
Country of Primary Focus: Philippines

Title: Variants in Elderly Caregiving within the Family Context and their Implications on Caregivers and Elderly Well-being

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ABSTRACT

This paper posits the following objectives: (1) extricate issues and concerns pertaining to elderly health and well-being, (2) categorize the family caregivers according to their family status and approaches in meeting the physical and psychological needs of the elderly as contrasted to their own family and economic responsibilities, (3) assess the quality of caregiving provided by family members in relation to their own needs, (4) determine the predicament of caregivers and how they deal with these, (5) evaluate the impact of the modality of caregiving on the well-being of caregivers and elderly; and (6) arrive at recommendations for caregiving that will benefit both the caregivers and the elderly. A survey of caregivers was undertaken in a specific urban and rural communities in Metro Manila categorized as follows: daughters of elderly (employed versus unemployed), daughter in law, distant relative, paid household helper (full time), private duty attendant and son. The extent of dual conflicts in terms of responsibilities to own family and the elderly caregiving concerns, stressors, adjustments, burden and anxiety levels, and the support they provide to the elderly were extricated. Mechanisms of caregiving were assessed with particular attention to the different approaches adopted in the care of elderly. Predicaments of caregivers in terms of their multiple burdens, time allocation, responsibilities, and financial constraints were considered. Comparisons of the different categories were made in terms of the modality of caregiving and the categorization indicated. Measures of well-being of the caregivers as well as the elderly were linked to the caregivers' situation encompassing financial/economic, psychological/emotional, physical, and developmental constraints. Variations in approaches were described and the policy and programmatic implications of the results were determined.