Caregivers need to increase their participation in leisure endeavors to increase life satisfaction and decrease secondary conditions.

References
Poster title: Improving Health through Leisure Endeavors for Caregivers of Individuals with Dementia

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Abstract: Caregivers of individuals with Dementia/Alzheimer’s Disease work round the clock offering care and support to the older adults they care for. Because of the level of care demanded by the job, caregivers often struggle with things like sleep patterns, high-blood pressure, anxiety, and depression. Participating in leisure activities has been proven to decrease the risk of developing a mental illness and high-blood pressure while also increasing quality of life. Engaging in leisure experiences and endeavors provides opportunities for caregivers to cope with stressors and increase positive attitudes which can lead to better job performance, less burn-out, and optimal health. A Recreational Therapist can work with the caregiver, using the Optimizing Lifelong Health through Therapeutic Recreation Model to discover and maintain a healthy leisure lifestyle. Participating in leisure endeavors offers physical, emotional, and social benefits to the caregiver which lead to better life satisfaction, job performance, and higher quality of life.

References:


