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u12d1 Discussion: Caregiver Difficulties Dealing Clients with Cognitive Disorders

Student Name:

Institution:

Course:

Instructor

Due Date:

Caregiver Difficulties Dealing Clients with Cognitive Disorders

Upon watching Symptom Media Discussion 12, the video involves an elderly lady with moderate to advanced stage of Alzheimer's Dementia. The narrator provides significant insights and key takeaways on how to provide care to clients with dementia including avoiding risky behaviors and falls, nourishment, challenges and interventions (Symptom Media, 2018).

1 Alzheimer's disease is a chronic and degenerative condition making patients require a caregiver to take care of them, and meet their daily needs due to dependence leading to suffer physical, mental and emotional fatigue (Ashrafizadeh et al., 2021). Informal and family caregivers experience mental pressure, depression, psychological complications, and stress due to their different perspective or negative beliefs towards their roles as caregivers (Lillekroken et al., 2024). Caregivers suffer mental regression due to increased burden to care, depression and unmet needs.

Both professional and informal caregivers suffer from reduced physical strength and burnout leading to patients with cognitive disorder experience worsened physical outcomes such as reduced level of cognition, high stress hormones levels, reduced immune response, increased consumption of medications and backaches (Ashrafizadeh et al., 2021). Caregiving role disrupts their personal, occupational, social and marital lives associated with full-time involvement in providing care. Disintegration of family systems due to modern lifestyles, cultural norms and social dynamics leave caregivers poorly equipped to provide care (Lillekroken et al., 2024). As such, family caregivers suffer great burden due to lack of support from professional caregivers and other family members, lack of health services and

home care centers. Financial constraint is heavily encountered by caregivers in taking care of the patients associated to inability to earn a living.

Besides, family caregivers lack adequate training, access to care, lower quality of life and deterioration in mental and physical health. There is poor dementia awareness related to dementia as a mental condition leading to stigmatization and isolation of whole family contributing to another burden to caregivers (Lillekroken et al., 2024). There are misconceptions and myths that influence one's perspective on dementia leading to minimized desire to seek help among caregivers.

References

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Lillekroken, D., Halvorsrud, L., Bjørge, H., Gandhi, S., Sivakumar, P. T., & Goyal, A. R. (2024). Caregivers' experiences, challenges, and needs in caring for people with dementia in India: a scoping review. *BMC health services research*, 24(1), 1661. <https://doi.org/10.1186/s12913-024-12146-x>

Symptom Media (2018). Susan, Core Video: Alzheimer's Dementia, Director's Cut. [Video/DVD] *Symptom Media (Producer)*. Retrieved from <https://video.alexanderstreet.com/watch/susan-core-video-alzheimer-s-dementia-director-s-cut>