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Caregiving as a rewarding experience: perceptions of carers of older people

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Caregiving as a rewarding experience

Caregiving as stressful and burdensome

- Literature details carers lifestyles, difficulties and sacrifices
- Rewards and satisfactions overlooked
- Unrealistic picture promoted by voluntary sector support groups?
- Why are carers reluctant to give up their role?
- Increasing evidence that caregiving can be rewarding
Caregiving as a rewarding experience

Carers of Older People Study

- Secondary analysis of data from exploratory qualitative longitudinal study
- Purposive sample of carers of older people without dementia
- Participants included daughters, spouses, sons and sibling
- 64 In-depth semi-structured interviews
- Study guided by principles and processes of Grounded Theory
- Resulted in 5 categories
- ‘Rewards’ was a property of the category ‘Nature of Caregiving’
Caregiving as a rewarding experience

Rewards and satisfactions

Derived from:

- Interpersonal dynamic of relationship
- Intrapersonal and intrapsychic orientation of the carer
- Outcome dynamic
- Nolan et al 1996
## Caregiving as a rewarding experience

<table>
<thead>
<tr>
<th>Rewards derived from interpersonal dynamic</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doing small things that bring pleasure to care recipient</td>
<td>95</td>
</tr>
<tr>
<td>Seeing the care recipient clean, comfortable and well dressed</td>
<td>91</td>
</tr>
<tr>
<td>Maintaining the dignity of the care recipient</td>
<td>86</td>
</tr>
<tr>
<td>Helping the care recipient overcome difficulties and problems</td>
<td>76</td>
</tr>
<tr>
<td>Ensuring that the needs of the care recipient are met</td>
<td>71</td>
</tr>
<tr>
<td>Feeling appreciated by care recipient</td>
<td>67</td>
</tr>
<tr>
<td>Seeing improvements in the care recipients’ condition</td>
<td>38</td>
</tr>
</tbody>
</table>
Caregiving as a rewarding experience

“Each year she just frailer and frailer and she can do less for herself...I feel that I know her better than the other. She tells people how much I do for her and how much she appreciates it – and that makes me happy.”

“I feel good when she [mother] feels good. When they are nice and you feel sorry for them and you try to make them happy... Every day, all day is spent trying to make her happy. If everything is ok and my mum is feeling good – aye that’s nice and I’m happy too.”

“Well he’s been my husband now for coming up to 60 years...Who else would care enough to keep him clean and tidy and well looked after. It makes me happy when I see him happy and smiling.”
# Caregiving as a rewarding experience

**Rewards derived from intrapersonal orientation of carer**

<table>
<thead>
<tr>
<th>Reward</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeing the care recipient happy</td>
<td>95</td>
</tr>
<tr>
<td>Knowing that at the end of the day, they I done the best I could for the care recipient and I won’t feel guilty</td>
<td>86</td>
</tr>
<tr>
<td>Expressing my love for the care recipient through caregiving</td>
<td>67</td>
</tr>
<tr>
<td>Fulfilling my sense of duty through caregiving</td>
<td>58</td>
</tr>
<tr>
<td>Knowing that I am able to provide better care because of my knowledge about the care recipient</td>
<td>57</td>
</tr>
<tr>
<td>Knowing that if the situation were reversed, the care recipient would do the same for me</td>
<td>57</td>
</tr>
<tr>
<td>Overcoming difficulties and challenging myself</td>
<td>52</td>
</tr>
<tr>
<td>Repaying past acts of kindness by the care recipient</td>
<td>47</td>
</tr>
</tbody>
</table>
Caregiving as a rewarding experience

“When it comes to the crunch and it’s time to farewell, I’ll be able to put my head on the pillow that night and say I’ve done my best”

“It was payback time. She was my support during all those years when I couldn’t get help… I had three children to support but my mother looked after my kids to let me out to work. So I feel that it’s right and just”

“I enjoy it. Nobody else would do it right. I know what my mum likes and doesn’t like. I know all her wee ways. If I am looking after her, then I know she’s fine. If I am there she’s getting looked after properly.”
## Caregiving as a rewarding experience

<table>
<thead>
<tr>
<th>Rewards derived from outcome dynamic</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being able to keep the care recipient out of a care home</td>
<td>91</td>
</tr>
<tr>
<td>Having a purpose in my life that I did not have before</td>
<td>47</td>
</tr>
<tr>
<td>Increasing my interests and contacts</td>
<td>33</td>
</tr>
<tr>
<td>Developing new skills and knowledge</td>
<td>38</td>
</tr>
<tr>
<td>Personal growth and development</td>
<td>34</td>
</tr>
</tbody>
</table>
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‘There’ll maybe come a time when I will be able to do it as a job. I don’t know. I suppose the clock is ticking and I’m thinking who would employ a 50 year old. I’m part of a wee sub-committee so I have learned how a thing starts happening and how it carries on. I feel now that if I didn’t have anybody to care for I could go into something like that. If something happened to my mother-in-law, I think I would want to use the knowledge I had for something’

“I am now attached to the Princess Royal Trust for carers, so that’s got me into a whole new field. I go to conferences, I’ve learned a lot about other people and aspects of training and caring.”

“Just knowing that she’s not sitting in some place. I mean I know if I put her in a home now, she won’t survive. Some of these places are horrible”
Caregiving as a rewarding experience

Conclusions

- Majority of carers derive rewards and satisfaction from caregiving
- Rewards are diverse, complex and subtle
- Usually indicative of a good relationship between carers and care recipient
- Rewards and satisfaction may help carers cope and buffer against stress
- May explain why carers continue despite experiencing caregiving as stressful and burdensome
Caregiving as a rewarding experience

References

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