Caregiving Through the Eyes of Hispanic Caregivers

Lyda C. Arévalo-Flechas PhD, RN

TEXAS☆STATE UNIVERSITY
The rising STAR of Texas

Hartford Gerontological Nursing Leaders
Generic psychosocial stress model. From Sauter and Swanson (1996)
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
1  [+de niños]  childminder
2  [+de enfermos]  carer
2  [+de caballos]  trainer
3  [+de zoo]  keeper, zookeeper
3  [+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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- Care is the responsibility of family (females)
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- Reluctant to use support services
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
VALUES
NORMS
CUSTOMS
BELIEFS
TRADITIONS

10%

BEHAVIORS

90%
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

Realities of Caregiving

Caregiver Expenditure:
Degree to which one offers time, as well as physical, financial, environmental, and personal resources on behalf of another.

Examples:
- Amount of money spent
- Amount of time spent
- Amount of travel time
- Amount of hours slept
- Amount of time to self

Caregiver Coping Response
Degree to which caregiver mobilizes resources (personal, physical, financial, social, and environmental) to increase one's ability to manage stressful events.

Examples:
- Lazarus Coping Scale
- Geriatric Hopelessness Scale
- Perceived Social Support Scale
- Social Functioning Scale

Coping

Caregiver Duty Fulfillment
Degree to which a person feels honored to be a dutiful caregiver and responsible for another.

Caregiver Satisfaction
Degree to which caregiver perceives balance between the changes made to care for another and sense of duty or responsibility.

Examples:
- Carer's Assessment of Satisfaction Index
- Positive Aspects of Caregiving Pending Cross-cultural validation

Perception of Caregiving

Caregiver Burden
Degree to which one perceives the inability to deal with the stress when responsibility for another is assumed.

Examples:
- Screen for Caregiver Burden
- Revised Memory and Behavior Problem Checklist
- Pending cross-cultural validation

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

CULTURE AND LANGUAGE
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.
Realities of Caregiving

Coping

Perception of Caregiving

Caregiver Expenditure

Caregiver Coping Response

Caregiver Satisfaction

Caregiver Duty Fulfillment

Caregiver Burden

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.