

# 4<sup>th</sup> International Conference on Nursing & Healthcare

October 05-07, 2015 San Francisco, USA

## Paternalism in families – burdens of caregivers of elderly family members

**Martin Pallauf**

Private University for Health Sciences, Medical informatics and Technology (UMIT), Austria

**Background:** This presentation focuses on a gerontological research project on the burden amongst informal caregivers of older family members. The research project addresses the impact of multiple caregiving roles and relationship conflicts on caregivers' burdens and their social and psychological well-being.

**Method:** The qualitative research project has been divided into three steps: In the first step, 13 informal caregivers of non-institutionalized older family members are interviewed. All caregivers are sandwiched between own children and aging family members. In the second step, 13 informal caregivers of institutionalized older family members are interviewed. In a third step, the data received in steps one and two is discussed with nine different experts.

**Results:** The combined results derived from all three steps clearly show that caregivers suffer from personal, social, psychological and financial strains. Caregiver burden can lead to a high level of long-term stress and lower personal life quality. Sometimes demands are extremely high, more than caregivers can handle. This can contribute to caregiver symptoms such as depression or burnout. Especially burdens and stress caused by multiple role conflicts have a determining influence on those symptoms. Feelings of guilt and a bad conscience are dominating the caregivers' basic mood. For caregivers, difficult decision-making situations are part of their daily routine. Especially paternalistic decisions can burden caregivers.

**Conclusion:** Further systematic qualitative research is necessary, comprising the view of additional family members and affected individuals. Detailed examinations of external support and influences have to be examined. At the same time, quantitative research projects will be necessary to survey qualitative based opinions.

## Biography

Martin Pallauf studied care management and is a registered elderly care nurse. He completed his PhD in Nursing Science (focus on gerontology) at UMIT, the Health & Life Sciences University, in Tyrol/Austria in 2013. He has worked as a scientist at the Institute for gerontology and demographic development and at the Institute of Nursing Science at UMIT since 2009. His research focuses on gerontological topics.

## Notes: