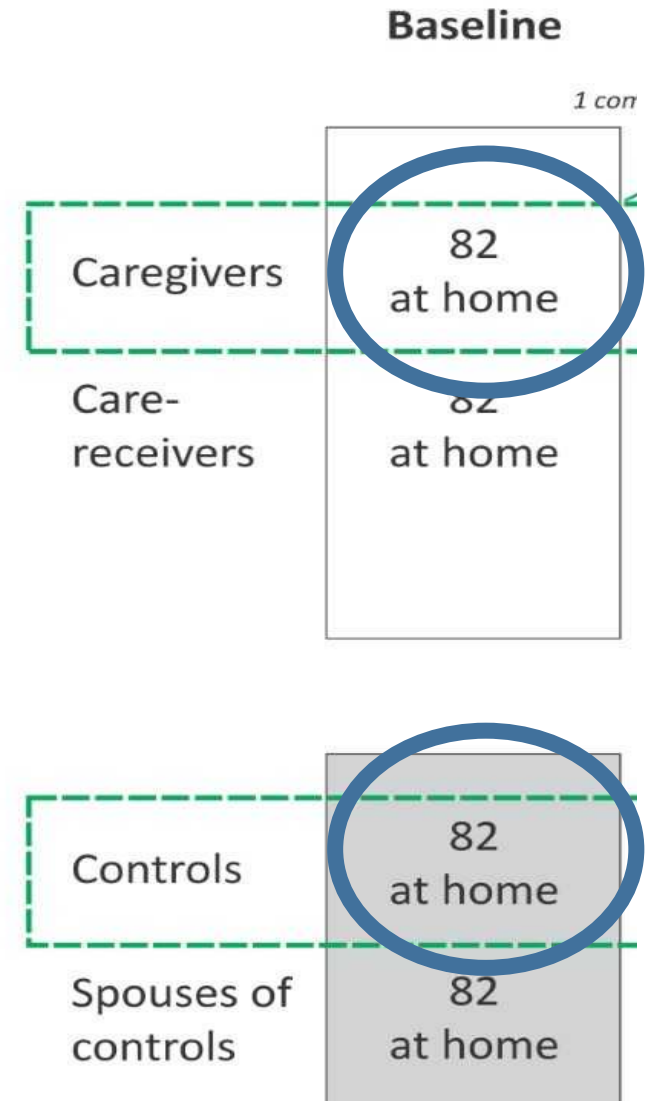
Nutrition (MNA-sf)

Burden (Zarit)

Clinical evaluations :

Frailty (Fried)

Physical Performance (SPPB)



CAREGIVER study

Patient

- Mean age 82 years
- 80% cognitive impairment
- Katz median : 14/24



Caregiver

- Mean age 80 years
- Women 53%

- Time spent median : 5h /day

CAREGIVER study

Mini Nutritional Assessment (MNA-14)



Short Physical Performance Battery



Fried Frailty



Fardeau (Zarit)



