

Supporting Lithuanian informal caregivers to lower their burden using an online program: does this help?

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Lithuanian informal caregivers experience burden and miss support. 



Linköping University developed an online program that provides psychological support for informal caregivers. Can this online program help informal caregivers in Lithuania to reduce their burden?



WHAT DID WE FOUND

- After using the online program for 8 weeks, caregivers experienced less burden, depression, anxiety and stress, and a better quality of life.
- Caregivers experienced the online program as pleasant and easy to use and not time demanding.
- Health care professionals and others working in social services evaluated the program as useful in supporting informal caregivers, as well as in supporting themselves as professionals.



"An online, therapy-based program could offer the support Lithuanian informal caregivers need."



The online program 'Slaugau artima' was translated into Lithuanian. Lithuanian caregivers used the program for 8 weeks. The program learned them about thoughts, stress and relaxation, solving problems, communication and anxiety. The aim was to lower caregivers' burden.

Health care professionals also evaluated the online program.