

Caregiving Through the Eyes of Hispanic Caregivers

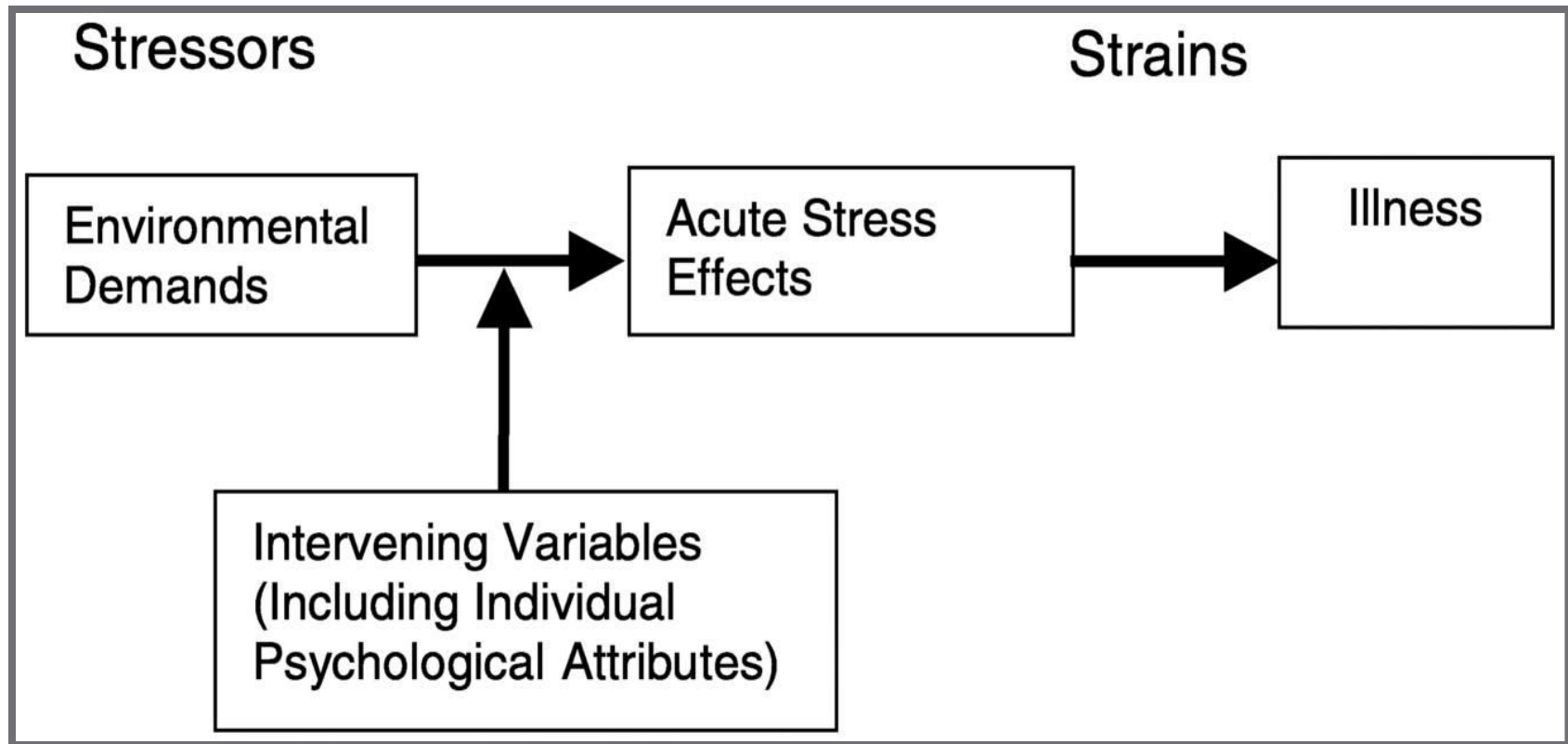
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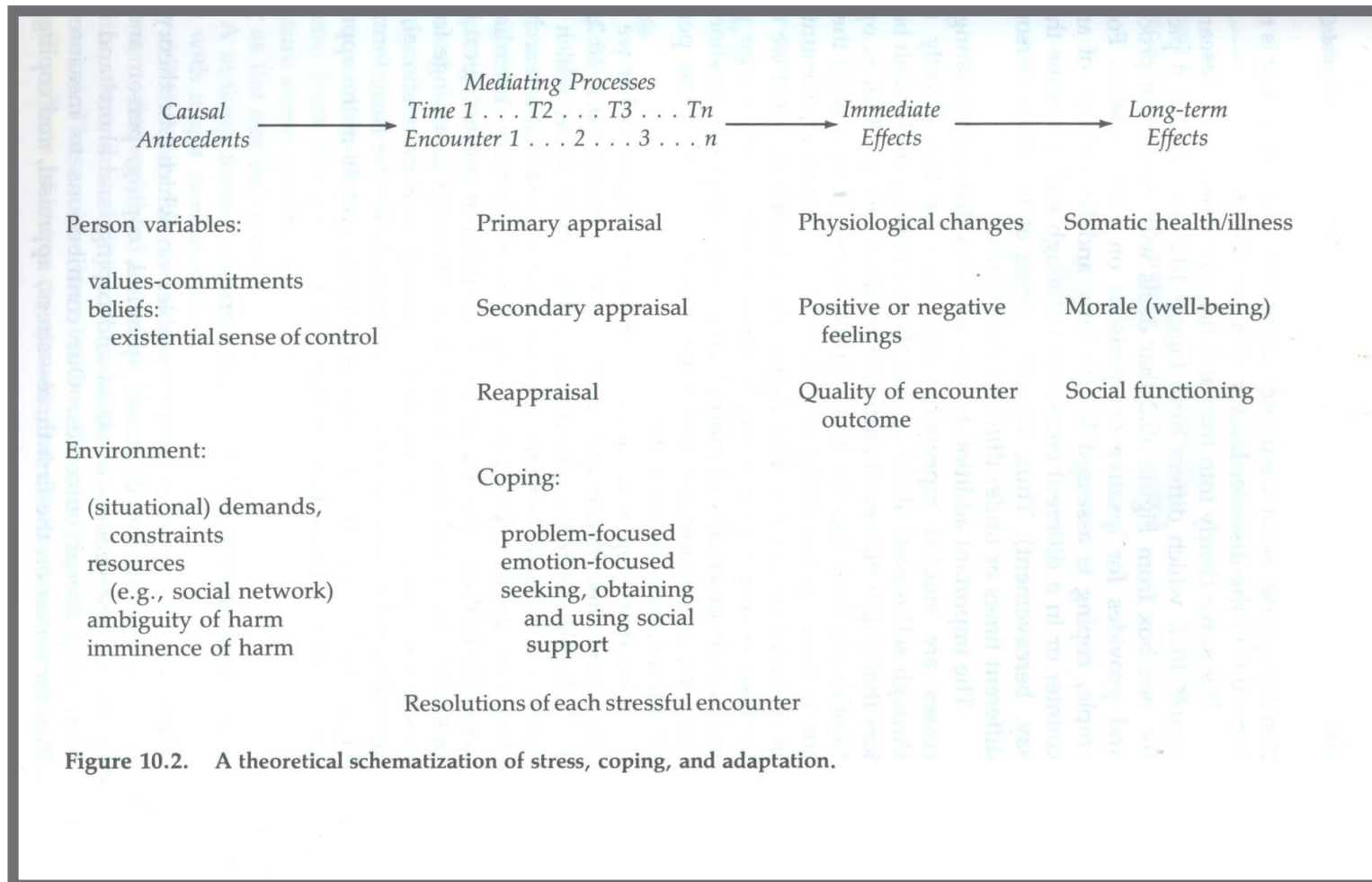
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The rising STAR of Texas





