



Berner Fachhochschule

Kompetenzzentrum Gerontologie

Challenges and the Experience of Stress of Care-Giving Relatives

Elsmarie Stricker-Herrmann



Overview

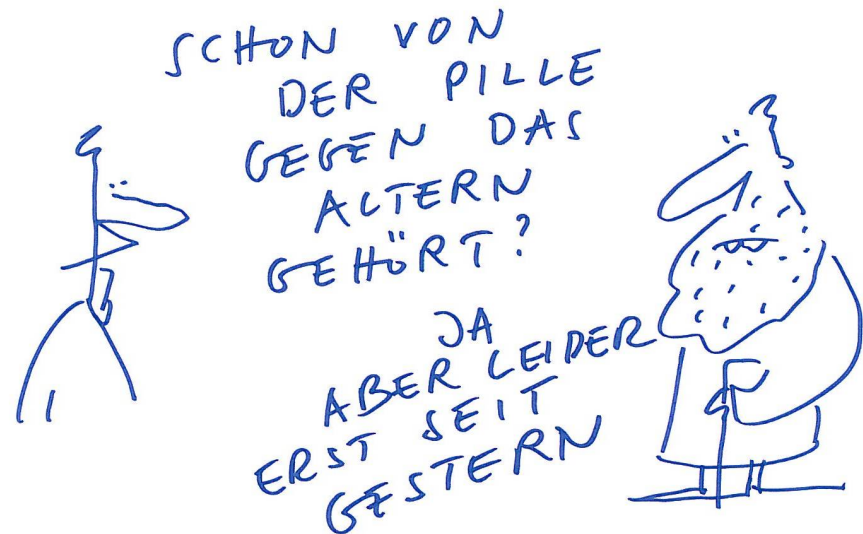
- **Introduction**
- Care of relatives as a civic task, challenge and chance
- What service do care-taking relatives render?
- Stress and burden of care-taking relatives
- Support for nursing and care-taking situations



Care-taking as a general risk in life

Have you heard anything regarding the pill against aging?

PFLEGE ALS ALLGEMEINES
LEBENSRISSIKO



*Yes, but
unfortunately
only since
yesterday.*



Guiding Principals Regarding Ageing, Canton Bern 2004/2005

„Elder care could not be provided in terms of personnel as well as in terms of finances without the unpaid engagement of relatives.“



Guiding Principals Regarding Ageing, Canton Bern 2004/2005

„Care-taking relatives need support, in order to master the stress inevitably caused by this task.“



- Nursing and care-taking is predominantly being done in the family context!
- Portion of professional elder care in regards total: 20 – 30%
- Portion of informal assistance and care: 70 – 80%



Numbers Switzerland

- Home-care by non-professionals is being administered for 220'000 – 250'000 persons
- For each person needing care 1,7 – 1,8 persons share the task
- Economic value: 10 – 12 billions(u.s.)/ milliards(UK) CHF/year
- 186 mio hours of unpaid care-work/year



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Solidarity among generations



Our youngest as an apprentice.....



„All human beings experience phases of dependency and must rely on other persons ‘ care – especially at the beginning and at the end of one ‘s life.“



Nursing and care in situations of illness/handicap or because of age-related limitations is a specifically human cultural achievement!



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GENERATIONENSOLIDARITÄT TEIL II

