

SAÚDE MENTAL DE CUIDADORES FAMILIARES: ENVELHECIMENTO, DESAFIOS E O USO DE FERRAMENTAS DIGITAIS DE APOIO

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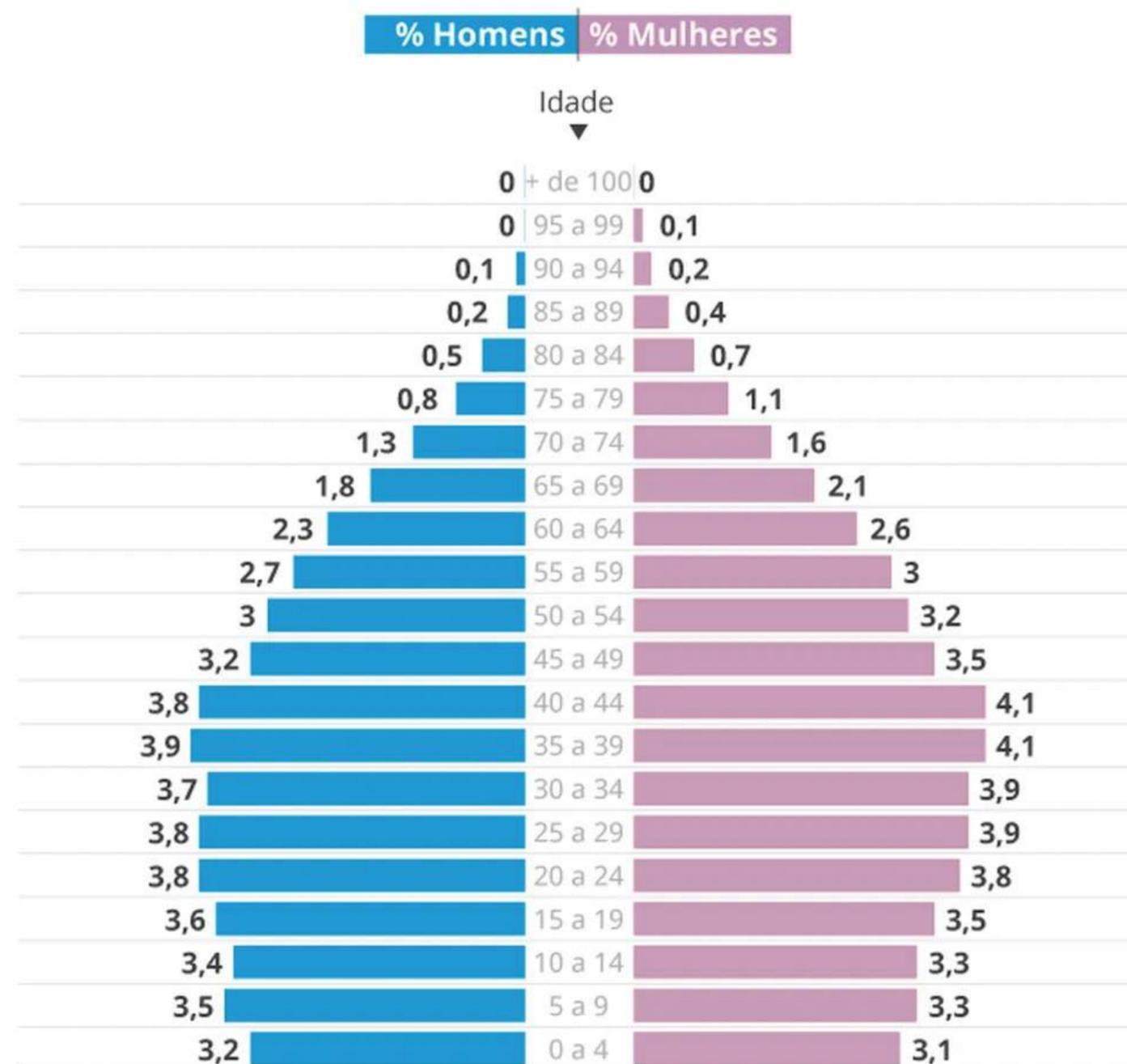
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Especialista em Neuropsicologia



ENVELHECIMENTO POPULACIONAL E O CUIDADO

Pirâmide etária do Brasil em 2022



Fonte: IBGE - Censo Demográfico

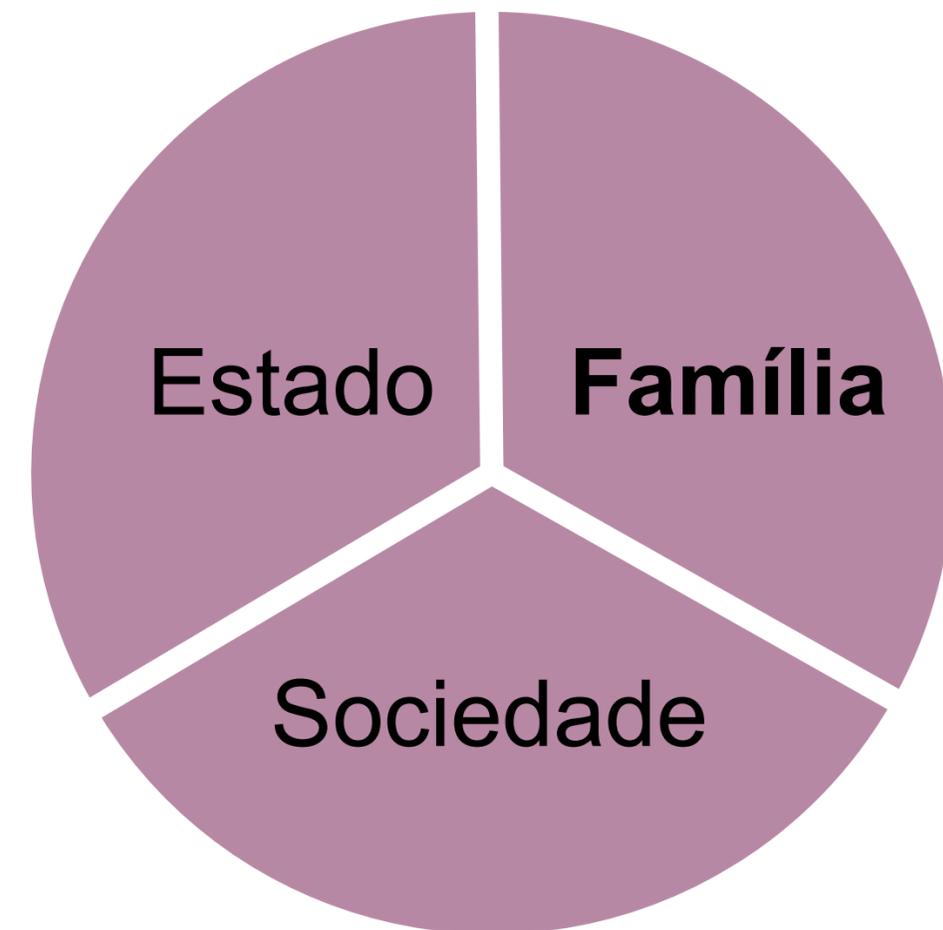
- Um Brasil mais **envelhecido e feminino**;
- População **60+ = 15,6%**;
- Mudança na **carga de doenças**;
- **Dependência funcional** - necessidade de cuidados.

(IBGE, 2022)

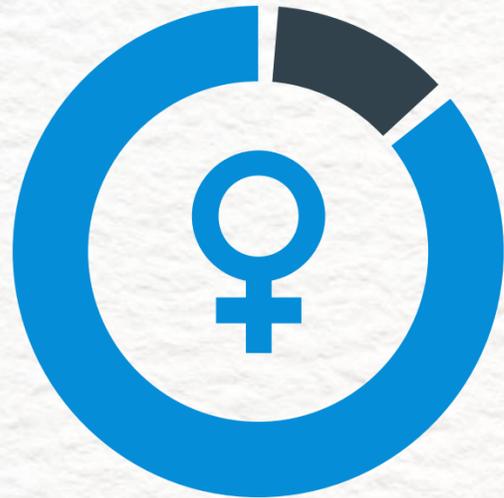
DE QUEM É A RESPONSABILIDADE PELO CUIDADO?

Legislação

- Constituição Federal de 1988.
- Política Nacional do Idoso - Lei nº 8.842/94.
- Estatuto da Pessoa Idosa - Lei 10.741/03.
- Política Nacional de Saúde da Pessoa Idosa - Portaria nº 2.528/09.



QUEM SÃO OS CUIDADORES FAMILIARES?



83% MULHERES

- Filhas ou esposas
- Meia idade (45 - 55 anos)



