Caregiver Burden and Barriers to Providing Informal Care

Caregiver burden encompasses the physical and emotional distress related to caregiving and its effects on financial status and social life. There are two types of caregiver burden:

1. **Objective Burden**
   - Includes changes regarding the home, finances, employment, social life, or leisure as it relates to caregiving.

2. **Subjective Burden**
   - Refers to coping methods of caregivers while providing care.

A study of Native Hawaiian ʻohana (family) caregivers for kūpuna (elders) identified caregiving barriers, needs, and preferred services.

Did you know?

Caregivers of persons with substance use disorders reported moderate to severe caregiver burden.

Caregiving Barriers:
- **Costs**
  - Healthcare, health insurance, housing
- **Agency rules & regulations**
  - Insensitivity, income eligibility
- **Respect & privacy issues**
  - Loss of pride

Caregiving Needs and Preferred Services:
- **Accessibility to services**
  - Caregiver education, respite, transportation
- **Culturally-tailored programs**
  - Culturally-informed professional staff

Culture needs to be examined and explored, especially among underserved and underrepresented groups, to understand caregiving, caregiver burden, and well-being.

Sources: