



The Family Caregiver Survey Results

Who will take care of me?



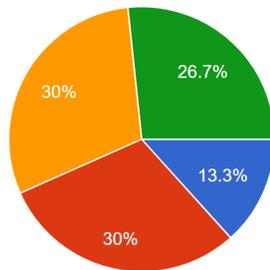
Celestine

FOUNDATION

Nonprofit Faith-Based Organization

1-How long have you been a family caregiver?

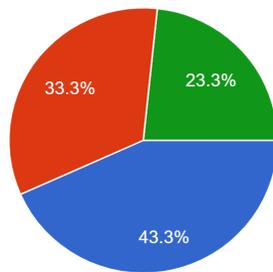
30 responses



- Less than a year
- More than 1 year but less than 5 years
- More than 5 years but less than 10 years
- More than 10 years

2-What is your relationship to the care recipient?

30 responses



- I am a son, daughter, (biological, surrogate, adoptive, foster, etc)
- I am a relative
- I am a friend
- Other:

- The majority have been caregivers over a year.

- Almost half of those caregiving were children.

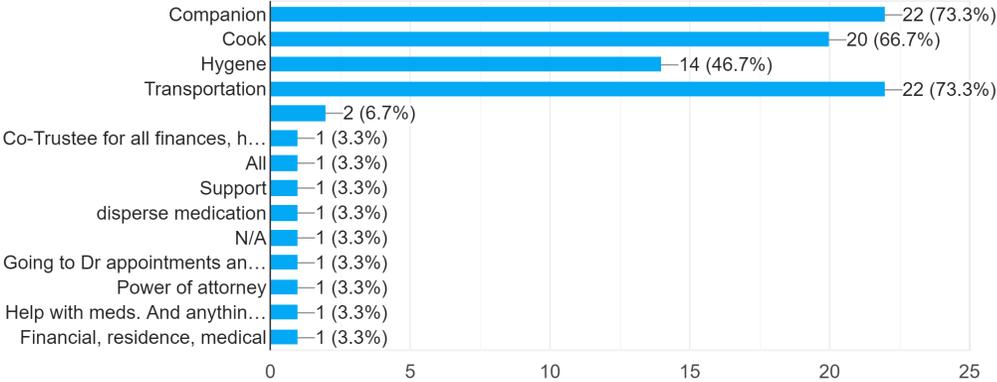


Primary responsibilities were being a companion, cook, hygiene, and transportation.

Over half spent more than 20 hours per week as a caregiver. One third over 40 hours.

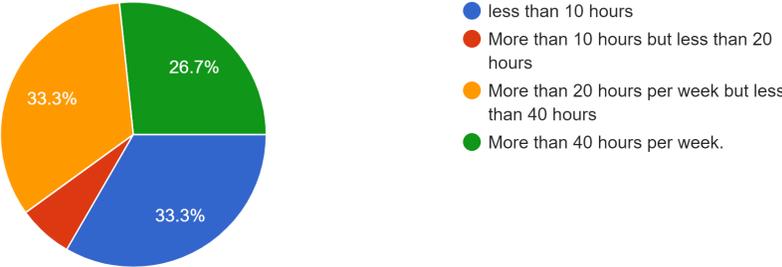
3-What are the primary caregiving responsibilities you undertake?

30 responses



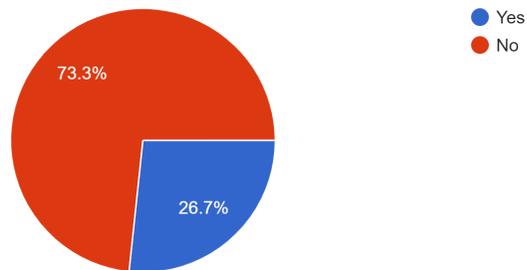
4-How many hours per week do you spend caregiving?