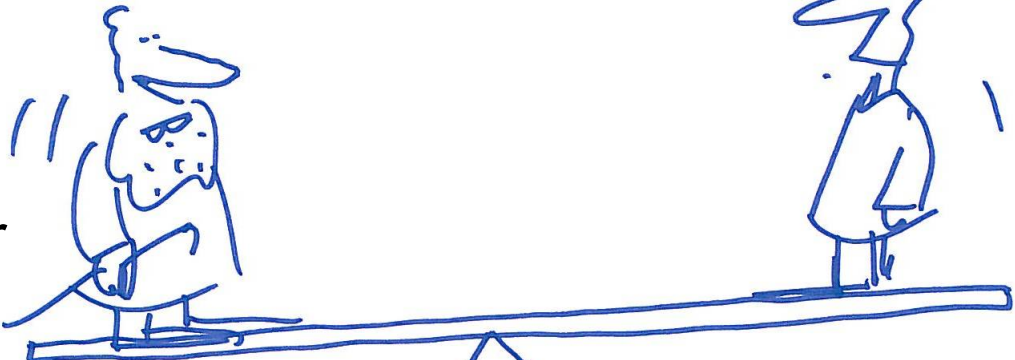
VATER

↓ EINZEL.
KIND

Father

Only

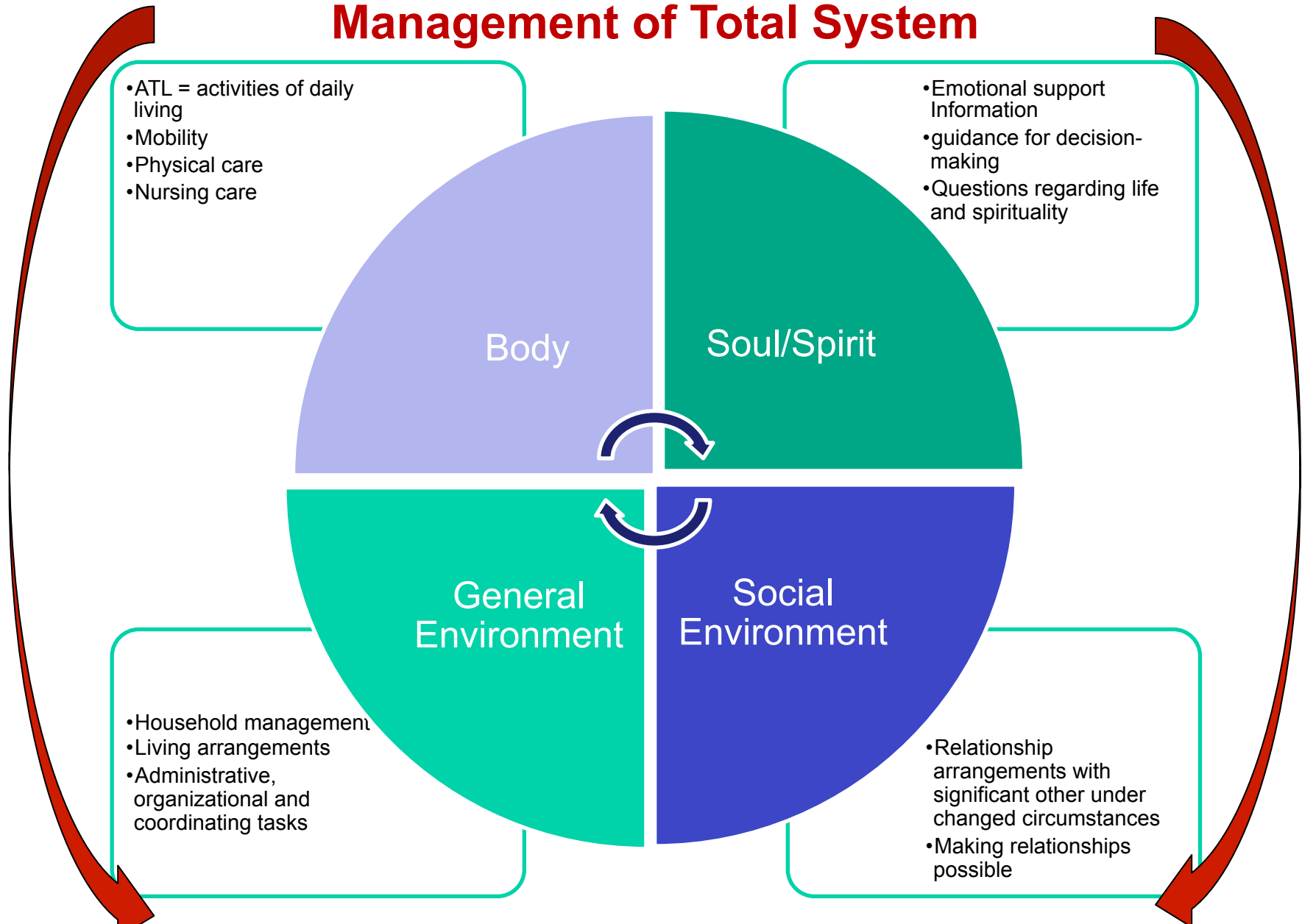
Child



Solidarity across generations



Management of Total System



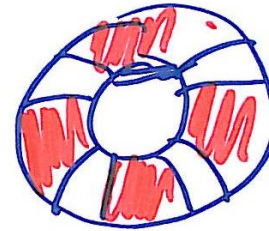


Overview

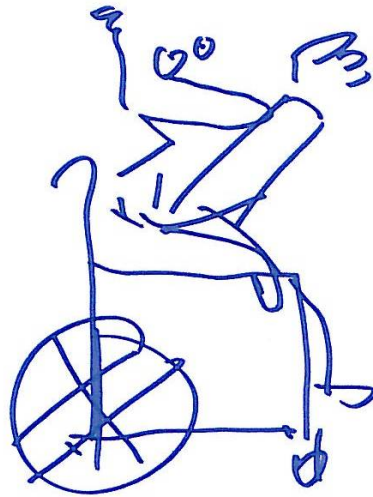
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ICH KANN
AUCH NICHT
HELLEN



Sorry, I can't
help!



Crisis Situation: Main person drowns



- Up and down of emotions
- Anger and sadness
- I have to carry on
- Questions regarding the future
- Bad conscience regarding own family
- Sleepless nights



- Friends withdraw
- Scarce social contacts
- Feeling alone with one's questions
- Doubts: Am I doing the right thing?
- I am never really free
- For how long?
- ...