Generic psychosocial stress model. From Sauter and Swanson (1996)
http://www.nap.edu/openbook.php?record_id=10032&page=288



Lazarus and Folkman (1984). Stress, Appraisal, and Coping

Context

- Culture and language play a role on a person's perception of the caregiving experience



Meaning of Cuidador

caregiver, ra.

1. adj. Who cares. U t. c. s.
2. adj. Very attentive and careful.
3. adj. ant. Very thoughtful, involved in it.

The last upgrade about meaning of cuidador was 03/10/2012 3:52:29

<http://www.wordmeaning.org/Spanish/cuidador.htm>

cuidador, a

sm/f

 **Collins**

- 1** [+de niños] **childminder**
- [+de enfermos] **carer**
- 2** [+de caballos] **trainer**
- [+de zoo] **keeper, zookeeper**
- [+de terreno] **caretaker**
- 3** (Boxeo) **second**

<http://dictionary.reverso.net/spanish-english/cuidador>

carga  *feminine noun*

English Translation of CARGA

1 : loading

2 : freight, load, cargo

3 : burden, responsibility

4 : charge <carga eléctrica : electrical charge>

5 : attack, charge

<http://www.merriam-webster.com/spanish/carga>



Purpose

- Discuss cultural and linguistic differences that influence how a person perceives the caregiving experience



Family Caregiver Characteristics

- Uncomplaining
- Put their loved one's welfare above own
- Often reluctant to ask for help

Hispanic/Latino Caregivers

- Early dementia symptoms are normal



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Hispanic/Latino Caregivers

- Care is the responsibility of family (females)
- Reluctant to use support services
- Very reluctant to institutionalize
- Seek relationship in health care providers



Different values

Not wrong values

Different Values

- Time orientation:

Personal relationships are more important
than schedules

Different Values

- Collectivism

How I view myself and my relationship with other members of the group (family)



Different Values

- Familism

Family centered approach to life
(including making decisions about
healthcare)



Different Values

- Personal space

Latinos prefer less interpersonal space than other ethnic groups. (touch - *personalismo*)



Different Values

- Marianismo



Emulation of qualities such as patience, abnegation, and self-sacrifice.

