

# CAREGIVER STRESS: A CONCEPT ANALYSIS

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## Purpose

The purpose of this concept analysis is to provide clarity on the concept of caregiver stress as it pertains to the caregiver of people with Alzheimer's disease and related dementias

## Background

- Approximately 60-70% of caregiving for people with Alzheimer's disease and related dementias (ADRD) occurs in the home and community-based setting by non-paid caregivers<sup>1</sup>
- Number of people affected by ADRD is expected to grow to 16 million by 2030<sup>1</sup>
- This will accelerate the number of caregivers for ADRD patients
- ADRD caregivers are at risk for potential stress as a result of providing care for a person with ADRD<sup>1</sup>

## Methods

- Modified method of Wilson's (1963)<sup>2</sup> concept analysis procedure
- Utilized databases that included CINAHL with Full Text, PubMed, MEDLINE, OVID, PsycARTICLES, PsycINFO, and Google Scholar.
- Criteria included peer-reviewed articles: (a) written in English, (b) that described or studied caregiver stress with caregivers of persons with ADRD, and (c) published within the last thirty years.

## Results

51 articles from 1983-2013 were reviewed including

- Caregiver stress: 26 articles
- Caregiver burden: 12 articles
- Inventories: 4 related to caregiver stress or burden
- Demographics and Financial Impact: 6 articles
- Needs of care givers: 3 articles

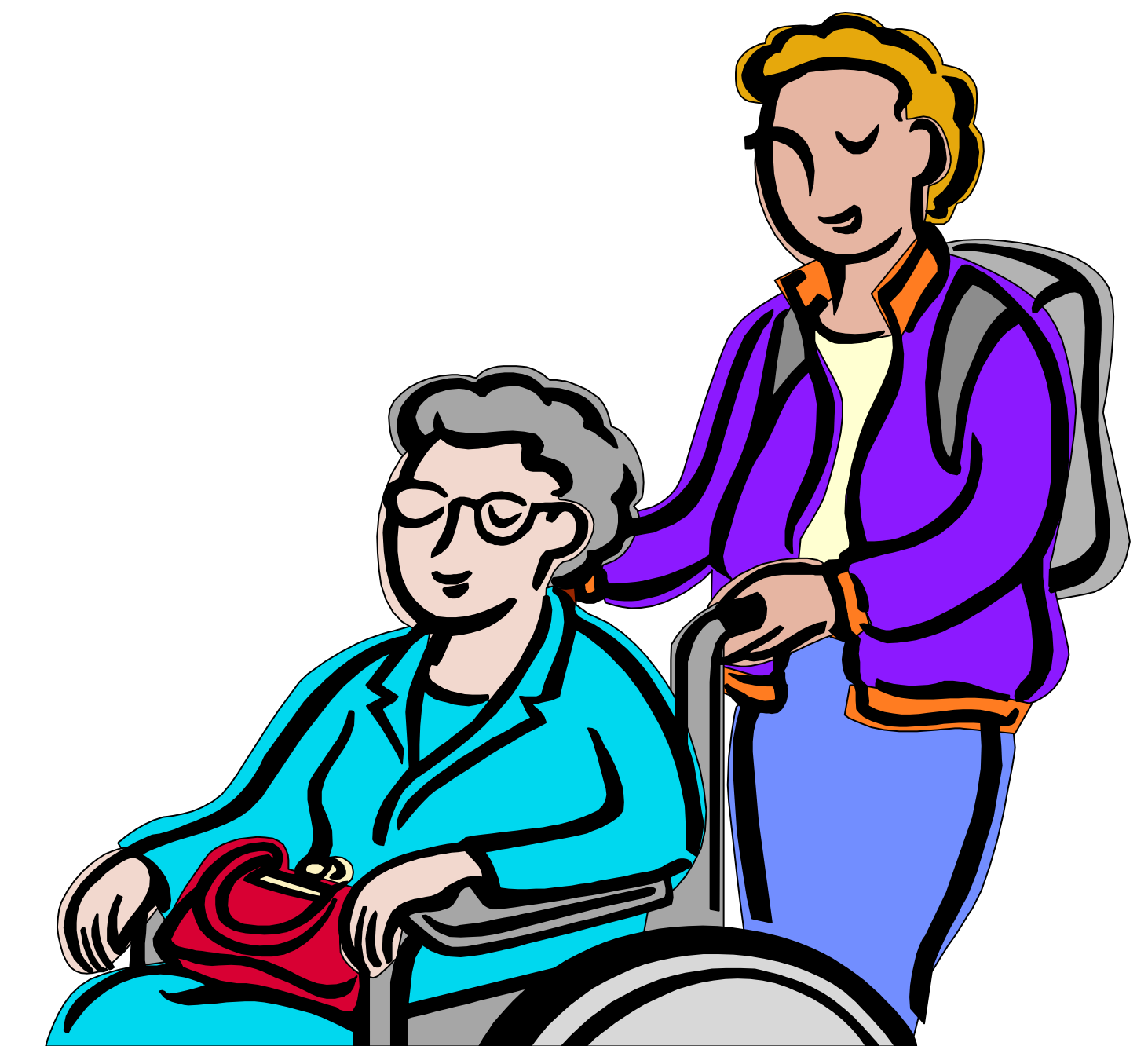
## Working Definition

- Working Definition: Definition of Alzheimer's caregiver stress references what a caregiver experiences in either bodily or mental tension resulting from providing direct care for a person with ADRD.



## Discussion

- Identify and acknowledge caregiver stress
- Utilize Instruments to evaluate caregiver stress: i.e. Caregiver Burden Inventory<sup>3,4</sup> and Zarit Burden Interview<sup>5</sup>
- Provide a safe environment for the caregiver to express concerns about the person with ADRD
- Support for the caregiver may help avoid premature institutionalization of the person with dementia
- Seek out community resources to provide support to the caregiver
- Acknowledge the daily struggles of caring for a person with dementia is a vital part of one's nursing practice when working with caregivers of persons with ADRD



## References

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