ABSTRACT

Objectives: describing the perceptions of caregivers on the activity of care for seniors with Alzheimer's; analyzing the impact of these activities in the life of care considering biological and emotional aspects; and discussing the changes in the lives of caregivers and their ability to adapt in the light of Gestalt Therapy.

Method: an analytical-descriptive research of a qualitative approach, having as scenario Mequinho/UFF, a space for attention to elderly in Niterói/RJ; and the surveyed subjects will be family caregivers of elders with Alzheimer's disease. Data will be collected through phenomenological interviews and production of field diary. The analysis will be performed through intentional analysis of Clark Moustakas. The research project was approved by the Research Ethics Committee, CAEE 31286814.9.000.5243. Expected results: enhancing the Service for Psychological Atendance for caregivers for seniors with dementia in Mequinho/UFF. Descriptors: Care; Alzheimer's disease; Gestalt therapy; Perception; Family.

RESUMO

Objetivos: descrever a percepção do cuidador familiar sobre a atividade de cuidar de idosos com Alzheimer; analisar o impacto dessas atividades na vida do cuidar considerando aspectos biológicos e emocionais e discutir as modificações na vida do cuidador familiar e sua capacidade de adaptação à luz da Gestalt-Terapia. Método: pesquisa de abordagem qualitativa, descritiva-analítica, tendo como cenário o Mequinho/UFF, espaço de atenção aos idosos em Niterói/RJ e os sujeitos pesquisados serão os cuidadores familiares de idosos com Doença de Alzheimer. Os dados serão coletados por meio de entrevista fenomenológica e produção de diário de campo. A análise será realizada por meio da análise intencional de Clark Moustakas. O projeto de pesquisa foi aprovado pelo Comitê de Ética em Pesquisa, CAEE 31286814.9.000.5243. Resultados esperados: aprimorar o Serviço de Atendimento Psicológico aos cuidadores de idosos com demências, no Mequinho/UFF. Descriptores: Cuidado; Doença de Alzheimer; Gestalt-terapia; Percepção; Família.

RESUMEN

Objetivos: describir las percepciones de los cuidadores sobre la actividad de cuidar a las personas mayores con la enfermedad de Alzheimer; analizar el impacto de estas actividades en la vida de la atención teniendo en cuenta los aspectos biológicos y emocionales; y discutir los cambios en la vida de los cuidadores y su capacidad para adaptarse a la luz de la Terapia Gestalt. Método: método de investigación analítico-descriptivo y enfoque cualitativo, con el escenario en Mequinho/UFF, un sitio de atención a las personas mayores en Niterói/RJ; y los temas de estudio serán los cuidadores familiares de ancianos con enfermedad de Alzheimer. Los datos serán recogidos a través de entrevistas fenomenológicas y producción de diario de campo. El análisis se realizó a través de análisis intencional de Clark Moustakas. El proyecto de investigación fue aprobado por el Comité de Ética en Investigación, CAEE 31286814.9.000.5243. Resultados esperados: mejorar el Servicio de Atención Psicológica para los cuidadores de personas mayores con demencia en Mequinho/UFF. Descriptores: Cuidado; Enfermedad de Alzheimer; La terapia Gestalt; Percepción; Familia.

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The expected contributions to this study involve the Program (EASIC/UFF) strengthening practices that are already made and improving service to users offering space for the family caregiver, by lifting their need, targeted activities: courses and lectures those clarify and offer support; for the elderly is believed to put through knowledge, information acquired by the caregiver will improve the efficiency of it, so the quality of care will also be affected as well as the relationship established between family-elderly caregiver and may have decreased emotional overload; for teaching and research aims to enhancing the discussions in the field of family dynamics since one cannot think of the elderly alone; research also intended to improve the relationship in more advanced stages of cognitive impairment by psychotherapy.

REFERENCES


OBJECTIVES

- To describe the perception of family caregivers about the activity of caring for seniors with Alzheimer’s;
- To analyze the impact of these activities in the life of care considering biological and emotional aspects;
- To discuss the changes in the lives of caregivers and their ability to adapt in the light of Gestalt Therapy.

METHOD

The methodological draw of the study is of qualitative approach, of descriptive-analytical type. The method chosen was the phenomenological; which is to describe the phenomenon as it appears, using the phenomenological reduction (epoché) that means putting the values, believes in brackets, suspension of ideas and judgments. Attention is focused on how information is counted, the expressions, the silences, which avoids talking. The subjects are people who perform targeted care for the elderly with Alzheimer’s disease who are family members that attend the activities of the Extension Project in Nursing Care for the Elderly and their Caregivers (EASIC) Health, held in Mequinho/UFF.

Data collection is performed through the phenomenological interview and has as instruments: the interview and the field diary. Interviews with 30 program participants, with has as minimum duration of 1 hour, will be held, leaving free time according to the subject’s willingness to talk. These interviews will be recorded and transcribed soon after its completion. The field diary consists of notes made during the interview, considering the relationship of the subject to the researcher and the environment as well as their expressions during the report.

Data analysis is based on the analysis of intentional Clark Moutaskas who approached the study of the elements of the situations experienced by individuals and their interrelations to a theory that could help researchers to understand the nature and the meaning of an experience in a particular context. The categories are created based on the thoughts, feelings and fantasies by the subject taking into account the temporality, spatiality, corporeality, the motivation, the relationship with the world and own the relationship with the other.

The research project followed the guidelines of the Academic Program Master of Science in Health Care Fluminense Federal University/UFF, based on Resolution 466/2012 according to guidance that provides of the National Research Council/CONEP and was approved by the Research Ethics Committee, CAEE 31286814.9.000.5243.

EXPECTED RESULTS

The expected results of this study is based on the analysis of intentional Clark Moutaskas who approached the study of the elements of the situations experienced by individuals and their interrelations to a theory that could help researchers to understand the nature and the meaning of an experience in a particular context. The categories are created based on the thoughts, feelings and fantasies by the subject taking into account the temporality, spatiality, corporeality, the motivation, the relationship with the world and own the relationship with the other.

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http://revistaseletronicas.pucrs.br/revistapsi
c0/ojs/index.php/fass/article/view/9901


Submission: 2014/06/06
Accepted: 2014/06/26
Publishing: 2014/08/01

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