PROMOTING CONSCIOUS AND ACTIVE LEARNING AND AGING

HOW TO FACE CURRENT AND FUTURE CHALLENGES?

ALBERTINA LIMA OLIVEIRA (COORD.)
FORMAL CAREGIVERS' HEALTH CHARACTERIZATION AND SELF-PERCEPTION: IMPLICATIONS FOR LONG-TERM CARE PRACTICES

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Abstract

Formal caregivers’ health can affect the quality of care provided in long-term care settings. Therefore, this study aimed to analyze formal caregivers’ health perception and how it varies according to socio-demographics, working conditions and other health-related variables. A cross-sectional study with 170 formal caregivers was performed in the central region of Portugal. A structured questionnaire based on International Classification of Functioning, Disability and Health Checklist (ICF-Checklist) was used to collect information about socio-demographic data, working conditions and health status. Formal caregivers reported a better perception of mental than physical health. Statistically significant differences in physical health perception were found according to age, educational levels, marital status, work experience, reasons for choosing job, medication intake, physical pain and functionality. Self-reported mental health was also significantly different according to educational levels, physical pain and functionality. The results highlight that formal caregivers mainly perceive themselves as being physically overloaded.

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