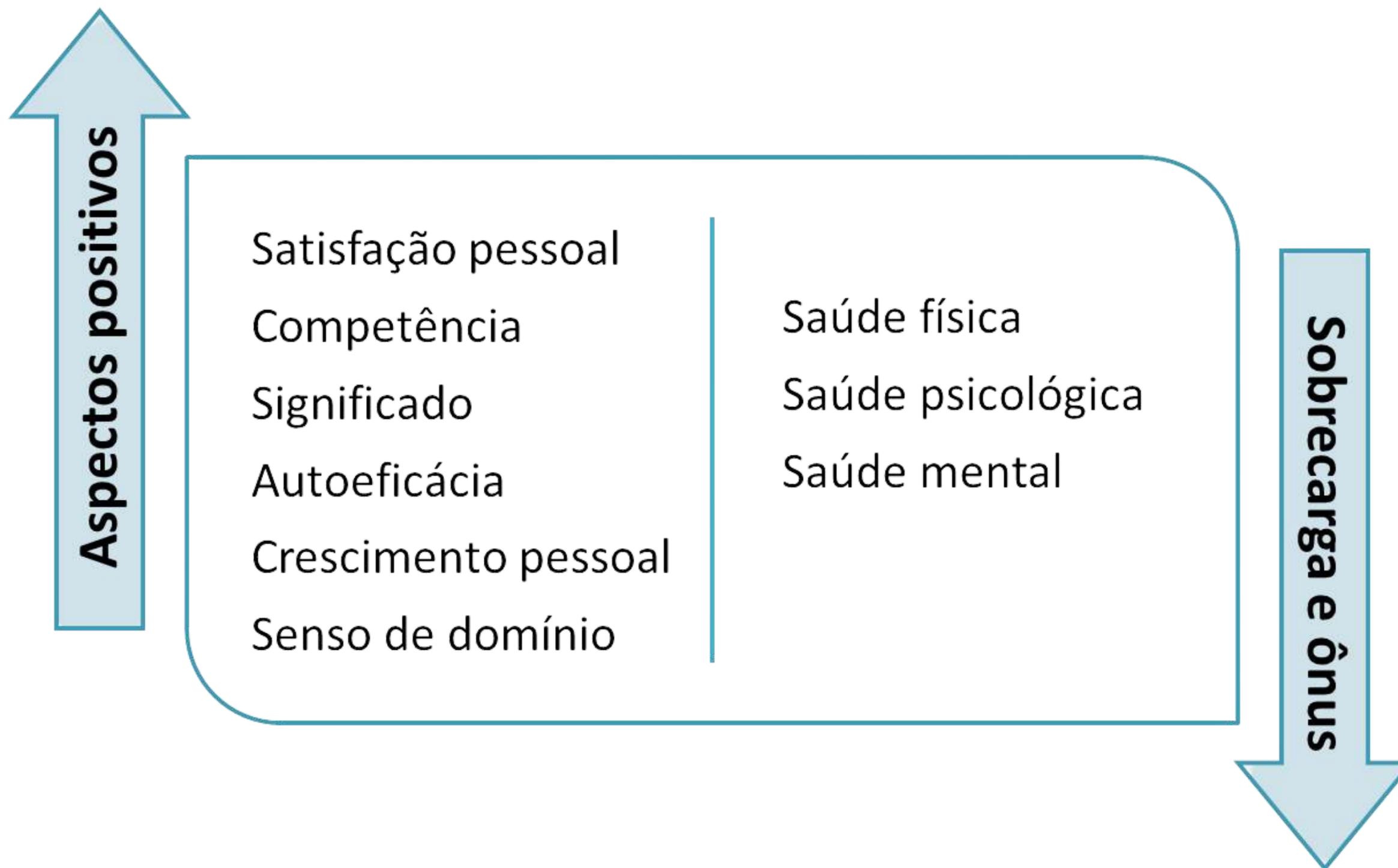
PESSOAS IDOSAS

- Dupla vulnerabilidade

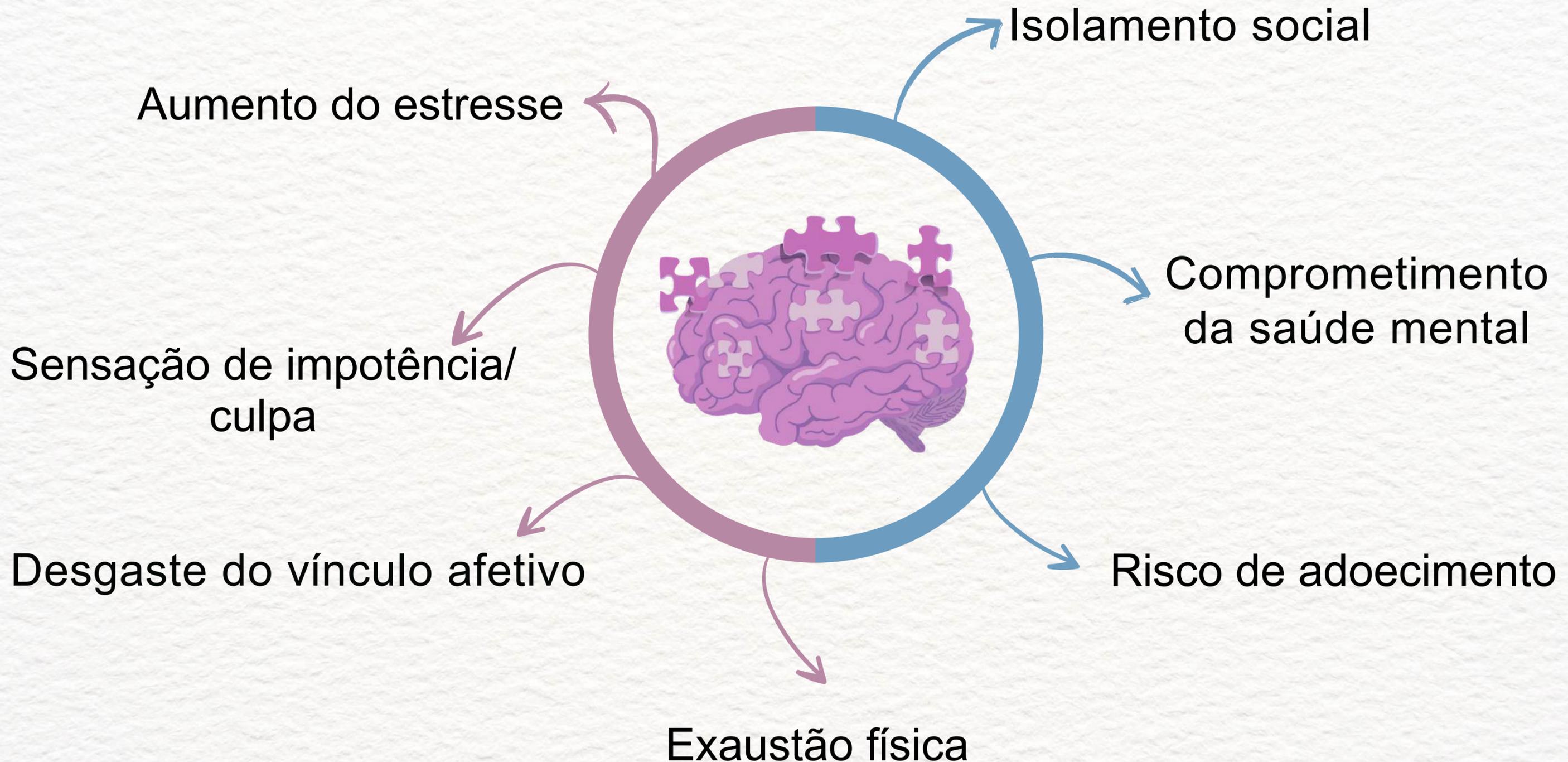


- +10 horas por dia
- Sem treinamento
- Sem remuneração

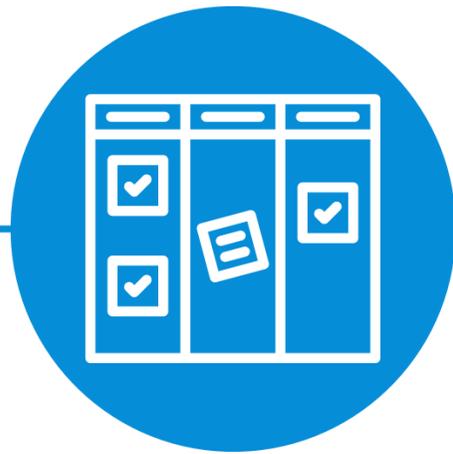
IMPACTO DO CUIDADO



IMPACTO DO CUIDADO



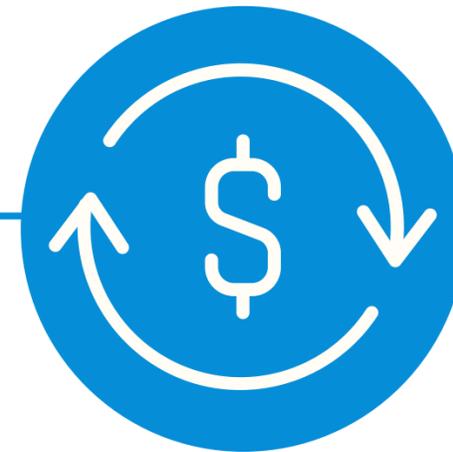
DESAFIOS DO CUIDADO



Acúmulo de tarefas



Demandas físicas
e emocionais



Insegurança
financeira



Dificuldade de
informação

Necessidade de **estratégias, ferramentas e intervenções** que ajudem a **mitigar** esses desafios e a sobrecarga do cuidado.

DESAFIOS DO CUIDADO

 **nursing reports**

Review

Interventions to Relieve the Burden on Informal Caregivers of Older People with Dementia: A Scoping Review

Celia Encinas-Monge ¹, Sergio Hidalgo-Fuentes ^{1,2,*}, Elena Cejalvo ¹ and Manuel Martí-Villar ^{1,*}

¹ Departamento de Psicología, Universidad de Murcia, Murcia, Spain; ² Departamento de Psicología, Universidad de Murcia, Murcia, Spain; * Correspondence: sergio.hidalgo@um.es

Abstract: Dementia is a global health problem that affects millions of people worldwide. Informal caregivers of older people with dementia often experience a heavy burden and suffer from burnout, depression, and anxiety. This review aims to identify and synthesize the current research on interventions designed to reduce the burden on informal caregivers of older people with dementia. The review included 26 articles from PubMed, Science, Scopus, and ProQuest. The review included 26 articles from PubMed, Science, Scopus, and ProQuest. The review included 26 articles from PubMed, Science, Scopus, and ProQuest.

