



CAREGIVER SUPPORT

Supporting the health, well-being and quality of life of families.

Changes in access to health care and shortages of health care professionals have placed greater responsibilities on families for the health-related needs of family members with disabilities. When the provision of assistance to a family member with a disability becomes the primary responsibility of one family member, this family caregiver can be at increased risk of distress, social isolation, ill health and depression. These risk factors increase when the family caregiver's employment is compromised or when the family lives in a rural/remote community with limited access to services and resources.

Center faculty are conducting several research studies to develop, implement and evaluate interventions that address the specific needs of caregivers. These studies use a combination of explicit problem-solving approaches, community and home-based services and various telecommunication strategies to (a) reach out to family caregivers in rural and non-rural communities, (b) help them identify and prioritize needs that are specific to their situation and their family's situation and (c) teach them skills to identify and access resources aligned with their needs.

The results of these and other studies are shedding light on how explicit problem-solving training and telehealth delivery mechanisms can support the health, well-being and community quality of life of caregivers assisting family members with disabilities.

FOR MORE INFORMATION

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