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Alteraciones conductuales que provocan sobrecarga subjetiva en los cuidadores principales de personas con demencia

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Behavioral alterations that cause subjective overload the main caregivers of people with dementia

Introduction

The process of caring for an elderly person with dementia at home is a complex process that creates chronic stress and affects more or less physical and mental health of caregivers.

Caring for a bearer of dementia, is a task that usually only one member of the family takes. .

Those who assume that role suffered a major life change: the literature describes the behavioral changes rather than cognitive and functional are what cause more stress in informal caregivers

Objective: To which / is the behavioral disturbances of dementia were identified as stressful by the main caregivers and presenting overhead.

Methods: We conducted a quantitative exploratory descriptive non-experimental design with a transaction with a population of 16 informal caregivers of patients with dementia who took over 6 weeks as the main caregivers and cohabiting. The sample selection was intentional and voluntary. Was made an assessment tool Inventory behavioral alterations to collect information on behavioral changes and the intensity of the load. Results: The profile of respondents agreed with that described in the literature for other countries

100% of respondents identify behavioral changes that will cause more overload, and alterations that are related to disorders of thought content is the most affecting in the process of caring. And those are less and cause less overhead are related to eating disorders. Similarly it was found that there are behavioral changes that occur less frequently, but equally very high overhead as they relate to the disinhibition of sexual behavior.

Conclusion: Informal caregivers are able to identify behavioral changes that show the person in their care to recognize the subjective burden this implies.

The behavioral alterations of the land identified as most stressful allow the practice of focusing TO generating strategies applicable to the daily lives of persons with dementia caregiver impact in the areas of occupational performance.