Keywords: burden; dementia; informal caregivers; interventions; older people.

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Citation: Encinas-Monge, C.; Hidalgo-Fuentes, S.; Cejalvo, E.; Martí-Villar, M. Interventions to Relieve the Burden on Informal

 **behavioral sciences**

Systematic Review

A Systematic Review of Educational Interventions for Informal Caregivers of People Living with Dementia in Low and Middle-Income Countries

Isabelle Evans ¹, Ria Patel ¹, Charlotte R. Stoner ², Mel Melville ^{1,3,*} and Aimee Spector ¹

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Abstract: **Objectives:** With the increasing prevalence of dementia worldwide, there is a growing need for an integrated approach to dementia care. Little is known at present about the benefits of educational interventions for informal caregivers of people living with dementia (PLWD) in low- and middle-income countries (LMICs). This review aimed to identify and synthesise the current research on these interventions. **Method:** Four databases (PsycINFO, Medline, Web of Sciences and Scopus) were searched, alongside Google Scholar and reference lists. The Downs and Black checklist was used for quality assessment and data relating to intervention characteristics, outcomes, and educational component features were compared. **Results:** Eighteen papers detailing 17 studies were included. All studies presented found at least one significant outcome/effect. Study comparison was difficult due to diverse methodologies, intervention structures, and outcomes. Study quality was also variable. Four studies had education as the primary focus, and most interventions utilised multicomponent and group-based designs. Interventions that included group delivery tended to find more significant results than individual approaches. Intervention length did not appear to influence efficacy. Regular delivery and an average intervention dosage of around 12 h appeared most effective. **Conclusions:** Research into educational interventions for caregivers in LMICs appears to be promising and can help guide future interventions towards clinical implementation. A multicomponent group intervention trialled in Egypt provided particularly favourable findings. Future studies should focus on understanding the active mechanisms within such interventions to optimize their effectiveness. Collaboration between LMICs, high-income countries (HICs), and caregivers is crucial in developing interventions tailored to meet caregiver needs whilst accounting for feasibility and equity for dementia care worldwide.

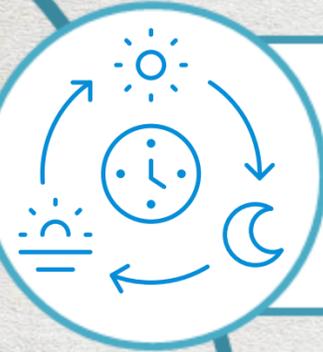
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Citation: Evans, I.; Patel, R.; Stoner, C.R.; Melville, M.; Spector, A. A Systematic Review of Educational Interventions for Informal Caregivers of People Living with Dementia in Low and Middle-Income Countries. *Behav Sci* 2024, 14, 177. <https://doi.org/10.3390/bs14030177>

Academic Editor: Ines Testoni

Intervenções mais utilizadas e mais eficazes para reduzir a sobrecarga do cuidador são programas psicoeducacionais e terapia cognitivo-comportamental, oferecidos individualmente e em grupo, online ou em ambientes comunitários.

INTERVENÇÕES PARA CUIDADORES



Rotinas intensas, com poucas pausas e sem rede de apoio.



Dificuldade para sair de casa ou se ausentar do cuidado.