Role of mother and often oldest daughter.

Different Values

- Respeto

Special deference for parents, grandparents, and older person .

Use of “tu” versus “usted”.



A different set of values

Euro-American

“Anglo”

“White”

Different Values

- Individualism

Emphasis on individual achievement.

Status based on what an individual does.

Success based on hard work and action.

Different Values

Self-reliance and Independence

Help given indirectly/ anonymously to avoid offending the recipient.

Parents expect children to leave home and be economically independent.

Results

- Caregiving is MY opportunity to GIVE BACK
- Caregiving is knowing that I am doing MY BEST
- Caregiving is a sacrifice
- Caregiving is MY duty
- Caregiving is a learned behavior.



ACCUMULATION OVER TIME



VALUES
NORMS
CUSTOMS
BELIEFS



90%

VALUES
NORMS
CUSTOMS
BELIEFS
TRADITIONS

10%

BEHAVIORS

90%

VALUES

NORMS

CUSTOMS

BELIEFS

TRADITIONS



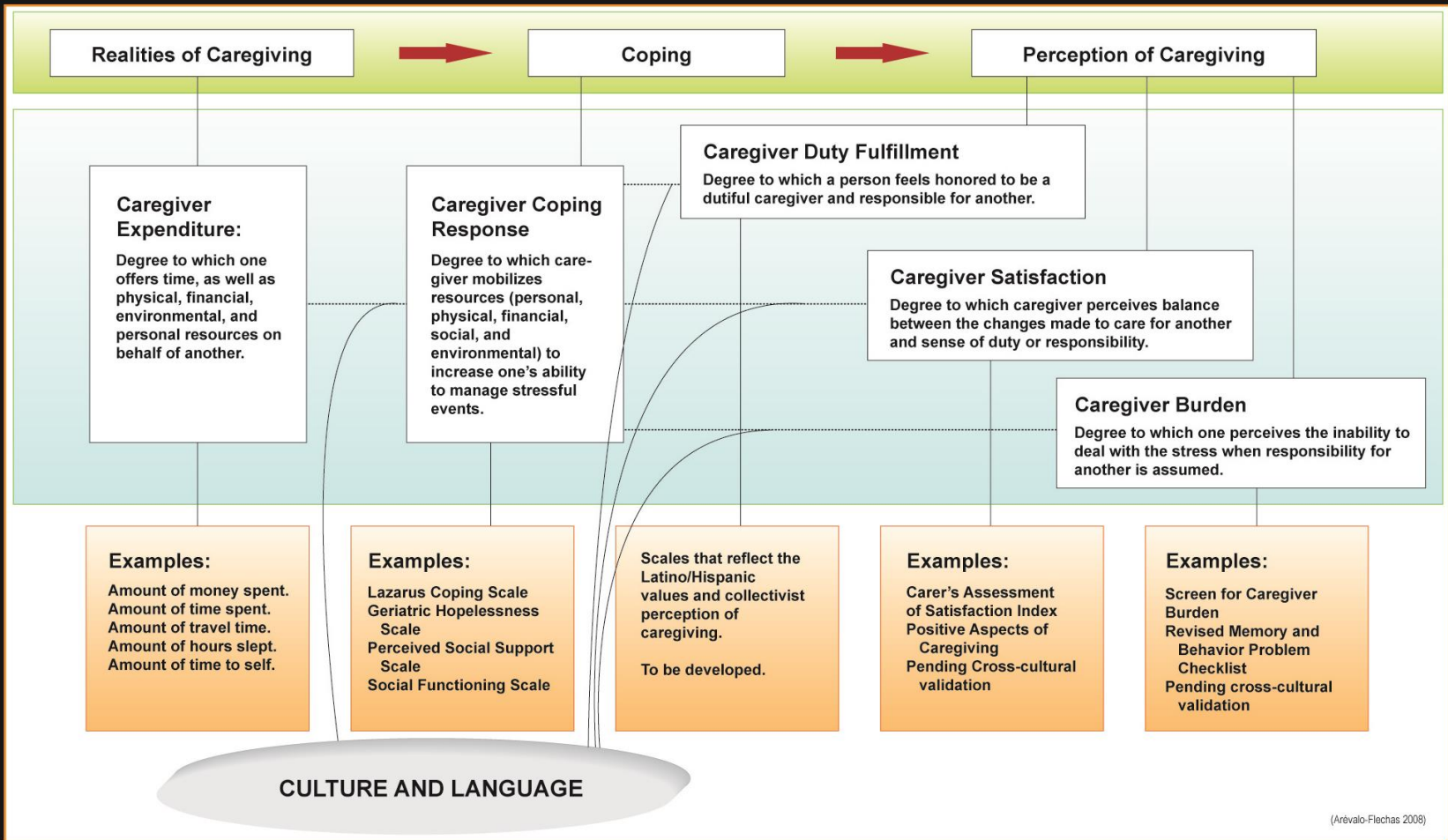
CULTURALLY INFORMED CONCEPTUAL ORIENTATION OF CAREGIVING