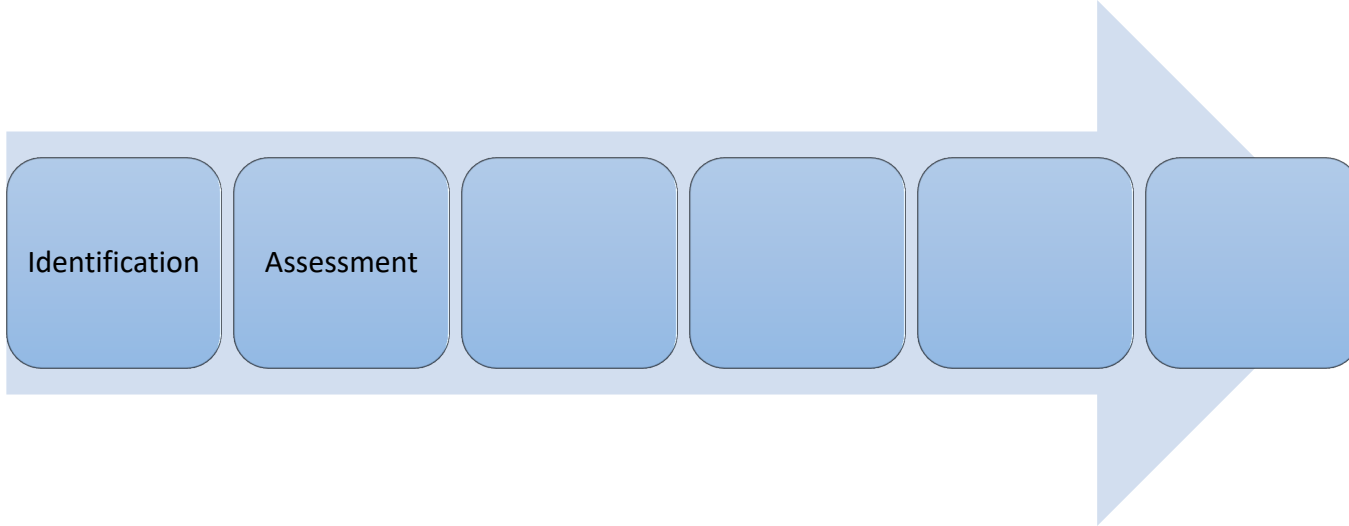
CAREGIVER study

Caregiving was associated with:

- Isolation (OR = 5,25, $p < 0,01$)
- Frailty (OR= 6,66, $p < 0,01$)
- Perturbed sleep (OR= 3,53, $p < 0,01$)
- Consumption of antidepressants (OR= 4,74, $p = 0.02$)

Primary prevention

- Overlooked
- Assessment of each older patient
 - Identification of the caregiver

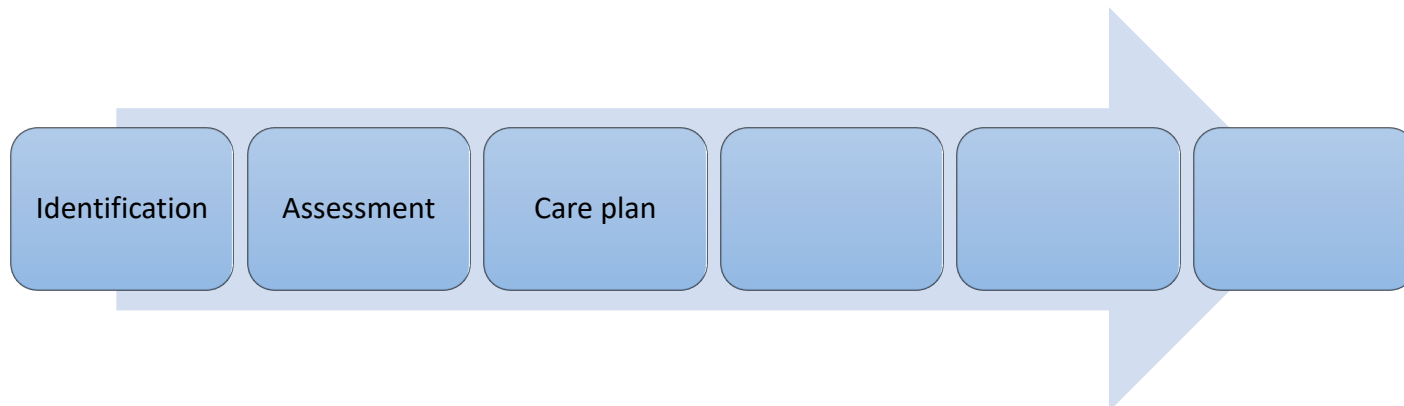


Caregiver assessment

Topics (Adelman 2014)	
Context	Relationship, living arrangements, employment
Care recipients health	Cognitive, functional status
Own health	Self-rated health, mental health
Values	Willingness, cultural norms
Knowledge and skills	Confidence, knowledge
Resources	Social support, coping strategies, financial/community resources

