E-Poster

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Perception of Support and Well-Being Among Caregivers of Disabled Patients in the Interdisciplinary Process of Rehabilitation at Clínica Universidad de La Sabana

Topic: Miscellaneous

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BACKGROUND

The well-being of disabled-patient´s caregivers plays an important role in rehabilitation outcomes, with their continued commitment and participation. The aim of this paper is to evaluate the caregivers social support perception before starting a rehabilitation treatment, with Duke-UNC-11 Functional Social Support Questionnaire (FSSQ11).

METHODS

This is a prospective cohort of 351 caregivers who were evaluated before the interdisciplinary rehabilitation process (PIR®) started, from January-2023 to December-2024, at Clínica Universidad de La Sabana - Colombia.

RESULTS

Regarding PIR®´s caregivers, their median age was 42 years-old (34-54), 75% (262) were female. Most common relatives in the role of caregiver were mother 37% (127), children 18% (63), spouse 15% (50) and father 12%; other family members, grandparents 3% (9) and siblings 4% (14). Only 3% (12) were hired for the job. 34% (121) reported experience as caregivers, and in most cases the time of experience was less than a year. Marital status reported was married 49% (171), single 24% (86), divorced 5% (17) and other 20% (71). When evaluating the support caregivers perceived using FSSQ11, only 33% (116) felt have receive the amount of help they need in their household; less than half, 43% (153), of caregivers felt satisfied or almost satisfied with the frequency they receive visits from friends and/or family; only 62% (222) of cases felt they had received some recognition for they work as caregiver; 55% (195) answered that they felt people care enough about them; 62% (219) perceive that they receive enough love and affection, only 52% (185) of caregivers received enough assistance when they were ill and less than have of them had someone to speak to about personal and financial problems.

CONCLUSION

Only a minor proportion of caregivers reported that they have support and care "as much as they would like". Caregivers are frequently under social and psychlogical strain. These results underscore the need and importance of better assistance for those caring for disabled patients.

Statement of Disclosures

Not applicable

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