

Participation in everyday life and life satisfaction in the stroke-caregiver dyad

6th International Carers Conference
Gothenburg 4-6 September 2015

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A dyadic perspective regarding participation in everyday life

Participation

- “Participation necessarily occurs at the intersection of what the person can do, wants to do, has the opportunity to do, and is not prevented from doing.”

MALLINSON, T. & HAMMEL, J. 2010 Measurement of participation: intersecting person, task, and environment
Arch Phys Med Rehabil, 91, S29-33.

STROKE

Life Satisfaction

Combined Life Satisfaction

carer

person with stroke

Combined Life Satisfaction

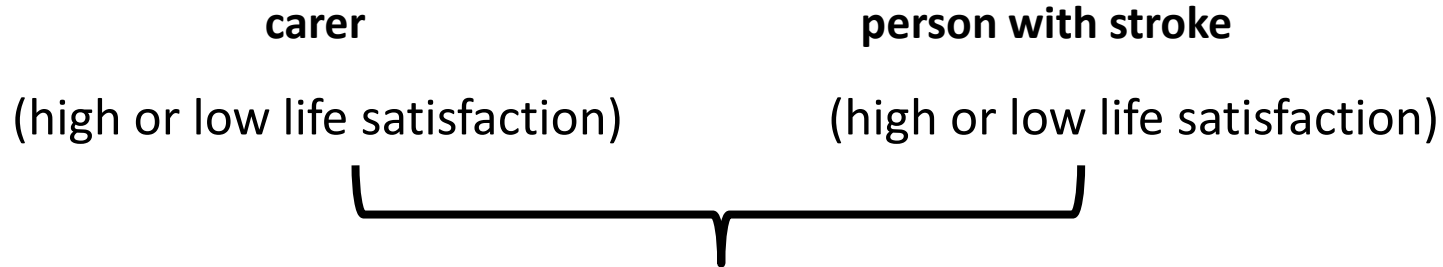
carer

(high or low life satisfaction)

person with stroke

(high or low life satisfaction)

Combined Life Satisfaction



Combined high, low, or discordant life satisfaction

Rationale

- Dyadic perspective
- Participation in everyday life
- Life satisfaction

Aim

- To describe persons with stroke and their carers' perceived participation in everyday life 3 to 6 months post stroke and to depict this in relation to their life satisfaction and with the dyads combined life satisfaction.

Methods /Instruments

- Life Satisfaction Checklist (LiSat-11) (Fugl-Meyer et al, 1991)
 - Global life satisfaction
 - Combined High
 - Combined Low
 - Discordant
- Occupational Gaps Questionnaire (OGQ)

Occupational Gaps

- Subjective measure of participation in everyday life
- The discrepancy between what an individual wants to do and what he or she actually does

Example of an item in the OGQ

Participating in outdoor activities

(e.g. walking, hiking, hunting, fishing, camping)

1. Do you perform the activity? Yes No
2. Do you want to perform the activity? Yes No

Perceptions of occupational gaps

- Question 1: yes Question 2: no
- Question 1: no Question 2: yes

Study participants n = 210 (105 dyads)

- Persons with stroke
 - Age 70 (46-90)
 - Male/female 73% / 27%

- Carer
 - Age 68 (18-88)
 - Male/female 24% / 76%

Results of the Occupational Gaps Questionnaire

Activities	Persons with stroke	Carers
Travelling for pleasure	(1) 61%	(1) 48%
Performing heavy duty maintenance	(2) 54%	15%
Participating in Hobbies	(3) 51%	16%
Participating in cultural activities	(4) 50%	(2) 31%
Participating in sports	38%	(3) 30%
Visiting restaurants and bars	35%	(3) 30%

Not-want-to-do-gaps for the carers

	Total % of gaps	Negative gaps
Cleaning	25%	22%
Cooking	17%	14%
Performing light maintenance	17%	11%
Doing the laundry	11%	8%
Grocery shopping	10%	7%
Managing personal finances	10%	6%

Combined Life Satisfaction

Combined Life Satisfaction	Dyads %
High/high	24%
Low/low	38%
Discordant	38%

Combined Life Satisfaction in relation to occupational gaps

Combined Life Satisfaction	Dyads %	OG's for the persons with stroke <i>(median,QR, range)</i>	OG's for the carers <i>(median,QR, range)</i>
High/high	24%	5/6/0-17	5/3/0-11
Low/low	38%	8.5/4.5/2-18	5/5/0-19