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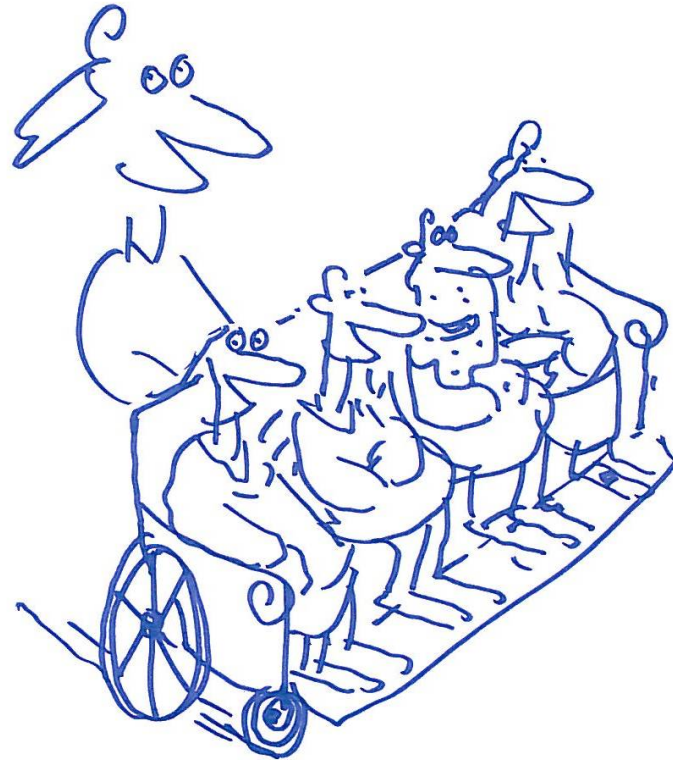
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PFLEGENDE ANGEHÖRIGE
ORGANISIEREN SICH...

Care-Taking Relatives Get Organized

ICH BIN HEUTE FÜR DAS
GANZE QUARTIER ZUSTÄNDIG



*Today, I am responsible
for the whole
neighborhood*



Perspectives

- Systemic perspective
- Structural perspective
- Process perspective
- Conflict perspective
- Context perspective



Integrative Perspective: Support for Organizing Life Optimally

Goal is

- that care-taking relatives can see a perspective for their own lives beyond their being absorbed by their tasks;
- that they can and want to arrange their own lives inspite of their stressful tasks.



Quellen

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