

# Minority Caregivers of Dementia Patients: A Literature Review on their Quality of Life and Implications for Quality of Care Provided

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## Introduction

This literature review examines minority caregivers of patients living with dementia, issues affecting their quality of life, as well as implications for the quality of care provided to their loved ones living with dementia. We hypothesized that caregiver quality of life affects the quality of care provided to persons living with dementia. The relationship between quality of life and care provided to people with dementia may be stronger for minority caregivers since these caregivers may have to deal with several other stressors (e.g. socioeconomic, social support). This study presents the findings from the review of literature around minority caregiver quality of life and the care provided to their loved ones with dementia.

## Research Question

How does the quality of life of minority family caregivers of dementia patients affect the quality of care provided to their loved ones?

## Limitations

- ❖ This is a literature reviewed and not a systematic review. It is not a (Randomized Control Trial) RCT results could be biased.
- ❖ A limited number of studies were included.
- ❖ Many minorities especially immigrants such as Hispanics identified language barrier as a major problem.

## Methodology

This study reviews important literature on how the quality of life of minority family caregivers affect the quality of care provided to their loved ones.

## Procedure

- Utilized Brockport's library electronic database and several other databases including:  
EBSCOhost  
PsycINFO  
Pubmed
- These databases were used to access relevant articles. Once the articles were obtained, findings were extracted from them to answer the research question



## Results

- Caregivers from black and other ethnic communities were most likely to be female and held a poor understanding of what support services were available and what these services could provide.
- Family support for caregivers is extremely important, and family caregivers believe that they would benefit from more sources of external information and support regarding medication management.
- Memory loss was viewed as a normal process of ageing among some ethnic communities with the role of caregivers being perceived as an extension of an existing responsibility.
- Studies that utilized a randomized controlled trial (RCT) design, showed that caregivers from most racial/ethnic groups including African American/Black, Hispanic/Latino, and white/Caucasian caregivers in most intervention groups experienced significantly greater improvement in quality of life compared to those in the control group.
- The intervention groups were assisted with major problems being faced by family caregivers of dementia patients, while the control group had only telephone calls in a duration of 6 months in some cases.

## Conclusion

- Caregivers from black and other ethnic communities continue to encounter stigma in relation to a family member living with dementia.
- The stigma that exist does not only impact their experience with caregiving, but also their willingness to access formal mental health services for support should they need it.
- Medication management is a daily task for many community-dwelling people living with chronic disease, such as dementia.
- When people living with dementia experience progressive cognitive decline, the medication management role will become that of their family caregivers.
- A structured multicomponent intervention adapted to individual risk profiles can increase the quality of life of ethnically diverse dementia caregivers and, improve the care provided to people with dementia.

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