

Navigating Dementia Care: A Qualitative Study of Family Caregivers' Experiences in Managing Behavioral and Psychological Symptoms in Lima, Peru



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BACKGROUND

- Responding to **changes in behaviour and psychological symptoms can be a challenge and emotionally demanding** for family caregivers.
- Despite the high reliance on informal caregiving in Latin America, little research has examined how caregivers in this region experience and respond to these symptoms.
- This study aims to explore how family caregivers of persons living with dementia experience and cope with behavioural and psychological dementia symptoms.**

WHO WAS INVOLVED AND HOW?

- Semi-structured interviews** were conducted in Lima, Peru.
- n = **17 family caregivers** of people with dementia experiencing behavioral and psychological symptoms.
- Recruited using a **purposive sampling strategy** from a private neurology clinic
- Qualitative data were analysed using **Reflexive Thematic Analysis**.



Peru, a country located in South America

FINDINGS

Theme 1: Caregiving as an emotional and behavioral challenge

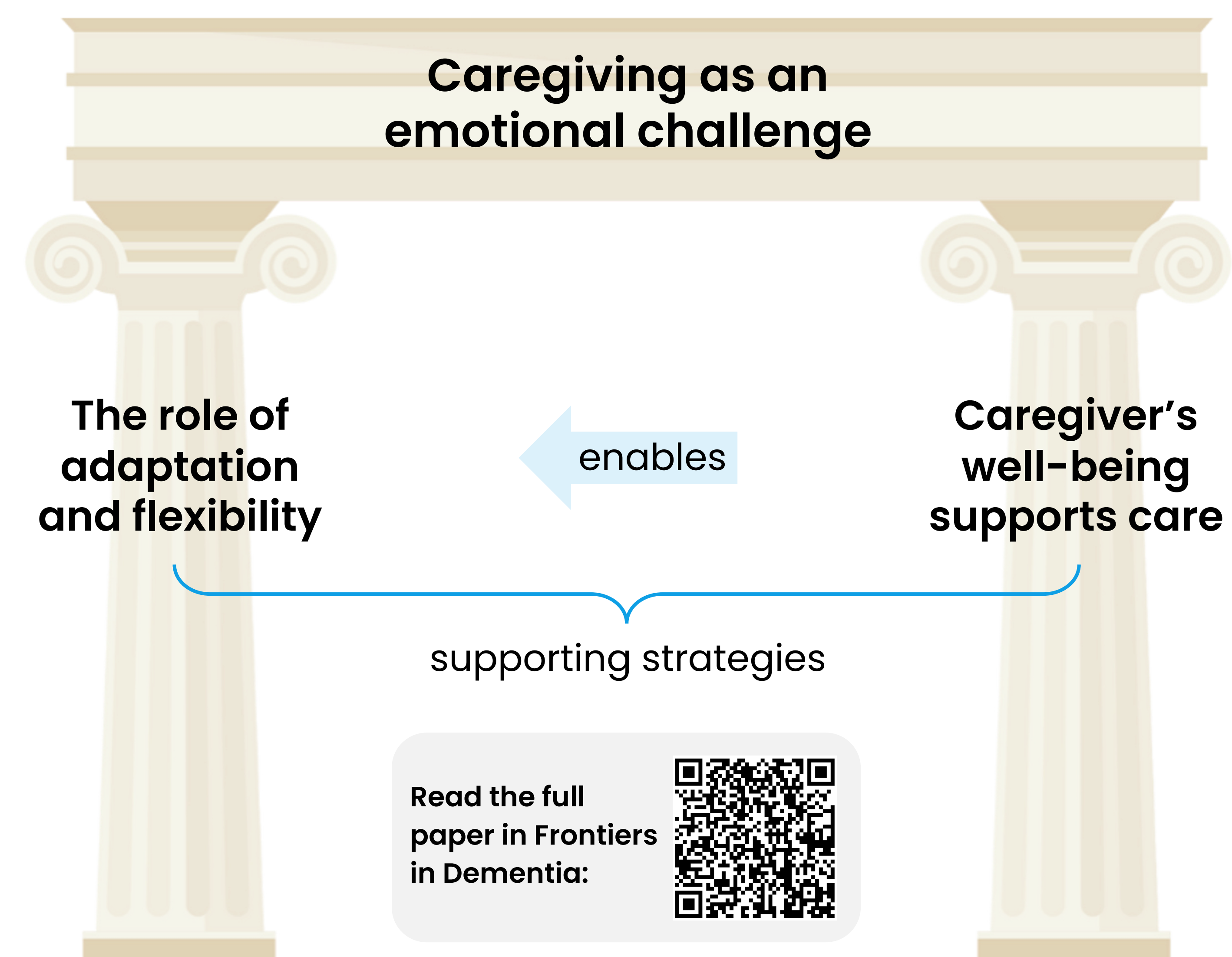
- Care partners reflected on the **challenges that arose from changes in behavior**.
- Noting how **these shifts sometimes influenced relationships** and their emotional well-being.

Theme 2: The role of adaptation and flexibility when managing BPSD

- They **actively develop strategies** to respond to these changes.
- Making adjustments in the house and their routines, using more flexible communication, choosing to de-escalate potential conflicts, and prioritising their own well-being.

Theme 3: Building the caregiver's emotional well-being to support care

- Well-being was not just a need; it was the **engine that powered their ability to handle these changes and symptoms**.
- It was seen as essential to maintain long-term care.



CONCLUSIONS

Managing these symptoms is a **significant challenge**; however, care partners **navigate this by developing adaptive strategies and prioritising their emotional well-being** as a core resource.

CONTACT INFORMATION



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EQUILIBRIA