

Study of tactical issues improving care giving to elderly

El-Bedaiwi, R.

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Elderly population grow in size worldwide, last census in Egypt 2006 estimates persons aged 60 and over years as 6.27%. Informal caregivers still are the first actually and expected source of support to their elderly relatives. They are mostly daughters or spouses and have their responsibilities towards family, work, self, Iso have their own variable problems as anyone in the society. With added loads, they can suffer stress or burden and this can be reflected on the elderly. This burden varies according to coping strategies and support resources available to the care giver.

The study aimed to describe care givers of elderly patients admitted to Geriatric Department, Ain Shams University, Cairo, Egypt as regards the sociodemographic data, prevalence of caregiver burden, more suffered problems during care giving, their awareness about patient right to have in advance directives (social, financial or medical), their awareness about presence of vaccinations for elders. All caregivers of elderly admitted to Geriatric Department, Ain Shams University during a period of three months were interviewed for data Collection, then a statistical analysis of data was done. It was found that they are mostly females, daughters, married, illiterate and the prevalence of burden among them is 95.5%, mostly mild to moderate severity and all are not aware about presences of vaccines for elderly.