

3rd Geriatrics and Healthcare Conference: For a better Aging Care

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Caring for who cares: caring for the family caregiver of the elderly with parkinson's

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This lecture aims to talk about the importance of self-care of the family caregiver of the elderly with Parkinson's, as during my research I realized that many of them end up forgetting themselves at the expense of the high number of activities they perform during their daily activities. Thus, the family bond makes care more intense, which can lead to overload and create feelings and perceptions resulting from this activity. Thus, it is necessary to think about the well-being of the caregiver, valuing their role and participation in the care process, contributing to this search, and having access to quality information, always with the aim of improving their practice, making it safer and more effective every day, without forgetting how to carry out their self-care.

Biography

Dharah Puck Cordeiro Ferreira Bispo is from the Federal University of Pernambuco from the country Brazil.

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