Deslocamento, transporte e recursos financeiros

**Intervenções
tecnológicas e online**

INTERVENÇÕES TECNOLÓGICAS E ONLINE

**Facilita o apoio e
reduz o isolamento
social**

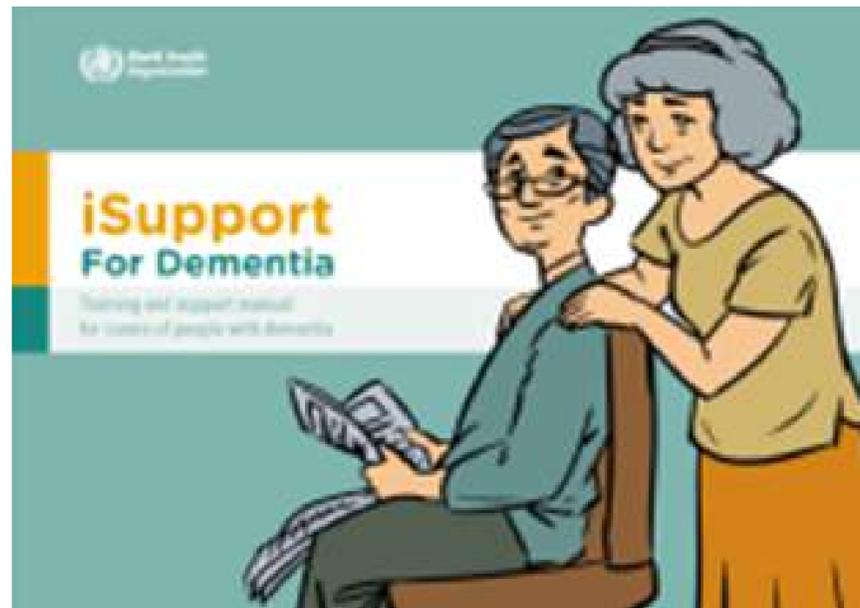


**Flexíveis e
adaptáveis às
rotinas**

**Ultrapassarem
barreiras
geográficas**

**Custo
relativamente
baixo**

ISUPPORT FOR DEMENTIA



- Intervenção online
- Desenvolvida pela OMS
- Para apoiar cuidadores familiares
- 39 países estão adaptando (27 idiomas diferentes)
- Traduzido e adaptado para o Brasil

Apresenta técnicas baseadas na terapia cognitivo-comportamental, incluindo psicoeducação, relaxamento, ativação comportamental, reenquadramento de pensamentos e estratégias para resolução de problemas.

Cuidadores podem desenvolver capacidades práticas e habilidades socioemocionais para cuidar em casa.

ISUPPORT - BRASIL

iSupport-Brasil HOME O QUE É COMO FUNCIONA VANTAGENS MÓDULOS SOBRE NÓS LOGIN **COMECE AGORA!**

iSupport para cuidadores

O iSupport-Brasil é um programa de treinamento on-line para apoiar cuidadores informais ou familiares de pessoas que vivem com demência.

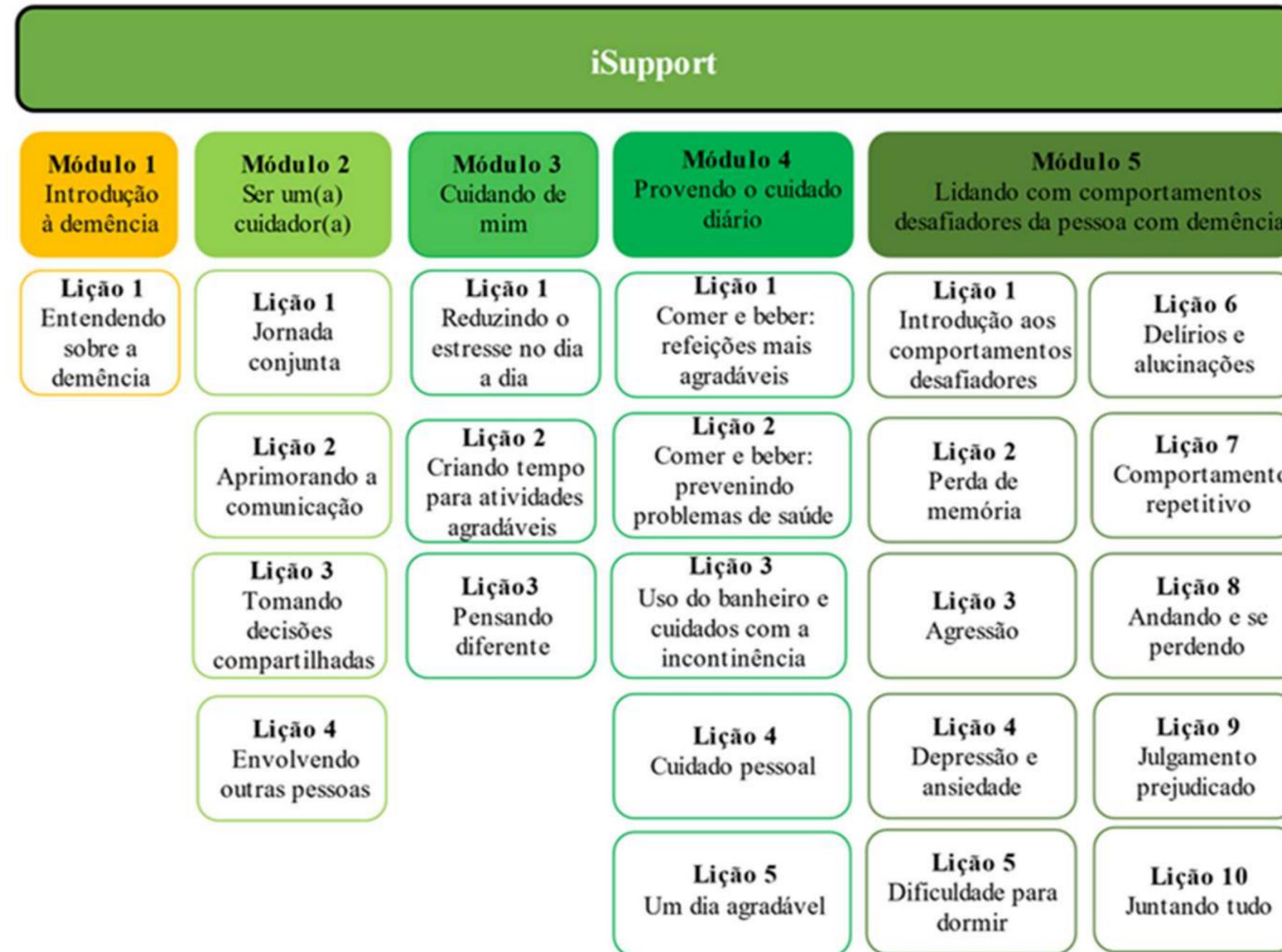
COMECE AGORA!



