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### Mitigating caregiver burden

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Informal caregiving is the most common form of long-term care provided in the United States, and with the projected rapid growth of older adults, informal caregiving will be even more critical in the foreseeable future. In the United States, slightly more than 20% of informal caregivers provide care for more than one care recipient, and 10% provide care for three or more care recipients. Caring for a dependent, older adult patient may have negative effects on physical, psychological, psychosocial, social and financial health of caregivers. Careful assessment of the impact of informal caregiving on the caregiver's functioning is imperative, and will enable a practitioner to not only find ways to help caregivers shoulder the effects of caregiving, but also to measure the effectiveness of interventions that seek to mitigate the effects of caregiving.

### Biography

Dorothea Frederick is a DNP/FNP candidate at the University of Massachusetts, Amherst. This is her capstone project to be presented at graduation, May 2016. She has been a Nurse for 37 years working in a wide variety of settings. She is currently full-time faculty at Thomas Jefferson University, College of Nursing, teaching in the undergraduate nursing program. While working in the operating room, she published articles on Mentoring and Bullying and Cultural Competency. While teaching neuro at Jefferson, she published an article on Lemierre's Disease and co-authored an article on Simulation in Nursing. She currently teaches the neuro section to senior nursing students, prep for NCLEX and clinical health assessment.

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