



knowledge

commitment

clinical acumen

serving people

achievement

research

School of Nursing and Midwifery
Trinity College Dublin

Adopting Other Caring Roles in the Post-Caring Phase : Evidence from Irish Former Family Carers

Breen, Cronin, Hynes, McCallion & McCarron



Theoretical Framework

- 'Carer Career' & Stage Models
(Nolan et al, 2003; Brown & Stetz, 1999;
Aneshensel et al, 1995; Lindgren, 1993)
- Post-Nursing Home Placement stages (Davies &
Nolan, 2003; 2004; 2006)
- Post-Death stages (Larkin, 2009)



Serial Caring



- The cyclical nature of undertaking numerous caring roles due to family obligations (Larkin, 2009)
- No choice about re-entry into the caring role
- Detrimental impact on health & well-being



Background & Contextual Factors

- First Irish study on post-caring
- Irish post-caring policy & services context
 - 6 weeks Carers' Allowance/Benefit (i.e.€212/€213 per wk)
 - No specific health or social care policies in place
- Current findings expand & complexify construct of 'serial caring'
- Extending use of term 'caring' – range of activities



Methodology

- Purposive sampling technique
- Recruitment via Carers Association & information packs
- 26 semi-structured interviews & 1 focus group
- NVivo 8 - analysis from audio
- Template analysis (King et al, 2002; Crabtree & Miller, 1999)

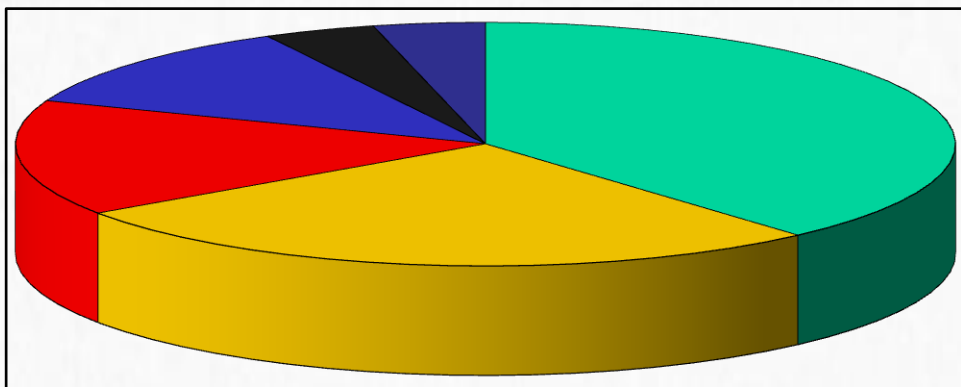


Demographic Profile

- Gender: 7 males, 19 females
- Age (range 33 to 81 yrs; mode: 58 yrs; median: 56 yrs)
- Who caring for?
 - Parent (12)
 - Spouse (10)
 - Other relative (4)
- Length of time caring (range 6 months to 27 yrs; mode: 5 yrs; median: 5 yrs)



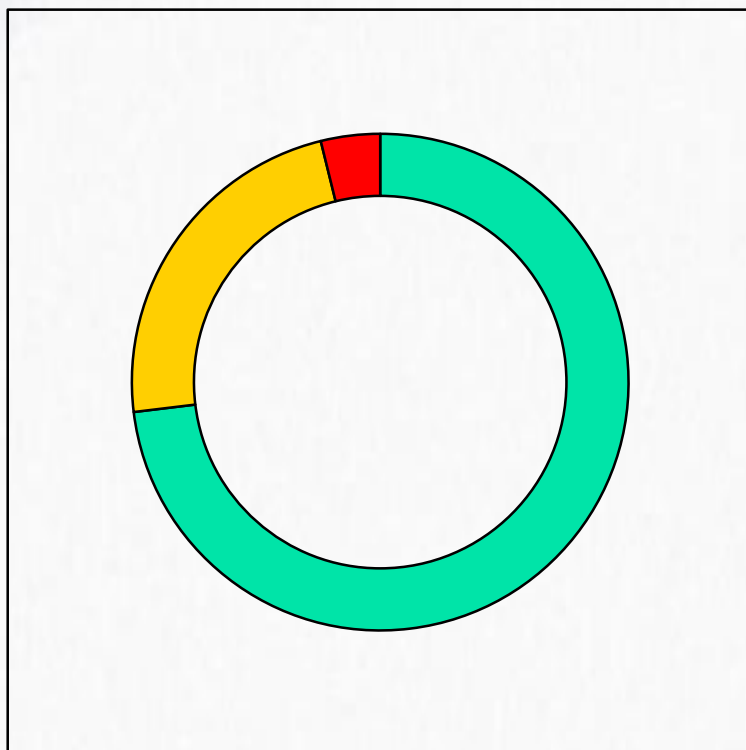
Illness of Care Recipient



- **Strokes**
- **Respiratory/
Circulatory illness**
- **Cancer**
- **Alzheimer's disease**
- **Acquired Brain
Injury**
- **Parkinson's disease**



Post-Caring Transition



- **Post-death (at home/acute hospital)**
- **Post-death (Nursing Home)**
- **Post-Nursing Home Placement**

Time since Transition:

***Range:** 3mts – 6 yrs ***Median:** 1yr 6mts ***Mode:** 1 yr 4mts



Formal Caring

- Contrasting issues in sample
 - (1) Financial necessity – no choice
 - (2) Reward of caring – voluntarily
- Very different – not a family member
- Others – reassessment of their career direction



New Role in Carers' Organisations

- Mentoring Informal Carers
- Administrative functions
- Committee membership
- Fund-raising



Male Carers

- Organically form small, informal support groups (2 to 3 men)
- Meet frequently for social outings or in each other's houses
- Only feel comfortable talking with other males
- Male Carers - caring for each other & simultaneously taking care of themselves



Other Caring Roles

- Full-time caring for grandchildren
 - adult children at work
 - 5 days a week
- Volunteering in local community groups
 - fund-raising
 - charitable organisations



Benefits of Other Caring Roles

- Helps deal with challenges of post-caring
- 'Keep busy' & 'Get out of the house'
- 'Give back' to others
- Source of income
- Maintain links with community
- Friendship
- Inter-locking concepts – caring for self & caring for others



Future Directions

- Development of interventions
- Formalised mentoring scheme for Carers
- Information & signposting for new Post-Carers
- Voluntary 'Home-Visitor' scheme
- Specific Post-Carer support groups
- Train as facilitators of these groups



Acknowledgements

- Funders: Irish Research Council for Humanities & Social Sciences (IRCHSS) and Care Alliance Ireland
- Recruitment: The Carers Association & 16 centre managers nation-wide
- 40 Former Family Carers

