Who are the elder's caregivers in Jordan:
A cross-sectional study

Andaleeb M. Abu Kamel -*Faculty of Nursing, Al-Zaytoonah University of Jordan (ZUJ), Amman, Jordan*

ABSTRACT

Aging is expected to be a priority health problem in Jordan because of accelerating number of this age group. Aging and dependency in performing daily activities are highly interrelated, especially in the presence of disabling health problems. Caring of elders group is a challenge health and social issue. Family members in Jordan provide elders with caregiving in their preferable living place. There is inadequate studies that describe who are the elders' caregiver in Arab or in Jordan community.

The objective of this study was to describe the characteristics of elder's caregivers in Jordan context. A cross sectional descriptive study was conducted between October 2013 and February 2014. A convenience sample of Jordanian caregivers (n = 489) was recruited from health care center in Amman during follow-up health visits for their ill relatives. A self-report questionnaire was used to collect data about socio-demographic characteristics of caregiver, caregiver's health, and additional data about care recipient.

The majority of the sample were women (86.2%, n = 422). Women exhibited various undesirable life style practices, and they reported that they had diagnosed of different health problems. Women provided caregiving assistance for very long duration. It is recommended to extend the health follow up for caregiver in addition to elders' themselves. Training, education, and support caregiving program is encouraged for caregivers to continue their role with minimum suffering and to avoid negative physical, emotional, and social caregiving consequences.

Keywords: Caregiver, Home care, Jordan, Women