MINISTÉRIO DA
SAÚDE



ISUPPORT - BRASIL



Grupos de apoio

Espaços de escuta, troca de experiências e acolhimento emocional entre pessoas que enfrentam desafios semelhantes no cuidado

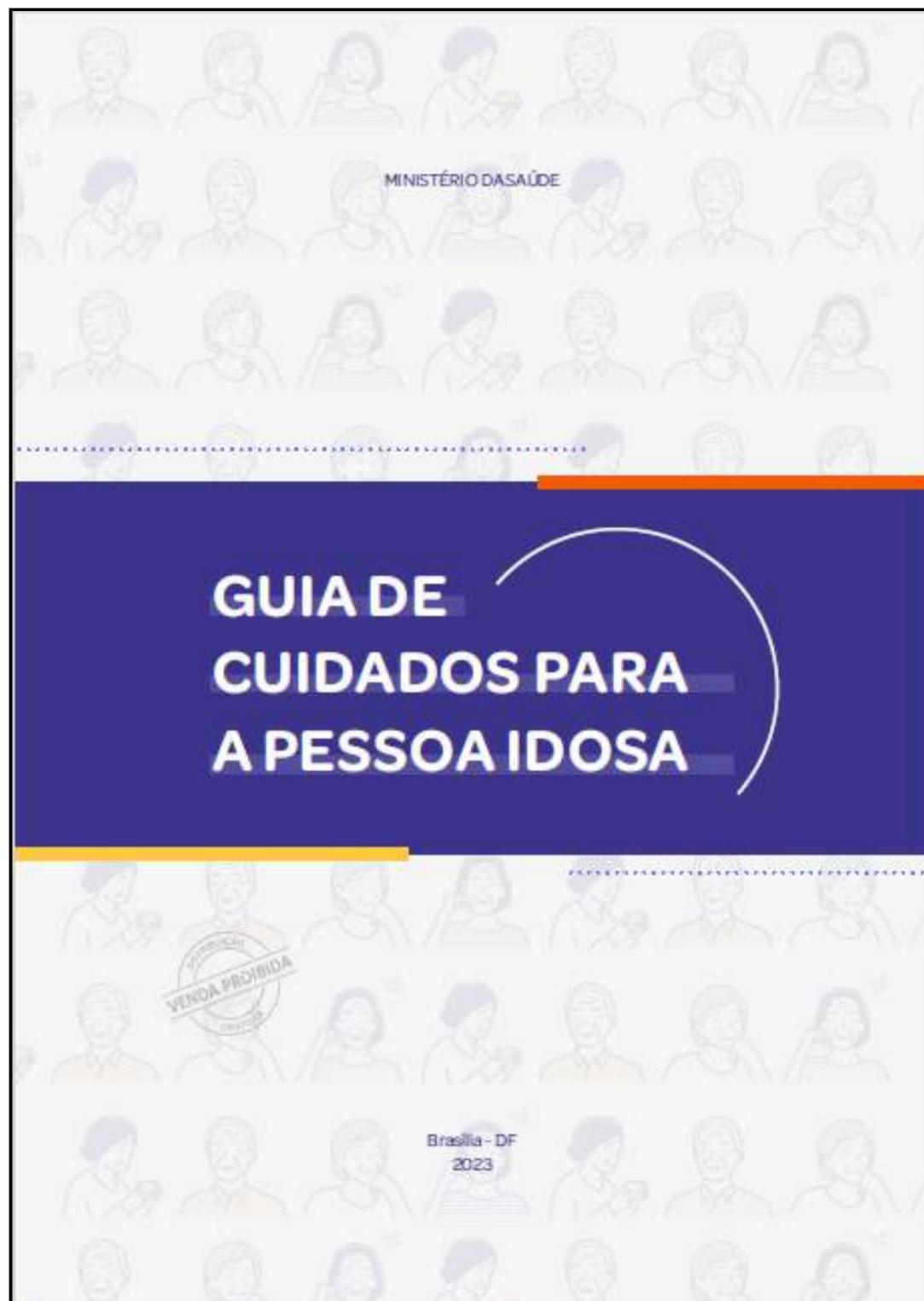
Oferecem **orientação prática, informação de qualidade e fortalecimento da saúde mental** dos cuidadores

A **participação** pode ocorrer de forma **remota**, no **tempo disponível** do cuidador, promovendo **acesso mais democrático e contínuo** ao suporte.



