

# Study Outline

## Some Problems of family caregivers of Alzheimer's patients

Applied to the study Alosralamsgelh Saudi Society for Alzheimer's patients in Riyadh and Friends of Alzheimer's patients in Jeddah  
Submitted this letter to supplement the requirements for obtaining a master's degree in Social Work From King Saud University.

**Dr. Abdulaziz Abdullah Al-Dakhil**

**Student :Haya Fahad Al-Dosary**  
**2013-2012**

This study examined the problems faced by family caregivers of patients with Alzheimer to families registered in the Saudi Alzheimer Disease Association in Riyadh province and "Alzheimer's Friends Society in Jeddah. The study aimed to identify the psychological social and economic problems facing the patients Alzheimer caregivers and the efforts made by families to mitigate the implication of these problems and to find out the intensity of psychological, social and economic variation that Alzheimer patients caregivers face according to the demographic factors.

To achieve those goals I been relying on **social survey method** by adopting Comprehensive inventory representing the study population, where (50%) of the family caregivers of patients with Alzheimer was determined i.e. (69) families where the response rate was(87.6%).

The survey tools adopted was compiling data about Alzheimer patients and caregiver and the psychological social and economic factors around them.

Such data has been analyzed by using the Statistical Program for the Social Sciences (SPSS) where the statistical measures have been extracted which include the deductive and inferential statistics through which the setbacks faced by the caregiver have been determined.

The study findings revealed that (60%) of Alzheimer patient caregivers are females among whom (50.7) are married and (48.6%) are housewives, (21.7%) are 45 years and above, where (40%) of Alzheimer patients caregivers are males among whom (58.4%) are married and (58.3%) are employees where the annual average cost of Alzheimer reached SR. (19180±22258)

As for the demographic, social and economic characteristics of Alzheimer patients, the findings showed that (60%) are male patients, where the female patients represent (40%), male patients are older than female patients that the average age of male patients reached ( $7.9 \pm 76.6$ ) years where the average age of female patients reached ( $7.9 + 75.8$ ). Males are more vulnerable to Alzheimer disease in old age more than females where the average age of males when they suffer Alzheimer disease was ( $8.6 \pm 70.9$ ) years, where the average age of female when they suffer the disease reached ( $6.7 \pm 69.7$ ) years. As for the previous job of Alzheimer patients, the study showed that (33.3%) of the male patients were government employees and (66.7%) of Alzheimer patients receive medical care from public sector's institutions.

The current study's finding revealed that Alzheimer patients' caregivers agree on the family's pattern of dealing with the patient. The general arithmetic mean reached the agreement level (3.88 out of 5) an average which indicates for (Agree) option. The most significant patterns of dealing with the patients are: the family helps Alzheimer patient to take his/here medicine on time, visiting the health institutions, fulfilling the patient's personal specific needs and sharing the family the meals.

As for the social problems the family with Alzheimer patient faces, the study showed that Alzheimer patients caregivers admit that caring for Alzheimer patient causes some social problems to some extent such as conflict of opinion among the family members regarding how to deal with them, shrinking the visits of friends and relatives and decreasing the necessary time to care for other family members and this disease also creates marital problems. As the family usually doesn't prefer the patient's appearance for visitors, other families don't feel ashamed of accompanying Alzheimer patient to public areas and its members don't avoid talking to others about Alzheimer patient.

The study findings have also expressed that views of Alzheimer patient caregivers on the economic problems suffered by the family having Alzheimer patient are coincided. The general average reached (2.95 out of 5) which indicates for an (Agree to some extent) option, which means they consider that caring for Alzheimer patient to some extent causes some economic problems such as: too much expenses on health care provided to Alzheimer patient which will be associated with financial burdens, intricacy

in reconciling between children's needs and the patient's frequent absence from work.

Regarding the findings concerning the psychological problems the family having Alzheimer patient suffers, the study showed that Alzheimer patient caregivers agree that caring for the patient causes some psychological problems to them. The general average reached the "I Agree" level (3.49 out of 5) which indicates for (I Agree) option. The most significant psychological problems are: Continuing sense of fear on Alzheimer patient, increase of emotional burdens, frustration resulting from patient's relapse, tension and concern due to some behaviors of Alzheimer patient and decreasing the leisure time.

Regarding the efforts made by the family having Alzheimer patient to reduce the problems it suffers, the study concluded that caregivers to Alzheimer patient agree that these families make intensive efforts to mitigate economic, social and psychological problems. The average agreement reached (3.80 out of 5) which indicates for an (I Agree) option, these efforts are as follows: positive communication with the patient, treating the diseases associated with Alzheimer to minimize their effects, increasing the level of adaptation to psychological stress resulting from caring for Alzheimer patients among the family members, strengthening the constructive behaviors of the patient and supervising Alzheimer patient on a regular basis.

As for the recommendation to reduce the economic, social and psychological problems suffered by the family having Alzheimer patient, the study findings revealed that Alzheimer patient caregivers strongly agree on some suggestions which they deem helpful in mitigating the economic, social and psychological problems suffered by the families having Alzheimer patient. The average agreement reached (4.21 out of 5) which indicates for a (Strongly Agree) option. These suggestions are as follows: building friendly relations with the family having Alzheimer patient to support it (Financially, psychologically and socially), conducting awareness educational workshops using proper methods to deal with the patient, organizing cultural and awareness seminars to address the hardships facing the caregivers and how to settle them, preparing and producing awareness mediums (Readable, audible and visual) to update the families on how to deal with the problems of Alzheimer patient taking into account the privacy of the Saudi society, conducting social and psychological studies to assess the size of the social

,economic and psychological problems and the ways to mitigate them in coordination with the concerned authorities.

As for the variations in the intensity of the psychological, social and economic pressures experienced by Alzheimer patients caregivers according to (Sex, qualification, marital status, working status, age and average number of family members). The significance level was above (0.05), where the study findings showed variables of statistical significance between the views of the caregivers for Alzheimer patients regarding the intensity of social pressures they experience according to the working status, and the significance level was less than (0.05).

The key recommendations the study has reached are; strengthening the communications and the mutual relationship between the family and the associations of Alzheimer patients to benefit from the social and psychological consultations provided by the concerned persons to address the problems resulting from caring for the patient, activating the role of these associations and conducting social and psychological studies to address the above mentioned problems