Individualized care plan

- Incorporate both needs (dyad) + preference
- 2 approaches to promote health and wellbeing
 1. Formal care **services** for care recipient
 - Nurse, physical therapist
 - Housekeeper, meal delivery, elderly care
 - Transportation
 2. Direct **support** for caregiver



Direct support for caregiver

1. Information and teaching
2. Psychological counseling
3. Social support
4. Respite care
5. Financial support
6. Care Leave
7. Health check-ups
8. Information and communication technology (ICT)

1. Information and teaching



Disease

Advanced care planning

Long-term care placement

Daily life activities

Training has a positive impact on quality of life, skills
and self-reported burden

Information and teaching

- **Mutualiteit/Mutualités:**



- **Flanders** – www.mantelzorgers.be

- **Wallonie/ Bruxelles** – www.aidants-proches.be



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2. Psychological counseling



Caregiver stress
Strategies to better cope

Has proved effective to relieve carer's stress

Psychological counselling



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Psychologische steun voor mantelzorgers

Psychologische steun voor mantelzorgers

Zorg je voor iemand met een ziekte, beperking of psychische kwetsbaarheid? En ben je dus een mantelzorger? Plan dan 3 gratis gesprekken met een erkende psycholoog of psychotherapeut via het online platform BloomUp. Je leert hoe je jouw veerkracht verhoogt en grenzen afbakt.



3. Social support



Engage family members to help
Support groups

Educational, psychological and social interventions among the
best strategies to manage pressure of care

Caregiver burden. A Clinical review. Adelman 2014

Information en communication Technology (ICT) for informal carers - <https://eurocarers.org/about-carers/>

The Impact of caregiving on informal carer's mental and physical health - <https://eurocarers.org/about-carers/>

Social support

Informal care associations in Flanders

- Steunpunt Mantelzorg vzw
- Samana vzw
- Ons Zorgnetwerk vzw
- Liever Thuis LM vzw
- Coponcho
- OKRA-Zorgrecht vzw



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www.mantelzorgers.be

Informal care associations in Wallonia/Brussels

- Aidants Proches
- Respect senior
- Senoah
- LUSS
- Similes



4. Respite care



In-home
Day-care
Institutional

Flexible, quality respite care beneficial effects on high-intensity caregivers' physical and mental health

Caregiver burden. A Clinical review. Adelman 2014

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5. Financial support



Allowance caregiver
Allowance care recipient

Most common type of support in EU

Financial Support

1. Allowance caregiver

- ‘Gemeentelijke mantelzorgerspremie’, ‘prime communale’
- Recognition of caregiver status (Mutualiteit/Mutualités)
- Different amounts and conditions

2a. Allowance care recipient

- ‘Zorgbudget voor zwaar zorgbehoevenden’, ‘Forfait pour maladie grave ou couteuse’
- Non-medical cost
- At home/Residential care
- Mutualiteit/mutualités
- € 130/month



Financial Support

2b. Allowance care recipient

- ‘Zorgbudget voor ouderen met een zorgnood’, ‘Allocation pour l’aide aux personnes âgées (APA)’
- ≥ 65 years
- Amount varies
 - Degree of disability
 - Income (‘pensioen’, savings, properties,...)
- Application:



6. Care leave – paid employment



Care leave



- Stop working, work half-time or 4/5
- Application and replacement income www.RVA.be/www.ONEM.be
- Flanders - incentive premium € 205,92/month (bruto)

1/ Time credit (private sector)

Palliative care, critical ill family member

Not an absolute right

Max 51 months

Care leave



2/ Leave for medical assistance	Palliative care leave
Family member, co-habitant	Don't have to be family
Cannot be refused	Cannot be refused
Max 12 months - stop working Max 24 months - half-time or work 4/5	1 month

