

MARCH 21 2024

12H30 - 13H30 – VIRTUAL FORMAT (WEBEX)

The challenges and difficulties of informal caregivers: perspectives on caregiver burnout.

As a part of the SCOHPICA (Swiss COhort of Health Professionals and Informal CAREgivers) cohort symposium series, we are pleased to invite you to the conference presented by

DR PIERRE GÉRAIN

*Post-doctoral researcher and scientific coordinator for front-line psychology
at the University libre de Bruxelles*

Informal Caregivers provide much-needed assistance both to the person with a loss of autonomy and to the care system in general. Despite the benefits this role can bring to caregivers, it is also worth exploring the difficulties it can pose. The research on burnout provides a rich framework for understanding the difficulties faced by caregivers. This presentation will provide a brief history of the concept of caregiver burnout and explain how it answers to major limitations in the existing literature. Based on a model (the Informal Caregiving Integrative Model) and empirical findings, a structure of risk and protective factors will be proposed to better understand the sources of caregivers' difficulties. This will enable us to define key points of attention in the consideration of caregivers in both research and clinical practice. Finally, we will look at the prospects for the field, particularly the role of the SCOHPICA project in improving our understanding of the challenges facing informal caregivers in the years to come.

Language: English

WEBEX: [Link for the conference](#)

If you have any questions, do not hesitate to send an email to the following address scohpic@unisante.ch