

Both personality and geographic characteristics matter in caregiving

Eva Bei, Bar-Ilan University (Israel)

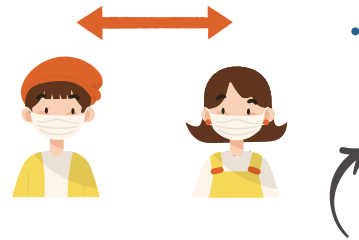


Caregivers have their own unique individual characteristics. These individual characteristics play a role in how caregivers experience caregiving. Caregivers also differ in terms of how far they live from the person they care for. How do these two things together shape their caregiving experience?

We compared the literature, and we asked many caregivers in Israel and Europe to complete questionnaires.

WE GAINED THE FOLLOWING INSIGHTS

- 1 Caregivers who provide care from a distance experience positive outcomes such as personal growth, but also negative outcomes such as guilt and burden due to the travelling and other distance care responsibilities.
 - Their caregiving experience and willingness to provide care are affected by social factors, policies, and cultural norms, as well as their individual characteristics and their relationship with the person they care for.
- 2 Caregivers who live close to the person they care for experience more burden when they are self-reliant and emotionally detached in their relationship with the person who receives care.
- 3 How much caregivers are willing to care plays an important role in their well-being and burden, but is more important for caregivers who live close to the care recipient than for those who provide caregiving from a distance.



WHAT WE CONCLUDE AND ADVISE

- Individual characteristics, such as empathy, agreeableness and conscientiousness, and how close one lives to the care recipient, are related to how willing someone is to provide care, their well-being, and their burden.
- Interventions should focus on both individual characteristics and how far someone lives from the person they provide care for, as these aspects influence each other.

"Caregiver characteristics can't be considered without looking at the living situation of the caregiver and care recipient, and the other way around"

