# THE DEVOTION AND FRUSTRATIONS OF MALE CAREGIVERS



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#### **O**VERVIEW

- A Male Caregiver Support Group
- Stepping up: statistics about growing numbers of male caregivers
- How male caregivers differ from female caregivers
- Coping strategies



• <u>http://videos.aarp.org/detail/videos/family-</u> <u>caregiving/video/5409639797001/male-</u> <u>caregiving:-caregivers-in-philadelphia---</u> <u>aarp?autoStart=true&page=5</u>

### STATISTICS

- According to AARP:
- Percentage of caregivers who are male has risen from 34-40% in past 8 years
- Average age is 48 but varies: 46 for son caring for a parent; 62 for a husband caring for a spouse
- Half felt they had no choice
- Husbands spend more hours caregiving with less supports than sons



- Half of all male caregivers performed medical/nursing care; 75 percent among husbands
- Two-thirds of male caregivers work; 55 percent of female caregivers also work; are more likely to give up working



### MALE CAREGIVERS ARE DIFFERENT

- AARP:
- Many men taking on hands-on tasks but may be more uncomfortable with doing them than women
- Men may be less likely to express their frustrations when stressed; especially true for caregiving husbands



#### DAN



- 72 y.o. retired teacher
- Married 45 years; two adult sons
- Wife has had Alzheimer's disease (now moderate) for 4 years
- Feels trapped by caregiving; not life he had planned for himself—and them at this age

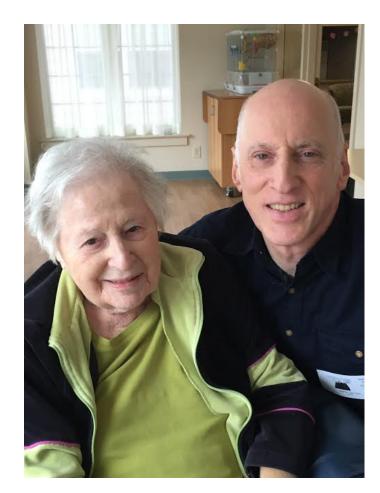
## HYUN

- o 32 y.o Korean-American
- Oldest of 3 sons
- Father had metastatic colon cancer for 10 yrs
- Hyun left business to go to medical school to seek ways of helping father
- Advocated for father with doctors
- Father finally died just as Hyun was finishing medical residency



### BARRY

- 59 y.o. psychologist caring for his mother with dementia for 7 years
- Had distant relationship prior to caregiving; enforced time together exacerbated old tensions between them
- Sought silver linings



### COPING STRATEGIES

- Asking for and accepting support
- Feeling man enough to express concerns and frustrations (to other family members, friends, professionals, boss)
- Managing stress through physical exercise, attending to one's own health, respite
- Finding greater meanings and rewards in decision to be a caregiver