$p = 0.003$ (comparing persons with stroke) and $p = 0.007$ (comparing carers)

Effects of life satisfaction on participation in everyday life

Life satisfaction

Participation in
everyday life
(Occupational Gap)

Person with
stroke

Carer

Effects of life satisfaction on participation in everyday life

Life satisfaction

Participation in
everyday life
(Occupational Gap)

Person with
stroke



(OR = 1.1,
95% CI 1.01-1.24, p = 0.03)

Carer

Effects of life satisfaction on participation in everyday life

Life satisfaction

Participation in
everyday life
(Occupational Gap)

Person with
stroke



Carer



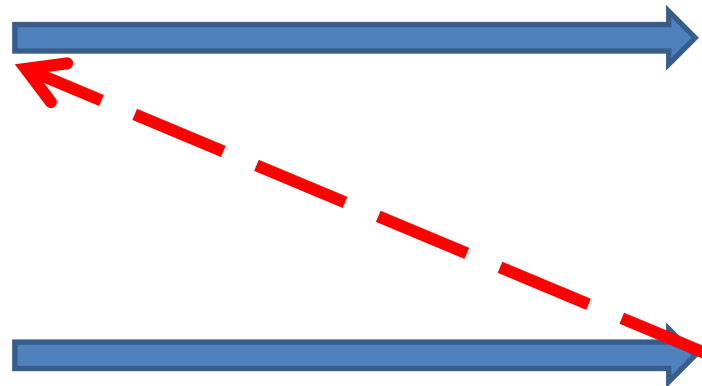
(OR = 1.2,
95% CI 1.0-1.34, p = 0.04)

Effects of life satisfaction on participation in everyday life

Life satisfaction Participation in everyday life
(Occupational Gap)

Person with stroke

Carer



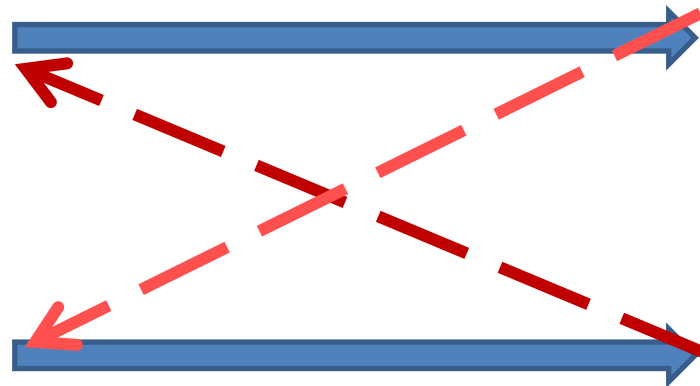
Effects of life satisfaction on participation in everyday life

Life satisfaction

Participation in
everyday life
(Occupational Gap)

Person with
stroke

Carer



Conclusions

- **Carers have restrictions in participation in everyday life after their partners stroke**

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- **The carers life satisfaction accounts for their participation in everyday life**

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- Carers have restrictions in participation in everyday life after their partners stroke
- The carers life satisfaction accounts for their participation in everyday life
- **Those dyads where they both had a low level of life satisfaction had a significantly greater level of participation restrictions**

Clinical implications

J Rehabil Med 2015; 47: 508–515

ORIGINAL REPORT

PARTICIPATION IN EVERYDAY LIFE AND LIFE SATISFACTION IN PERSONS WITH STROKE AND THEIR CAREGIVERS 3–6 MONTHS AFTER ONSET

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Objective: To explore and describe persons with stroke and their caregivers' restrictions in participation in everyday occupations, i.e. occupational gaps, 3–6 months post-stroke, in relation to life satisfaction, combined life satisfaction, care

often receive assistance from an informal caregiver (2). We have modified the definition of informal caregiver (shortened to "caregiver" in this paper) from Pearlin et al. (3), referring

Bergstrom AL, von Koch L, Andersson M, Tham K, Eriksson G. Participation in everyday life and life satisfaction in persons with stroke and their caregivers 3-6 months after onset. *Journal of Rehabilitation Medicine* 2015. Epub 2015/04/18.

*Thank you for
your attention!*

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