MATERIAIS DE APOIO

- **MÓDULO 1:** Aspectos gerais do processo de envelhecimento
- **MÓDULO 2:** Pessoa idosa e autocuidado
- **MÓDULO 3:** Orientações para quem cuida de pessoas idosas
- **MÓDULO 4:** Rede de apoio

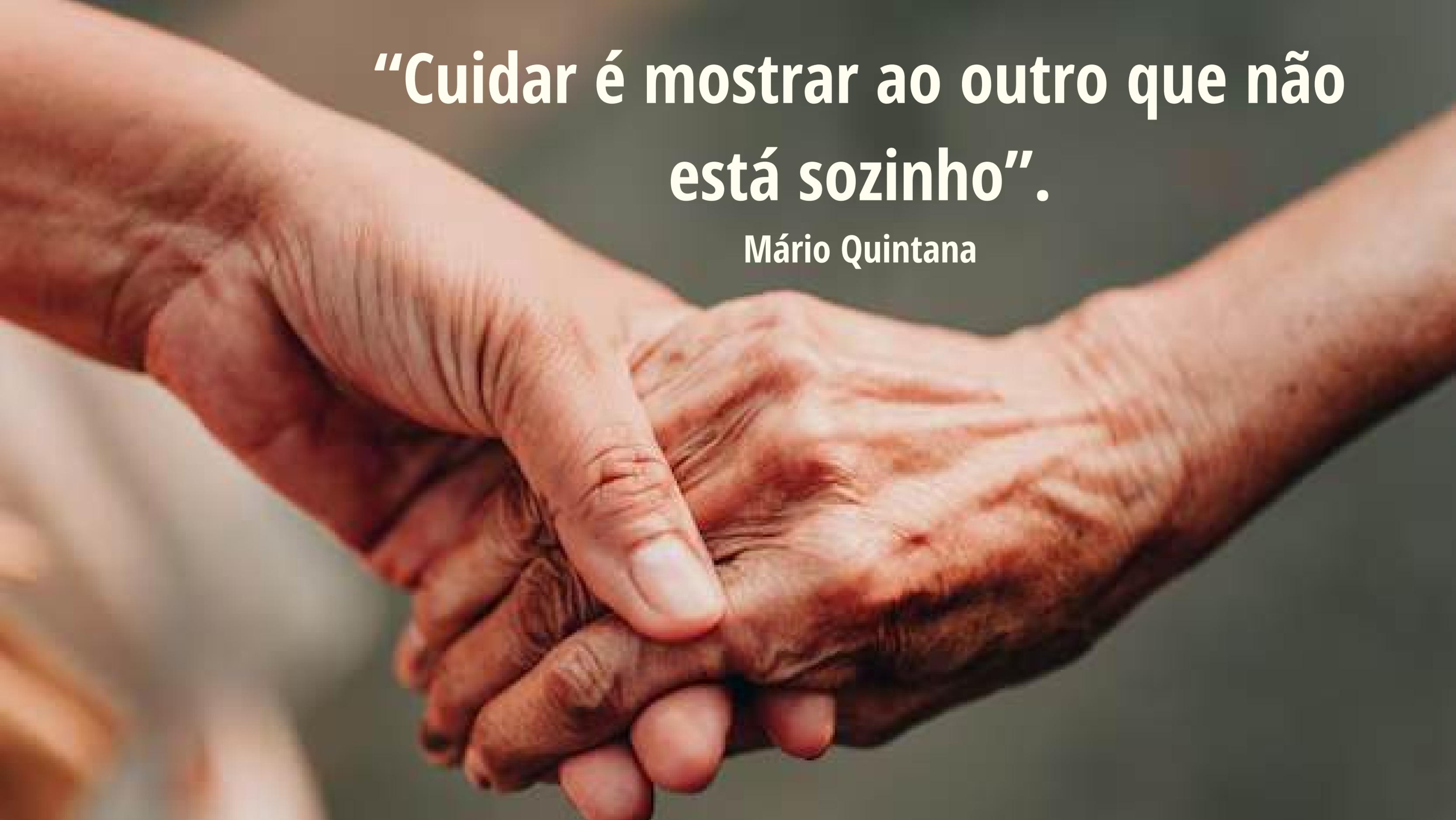


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A close-up photograph of two hands clasped together. The hand on the left is younger and has a smooth, light brown complexion. The hand on the right is significantly older, with deeply wrinkled, leathery skin and a darker, more weathered complexion. The hands are positioned in a way that suggests support, care, and connection. The background is a soft, out-of-focus greyish-blue.

**“Cuidar é mostrar ao outro que não
está sozinho”.**

Mário Quintana



Obrigada!



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