ANTECEDENTS

Regardless of racial or ethnic background, caregivers face these day-to-day situations that are antecedents to coping and perception

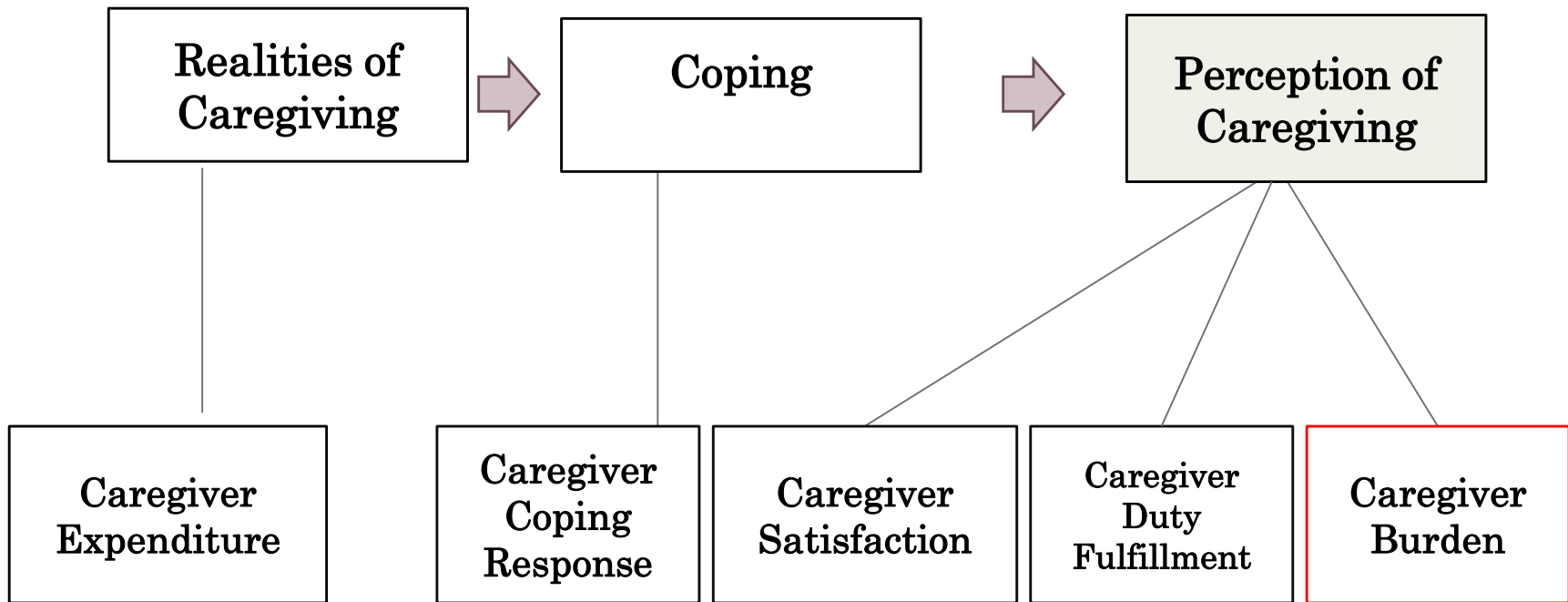
CONSEQUENCES

The resulting outcome is the perception that the caregiver has of the overall caregiving experience.



Conclusions

- Culture and language need to be considered when any strategy is planned and implemented for caregivers
- Increasing the understanding of the concept of burden within the context of the Hispanic/Latino culture is of paramount importance.



Arévalo-Flechas (2008)

Hispanic cultural values and language are at the root of behaviors observed by health care professionals and other service providers.

Gaining a better understanding of the impact of these values on caregiving, will allow service providers and others supporting Hispanic families to realize the importance of respite, and access and navigate services available to them.

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Questions