

The Mealtime Perspectives of Caregivers of Persons with Dementia

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Introduction

- 43.5 million unpaid caregivers in the US; 22% of these are caring for someone with dementia; average length of caregiving role is expected to be >5 years¹
- Limited amount of research on familial caregivers.
- Limited amount of research on mealtimes with persons with dementia (PWD) within the home.

Study Aim

What are the perspectives of familial caregivers of persons with dementia around the occupation of mealtime?

Methods

- Qualitative Research Design
- Phenomenological Approach
- Semi-structured interviews and observations of 2 caregivers (a daughter and a grandson)
- Thematic Coding and Analysis
- Member Checking

Findings

Connection to the Past

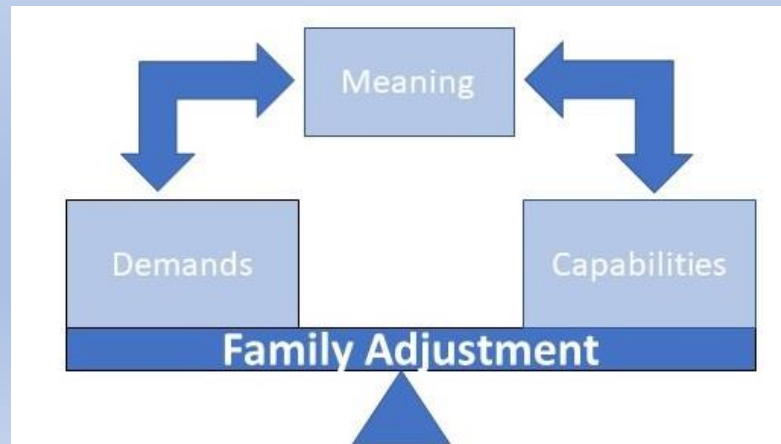
Shifting Roles

Awareness of the PWD

Strategies

Discussion

Family Adjustment and Adaptation Response (FAAR) model²:



Discussion Cont.

- Caregivers utilize an in-depth understanding of the person's past personality and habits to devise strategies for the present.
- Caregivers highlight caring for themselves as extremely important to deal with stress.
- Caregivers try to balance providing healthy food while also providing foods that the PWD prefers.

Implications and Future Directions

- OT interventions should build upon the knowledge and strategies already at work in caregiver's lives.
- Additional research needs to be done on familial caregivers of persons with dementia.

Resources

1. The National Alliance for Caregiving and AARP. (2015, June). *Caregiving in the U.S.* Retrieved from <https://www.aarp.org/content/dam/aarp/ppi/2015/caregiving-in-the-united-states-2015-report-revised.pdf>
2. Patterson, J. M. (1988). Families experiencing stress: I. The Family Adjustment and Adaptation Response Model: II. Applying the FAAR Model to health-related issues for intervention and research. *Family systems medicine*, 6(2), 202.



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