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**Caregiving Relations to Psychology: How Respite Makes an Impact on the Community**

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PSYC 303: Research Methods Online

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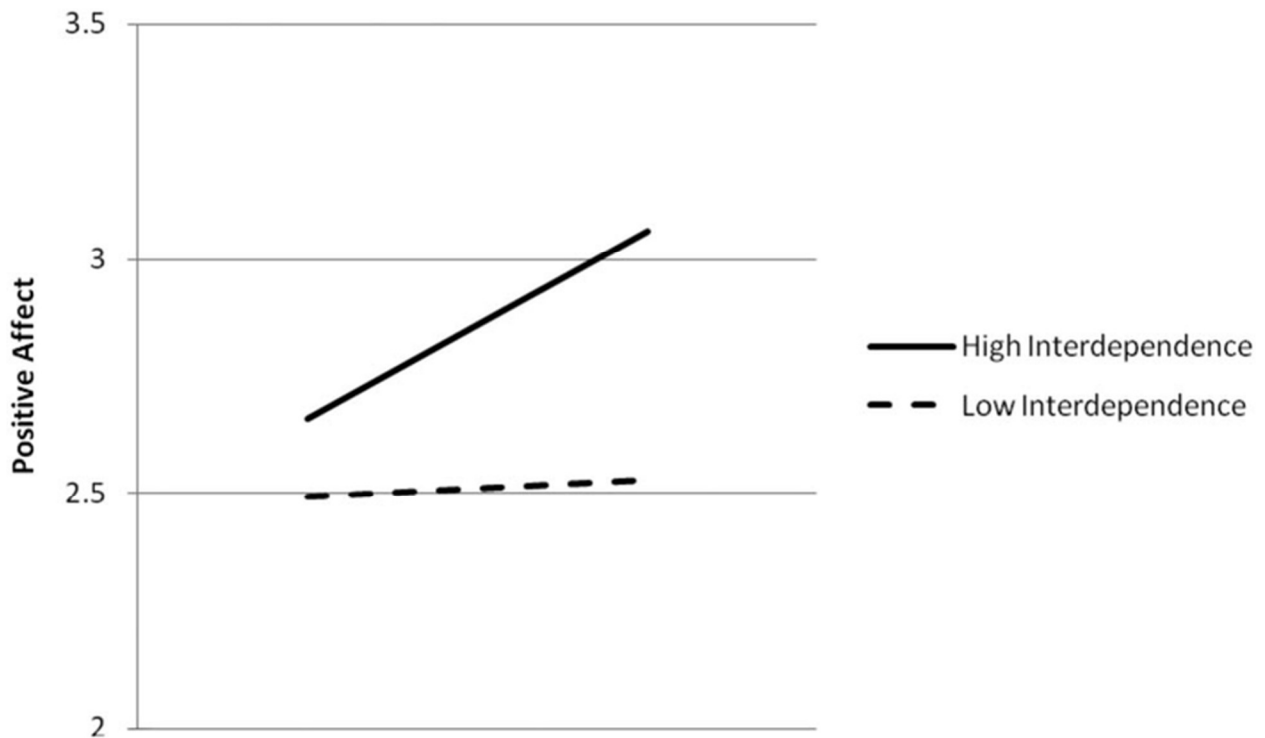
## **Caregiving Relations to Psychology: How Respite Makes an Impact on the Community**

Caregiving and psychology are closely related as they both involve the support and understanding of individual emotional and mental wellbeing. Psychology helps people to understand the impact of caregivers and teach the recipient the dynamics of relationships, stress management, and overall mental health. In the United States over 45 Amillion Americans receive care from Medicare for their family member that lives with a chronic condition (Caregiving Roles and Responsibilities, 2015). Psychology helps us realize the impact of a caregiver and allows them to recognize stress, burn-out, and emotional challenges that arise within their lives. When recipients receive care, caregivers can tailor support and provide a nurturing environment that promotes their mental health and wellbeing. In this paper, I will be providing information about what a caregiver does and the valuable insight that a recipient can receive. Within that, I will additionally add how a caregiver can shed the light on a recipient, how they play a crucial role, and the dynamics of caregivers and recipients.