30 responses



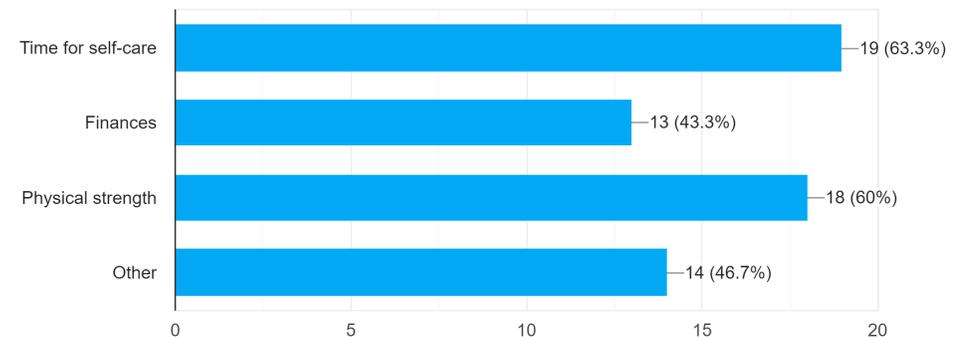
Most of the family caregivers received no training before they began taking care of their loved one.

5-Did you receive any training (formal or informal) before caregiving?
30 responses



Self-care and the need for physical strength were the two most notable challenges.

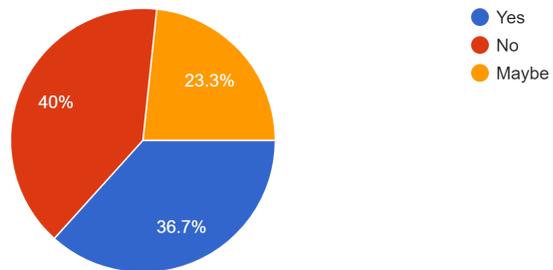
6-What challenges do you face as a family caregiver?
30 responses



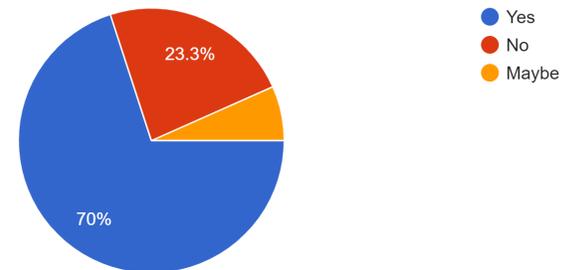
Finances for most were not a burden. Which was encouraging.

But there were still individuals who had no access to assistance which is a burden.

7-Are there any financial burdens associate with your caregiving role?
30 responses



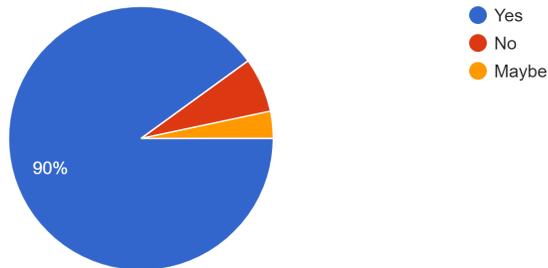
8-Do you have access to individuals who can step in and relieve you for short periods of time?
30 responses



Faith played a significant role in stepping into being a caregiver.

9-Does your religious belief influence your caregiving approach?

30 responses



10-What advice would you give to other family caregivers -based on your experiences?

- Self- care is a necessity, not a luxury!!
- Be prepared with a will or trust. My dad is unable to be responsible for his own business affairs. If my mom did not put things in place, we would be in a very difficult situation.
- Give love and exercise patience.
- Be kind to yourself. Plan when possible. Breath deeply. Remember self-care. Learn your limitations. Ask for help,/receive help. Don't feel guilty when you can't do!
- Patience
- Patience and allowing people to help you
- Love your family member but at same time care for the same family as your patient.
- Stay prayerful



Thank you to those who participated.

Based on our survey, Celestine Foundation will craft a series of informational webinars to help caregivers. The first series will be on self-care tools. The caregiver must take care of him/herself.

