

# “Have-tos, want-tos” and satisfaction: Caregiver experiences with respite time

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Introduction	Findings	Discussion
<ul style="list-style-type: none"><li>Mixed effectiveness of respite <sup>3</sup></li><li>Little research describing caregiver occupations and occupational satisfaction during respite <sup>2,4</sup></li><li>Research has focused on respite <i>services</i>, not respite as a break <sup>1</sup></li></ul>	<p><b>Prioritizing “have-tos”</b></p> <p><i>“If I weren’t a caregiver, I could come up with many things I would want to do, but it isn’t terrible or unexpected for me to spend most of my time on have-tos”</i></p>	<ul style="list-style-type: none"><li>Findings support literature review on common traits of time use and satisfying activities</li><li>New finding: different priorities in short vs. longer time blocks</li><li>Transactional approach in analysis</li><li>Traits and outcomes more salient than activity types</li></ul>
<h3>Study Aim</h3>		
<p>To describe the occupations and occupational satisfaction during respite time of co-habiting primary caregivers of older adults</p>	<p><b>Caregiver role and personal history shape respite</b></p> <p><i>“I had work to do, always – now it’s not that different... my [family] appreciated what I was doing and it became an identity for me.”</i></p>	<h3>Implications for OS/OT</h3> <p>More attention to experience-based categorizations of occupation and caregiver definitions of respite and satisfaction</p>
<h3>Methods</h3>		
<ul style="list-style-type: none"><li>Qualitative descriptive design</li><li>Semi-structured interviews</li><li>Three, 67-81 y.o. female caregivers of person with dementia</li><li>Analysis: thematic coding, COPM mapping, triangulation</li></ul>	<p><b>Satisfaction in connection &amp; disconnection</b></p> <p><i>“Reading is a way of getting solitude and creating space. When you have no space, you shut everything else. It’s just you and what’s happening in the book”</i></p>	<h3>References</h3> <ol style="list-style-type: none"><li>Chappell, N. L., Reid, R. C., &amp; Dow, E. (2001). Respite reconsidered A typology of meanings based on the caregiver’s point of view. <i>Journal of Aging Studies</i>, 15(2), 201-216.</li><li>Lund, D.A., Utz, R., Caserta, M.S., &amp; Wright, S.D. (2009). Examining what caregivers do during respite time to make respite more effective. <i>Journal of Applied Gerontology</i>, 28(1), 109-131. doi: 10.1177/0733464808323448</li><li>McGrath, W.L., Mueller, M., Brown, C., Teitelman, J., &amp; Watts, J. (2000). Caregivers of persons with Alzheimer’s disease. <i>Physical &amp; Occupational Therapy In Geriatrics</i>, 18(2), 51-69. doi: 10.1080/J148v18n02_04</li><li>Utz, R.L., Lund, D.A., Caserta, M.S., &amp; Wright, S.D. (2012). The benefits of respite time-use: A comparison of employed and nonemployed caregivers. <i>Journal of Applied Gerontology</i>, 31(3), 438-461. doi: 10.1177/0733464810389607</li></ol>