### **The Role of a Caregiver**

Caregivers play a vital role in providing emotional support to individuals. They have to offer empathy and comfort to the patient they are taking care of. “Caregiving is a committed role that focuses on providing the required support and care to a care receiver who is either ill, disabled, or dependent to the extent that they are incapable of independent functioning” (Datti, 2023). Support such as helping with physical, mental, and emotional support from a caregiver can significantly impact one’s well-being. They are often responsible for assisting with personal care, such as brushing teeth, bathing, and getting dressed. Caregivers also assist with passing along medication and managing their upcoming appointments. Caregivers work alongside a

DDPM or a case manager to help make sure these individuals are getting the best care possible. The task that a caregiver completes daily are things such as help shop and buy groceries, prepare meals, and help maintain a clean-living space, aid with transporting, assist with physical therapy, injections, and feeding tubes, and discuss care plan needs. As an individual that has been a caregiver for many years, it is so important to be fully trained in these skills. As a caregiver, I am sitting at my client's house right now and thinking about how much she has improved with life skills with the help of a well-trained individual, and how important the role of a caregiver is.



The graph above retrieved from Poulin portrays that caregivers can help in any of the following Instrumental activities of daily living (IADL). Throughout the US in the last 10 years, over 92 percent of people who have received care from a caregiver have improved their individual living skills. This means that people can complete these tasks alone with the help of a caregiver.

## **How Caregivers get Paid**

Each state has different requirements for how a caregiver receive pay, however for most of the United States individuals receive free care through a program called Medicaid. According to the Nort Dakota Health and Human Services, Medicaid is a program that “program that helps pay for medical services for qualifying low-income adults, children, pregnant women, older adults and people with disabilities” (North Dakota Department of Health and Human Services, 2022). With Medicaid, consumers are allowed to have their own control over allowing people such as relatives or friends to be their caregiver. As an example, an individual who has autism could select their sibling to be their caretaker and the state would pay her the government fund. Another way to get paid is through company money, I work for Development Homes in Grand Forks, North Dakota so the agency gets money through the government, and then they pay their employers a few dollars less to make an income at the agency. At the rate of the world right now, caregivers are making anywhere from 14-25 dollars an hour (Chamlou, 2023). Another way that elder individuals can get free care is through their long-term care insurance and life insurance. The only hiccup with this is that “Caregiver coverage isn’t always part of a long-term care insurance policy, so it’s important to review the specific policy documents and consult with an advisor from the insurance plan to understand the extent of coverage, any limitations and the process for filing claims” (Chamlou, 2022).

## **Impacts of a Caregiver**

Caregivers can impact an individual’s day without even trying. Caregivers have been rated and evaluated by people who have been on the receiving end. As caregivers play a crucial role in shaping peoples lives by providing support, guidance, and love, residents from CaringBridge have shown their powerful impacts by saying, “Being deeply loved by someone

gives you strength, while loving someone deeply gives you courage” (Tzu, 2020). “They may forget what you said, but they will never forget how you made them feel” (Buechner, 2020). “Caregiving often calls us to lean into love we didn't know possible” (Walker 2020). The words of these individuals are so powerful and can cure a soul. Through these different words, one thing that was a common theme was the love that caregivers give off and how it makes such a difference in someone’s world. The word “love” can mean so many things to each individual but always shows a positive feeling within the heart of an individual. However, the realistic ness of caregiving is explained in this image below to show that it is not always easy, but it is so worth it. Caregiving is hard when working with elderly, but they sure make one laugh.



### Conclusion

Caregivers are truly an amazing addition to our world. They have the power to make such an impact on one. They show their support through love and guidance to anyone they take care of. Caregivers play a vital role in who individuals turn out to be and they give us comfort and

help us navigate through challenges in our life's. To cheer up a caregiver's day, always remember to appreciate them and show them love for what they do.

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