

Lived Experiences of Caregivers of a Family Member

Diagnosed with Alzheimer's Disease

A Thesis Presented to

The Faculty of College of Arts and Sciences

Central Philippine University

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Bachelor of Science in Psychology

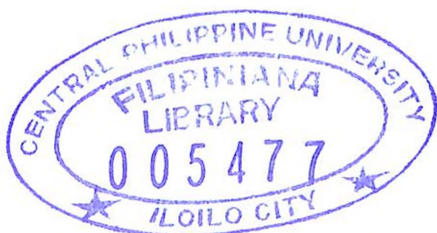
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Abstract

Taking care of a person diagnosed with Alzheimer's disease is thought to have a negative impact on physical and mental well-being. This qualitative research study explored the lived experiences of caregivers of a family member diagnosed with Alzheimer's disease from a phenomenological approach. A purposive sampling identified six participants who met the inclusion criteria and were included on the study. The interviews were audio-recorded and transcribed verbatim and thematic analysis was applied. Three main themes emerged: "Difficulties Encountered in Caregiving," "Burden of Care," and "Sense of Fulfillment." "Difficulties Encountered in Caregiving" focused on emotional struggles and exhaustion, while "Burden of Care" detailed caregiving tasks like feeding, bathing, and giving medicine. "Sense of Fulfillment" highlighted the deep affection motivating participants, with sub-themes like "A Way of Giving Back, Patience in the Midst of Difficulties, and Feeling of Selflessness. Patience was crucial, helping them navigate challenges and find fulfillment in their caregiving roles. The study revealed that despite difficulties, they found happiness and satisfaction in providing care and seeing their loved ones well cared for.