3/ Carer's leave
Recognition of caregiver status by mutualiteit/mutualité
1 month

7. Health check-ups



Encourage prevention
Health promoting behaviour

Lacking evidence concerning efficacy and cost effectiveness

8. Information and communication technology (ICT)



- Information and skills
 - E-learning
- Peer-support
- Support work-life balance
- Independent living
 - Emergency response systems, sensors
- Care coordination
 - App

Improves physical and mental wellbeing and social isolation



e-learning – Mantelzorg en dementie: het belang van triadisch werken

€25.00



1



Aankopen

Categorieën: [E-learning](#), [Varia](#), [Vorming](#)

Vanaf een aankoop van 21 e-learning's geniet u een korting van 5% en vanaf 51 e-learning's is er een korting van 20%. Voor een aankoop vanaf 101 stuks contacteer opleiding@dementie.be



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Mantelzorgers > E-learning mantelzorgers in chronische zorgverlening

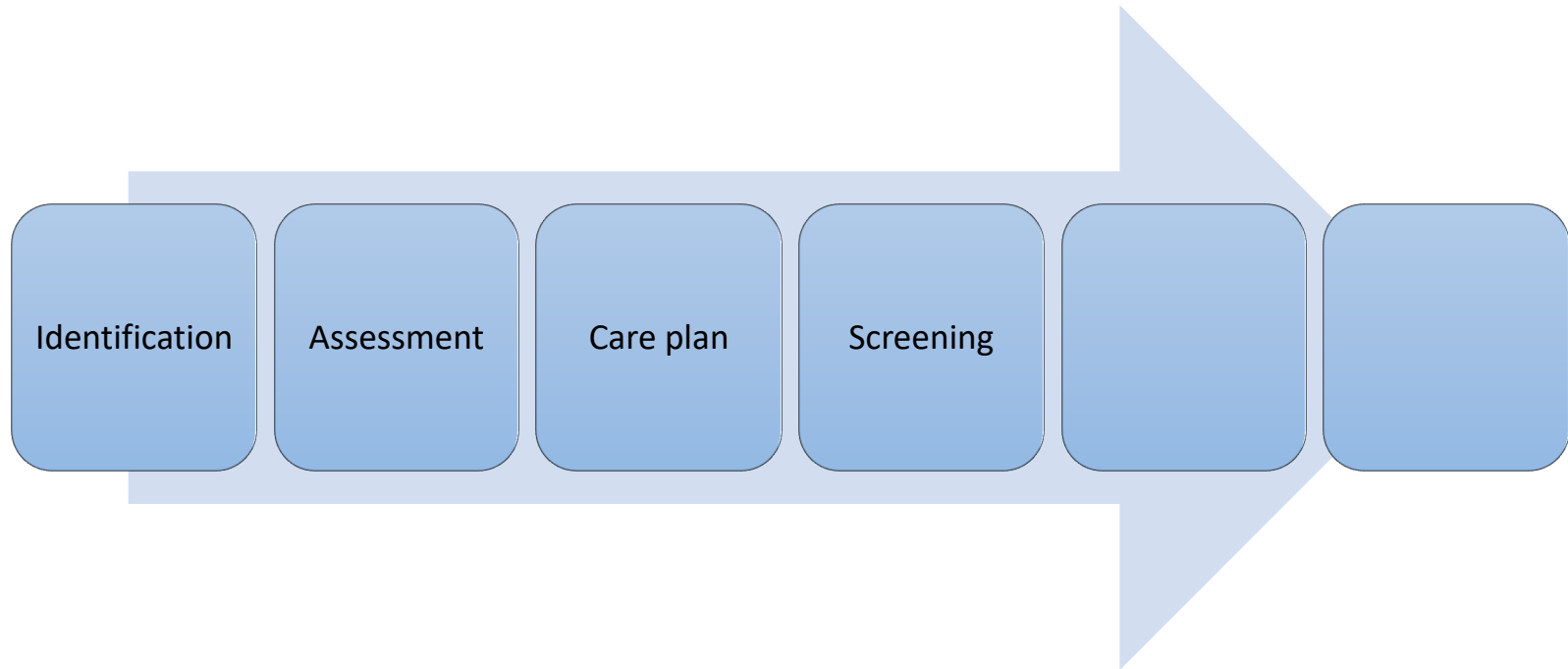


E-learning mantelzorgers in chronische zorgverlening

Tool rond mantelzorg voor professionele zorgverstrekkers



Burden screening



Burden Screening :

Burden Scale for Family Caregivers

Evaluation of the number of points:

0 - 4 points **Your burden of care is: none to mild**

It means:

You do not have an increased risk of physical discomfort that is above the usual level of complaints in your age group.

Recommendation:

Support the family caregiver to the extent that he/she continues to do well.

5 - 14 points **Your burden of care is: moderate**

It means:

You have an increased risk of physical discomfort that is above the usual level of complaints in your age group.

Recommendation:

Try to relieve yourself and get more rest. You should have your physical health evaluated.

15 - 30 points **Your burden of care is: severe to very severe**

It means:

You have a greatly increased risk of physical discomfort that is above the usual level of discomfort in your age group.

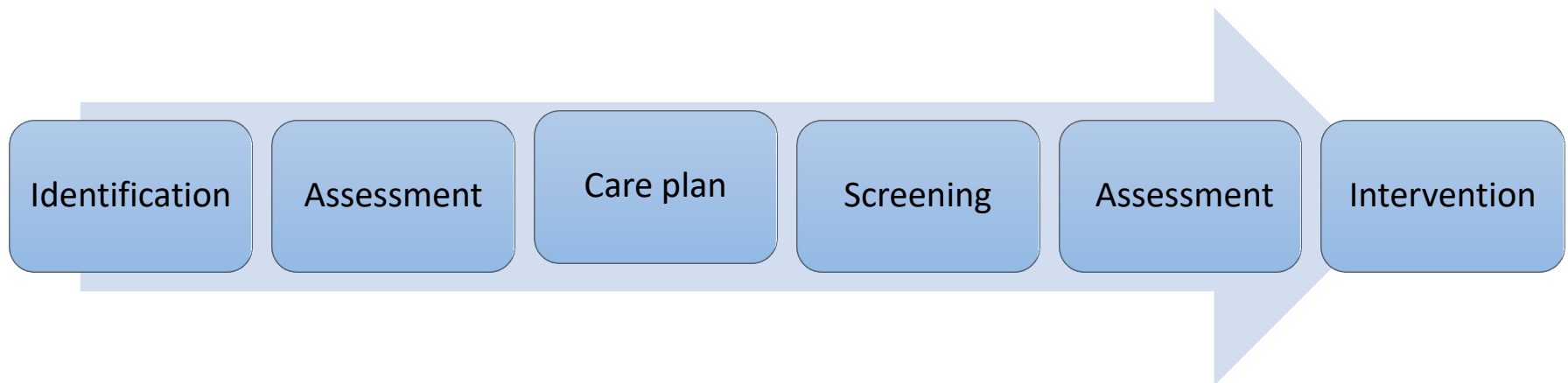
Recommendation:

Take steps to reduce the extent of your physical discomfort. It might help to get some relief by finding others who can support the care receiver as well. A health check is urgently recommended in your case.

Fig. 3 Support for interpreting the results and concrete recommendations to be given to the informal caregiver

Interventions for caregiver burden

- Adelman 2014
 - 6 meta-analyses/systematic reviews
 - Interventions
 - Psychological counseling
 - Support groups
 - Respite
 - Training
 - **Mild to modest efficacy**



Take Home Message

It's easier to stop something from happening in
the first place
than to repair the damage after it has
happened

~

Primary prevention



Thank you for your attention, any questions?



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