



**GIVINGCARE**  
Empowering Caregivers

## A2.2 – Educative resources for teachers

Module: BASIC CONCEPTS IN CAREGIVING

Sub-Module: **Introduction to caregiving**



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# Introduction

<b>Module</b>	BASIC CONCEPTS IN CAREGIVING
<b>Sub-module</b>	Introduction to caregiving
<b>Lesson nr.</b>	#1
<b>Duration</b> (minutes)	90
<b>Date</b>	

# Lesson Outcomes

1. Identify the main concepts related to the provision of care and the figure of the caregiver
2. Understand the terminology associated with the caregiver's activity
3. Identify the main tasks of the caregiver
4. Recognize the limitations of the caregiver's action

# CONCEPT OF CARE

According to Leonardo Boff:

- What is opposed to carelessness and neglect is care.
- Caring is more than an act; it's an attitude.
- It encompasses more than a moment of attention, zeal and devotion.

It represents an attitude of:

- Occupation,
- Concern,
- Accountability,
- Affective involvement with each other.

# CONCEPT OF CARE

According to philosopher Martin Heidegger:

"Care means an ontological - basic existential phenomenon"

- A phenomenon that is the basis for human existence as a human.
- Care enters the nature and constitution of the human being.
- Without care, he ceases to be human.

If not cared for, from birth to death, the human being destructures, withers, loses meaning and dies!!

# CONCEPT OF FORMAL OR PROFESSIONAL CAREGIVER

Although equally important and central to care, it is important to emphasize that there is a distinction between formal/professional and informal/family caregivers.

It is understood by formal caregiver:

- Professional who provides care for the elderly, according to their profession, using skills acquired as a result of specific training, for which they earn an income.

**Formal care (professional activity):**

- Qualified professionals, which may be doctors, nurses, social workers, among others, who acquire this designation (formal caregivers),
- Specific prior preparation for the professional activity they perform,
- Varied activity according to the context in which they are located (homes, community institutions, households...).

# CONCEPT OF INFORMAL OR FAMILY CAREGIVER

People who take care of others in a situation of:

- Chronic disease,
- Disability;
- Dependence, partial or total,
- Transient or definitive form,
- Condition of frailty and need for care.

Care activity outside the professional or formal scope.

- "Person, from one's own social network, unpaid, with a significant relationship (family, partner, friend and/or neighbor) who assumes the main responsibility for the organization, assistance and/or provision of care."
- 80% of the caregivers in Europe are informal or family members.

# CONCEPT OF INFORMAL OR FAMILY CAREGIVER

The term informal, according to Sequeira (2007):

- Unlike formal caregivers, such as health professionals, they are not paid for their work;
- Most do not have a professional path that gives them specific skills in the field of care.

Characterized by:

- **not** being professionals trained to provide care (but in some cases, they may benefit from special training);
- **not** having contracts relating to care responsibilities;
- **not** being paid, although they may obtain financial contributions;
- perform a wide range of activities (also performed by formal caregivers), including emotional support and assistance;
- there are **no** limits on the time spent in care



# CAREGIVERS' ACTIVITIES/FUNCTIONS

The care provided can be grouped into three domains:

- I. **Assistance in the functional difficulties of self-care**, also called activities of daily living or basic living activities (**BADL**):

*e.g. personal hygiene, dressing, feeding and walking/mobilizing;*

- II. **Support in instrumental activities of daily living (IADL)**, tasks related to house management, maintenance, finances, etc.: Eg tidying and cleaning the house, preparing meals, shopping, paying bills;

- III. **Emotional support.**

# CAREGIVERS' ACTIVITIES/FUNCTIONS

- Listening, being attentive, being supportive and respecting the person being cared for;
- Helping with personal hygiene and personal care;
- Positioning according to the needs of the dependent person and with the frequency recommended by health professionals;
- Helping with bed/chair/bed transfers, mobilizations;
- Helping with mobility and supported physical activities;

# CAREGIVERS' ACTIVITIES/FUNCTIONS

- Encourage and help with nutrition;
- Assisted feeding;
- Promote leisure and recreation activities;
- Promote communication, socialization and participation in the community;
- Stimulate memory and concentration;
- Stimulate and/or maintain the person's interest in self-development (spirituality, self-esteem);

# CAREGIVERS' ACTIVITIES/FUNCTIONS

- Stimulate, maintain or adapt the development of activities according to the person's potential and capabilities;
- Keeping the dependent person's house or room clean and tidy, promoting a safe environment and reducing the risk of accidents;
- Ensure a comfortable and peaceful environment, encouraging daily rest periods;
- Administer prescribed medication;
- Serve as a link between the dependent person and their doctor and/or health services such as hospital, emergency, physiotherapy center, among others);

# CAREGIVERS' ACTIVITIES/FUNCTIONS

- Accompany the dependent person and/or help family members with appointments, exams and hospitalizations;
- Provide care to the dependent person, under the guidance of professionals by whom the person and family members are assisted;
- Communicate to the health team all changes in the health status of the person being cared for and other situations that may be necessary to improve the quality of life and recovery of that person's health.
- Assist in purchasing management, organizing schedules and instrumental life activities.

