

# Interactions between caregivers and the persons they care for

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How do informal caregivers and the person they care for interact with one another?  
How does this affect their willingness to care?



We examined the literature, and we asked caregivers in Europe and Israel how they communicate and collaborate with the person they care for.

## WE FOUND THE FOLLOWING

**1** The well-being of the caregiver affects the wellbeing of the person they care for, and vice versa.



**2** Feeling supported by a social network is beneficial for the well-being of both the caregiver and the person they care for.



**3** Caregivers feel closer to the person they care for, more motivated to care and less burdened, when they feel that the person they care for cares for them, appreciates and understands them.



**4** Caregiver's willingness to care fluctuates from week-to-week. Caregivers become less willing over time. On weeks when caregivers are more collaborative and supportive to the people they care for, they are also more willing to care and feel less burdened.



## INSIGHTS AND RECOMMENDATIONS

- If people have open communication, acknowledgement and appreciation, collaboration and supportive social networks, this benefits the well-being of caregivers and care recipients.
- The caregiver and care recipient benefit both from the support from people in the environment. But the

*"Caregivers need to feel supported in order for them to be supportive."*