# PERSONAL SKILLS OF CAREGIVERS

- Maintain physical, emotional and spiritual capacity and preparation.
- Take care of your appearance and personal hygiene.
- Demonstrate politeness and good manners.
- Adapt to different family and community structures and patterns.
- Respect the user's privacy.
- Show sensitivity and patience.
- Knowing how to listen (active listening).
- Realize affective needs.
- Stay calm in critical situations.
- Show discretion.

# PERSONAL SKILLS OF CAREGIVERS

- Observe and make resolutions impartially.
- In special situations, overcome your physical and emotional limits.
- Maintain optimism in adverse situations.
- Recognize your limitations and when and where to seek help.
- Demonstrate creativity.
- Dealing with aggressiveness and emotional or cognitive uncontrollable situations.
- Deal with your negative feelings and frustrations.
- Dealing with loss and death.
- Seek appropriate technical information and guidance.
- Obey rules and statutes (when linked to formal institutions).

# PERSONAL SKILLS OF CAREGIVERS

- Recycle and update through meetings, lectures, courses and seminars.
- Respect the arrangement of objects of the person being cared for.
- Mastering primary health notions.
- Mastering movement/mobilization techniques.
- Mastering notions of economics and domestic activity.
- Reconcile working time with time off (support for informal people).
- Encourage support and help relationships.
- Show honesty.
- Ethical and moral conduct.



# FEATURES OF A CAREGIVING RELATIONSHIP

- Ability to listen.
- Ability to clarify.
- Ability to respect and respect the user.
- Ability to be congruent.
- Ability to be empathetic.
- Ability to disagree.

# BOUNDARIES TO A CAREGIVING RELATIONSHIP

- Give orders without evaluating the context surrounding the situations.
- Making threats.
- Censor, warn forcefully.
- Provide solutions, not allowing the user to reflect on the problem and its potential for action.
- Judging and criticizing using your own value system.
- Analyze, interpret, praise or blame as a form of judgment.
- Minimize the suffering of the other.
- Asking many closed-ended questions (“Where?”, “When?”, “How?”, “Why?”) - interrogation.
- Joke.
- Ridicule.

# INFORMAL/FAMILY CAREGIVER BOUNDARIES

## Family Caregiver Bill of Rights

- I have the right to take care of myself
- I have the right to receive help and participation from my family members in the care of the dependent person.
- I have the right to seek help
- I have the right to be upset, depressed and sad
- I have the right not to let my family members try to manipulate me with feelings of guilt.

# INFORMAL/FAMILY CAREGIVER BOUNDARIES

## Family Caregiver Bill of Rights

- I have the right to receive consideration, affection, forgiveness and acceptance from my family and the community.
- I have the right to be proud of what I do
- I have the right to protect my individuality, my personal interests and my own needs.
- I have the right to receive training to take better care of the dependent person.
- I have the right to be happy

# TERMINOLOGY ASSOCIATED WITH CAREGIVING ACTIVITIES

- ✓ <https://www.aarp.org/caregiving/basics/info-2019/caregiver-glossary.html>
- ✓ <https://www.aarp.org/espanol/recursos-para-el-cuidado/donde-comenzar/info-2019/glosario-para-quienes-cuidan-a-un-ser-querido.html?intcmp=AE-CRC-TOSPA-TOGL-ES>
- ✓ <https://www.vpas.info/sites/vpas.info/files/Terms%20and%20definitions%20for%20caregivers.pdf>
- ✓ [https://eportugal.gov.pt/documents/20142/18888649/Guia dos cuidadores.pdf/e186e9fb-6490-be93-e34f-8cc495748300?t=1570527106124](https://eportugal.gov.pt/documents/20142/18888649/Guia%20dos%20cuidadores.pdf/e186e9fb-6490-be93-e34f-8cc495748300?t=1570527106124)

**ANY DOUBTS?**

**SHARING PERSONAL EXPERIENCES AS  
CAREGIVERS**



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Thank you!

Teachers's name

Teachers e-mail

Date of the session

