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The Impact of Home Modifications on Caregiver Burden

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The Impact of Home Modifications on Caregiver Burden

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Introduction

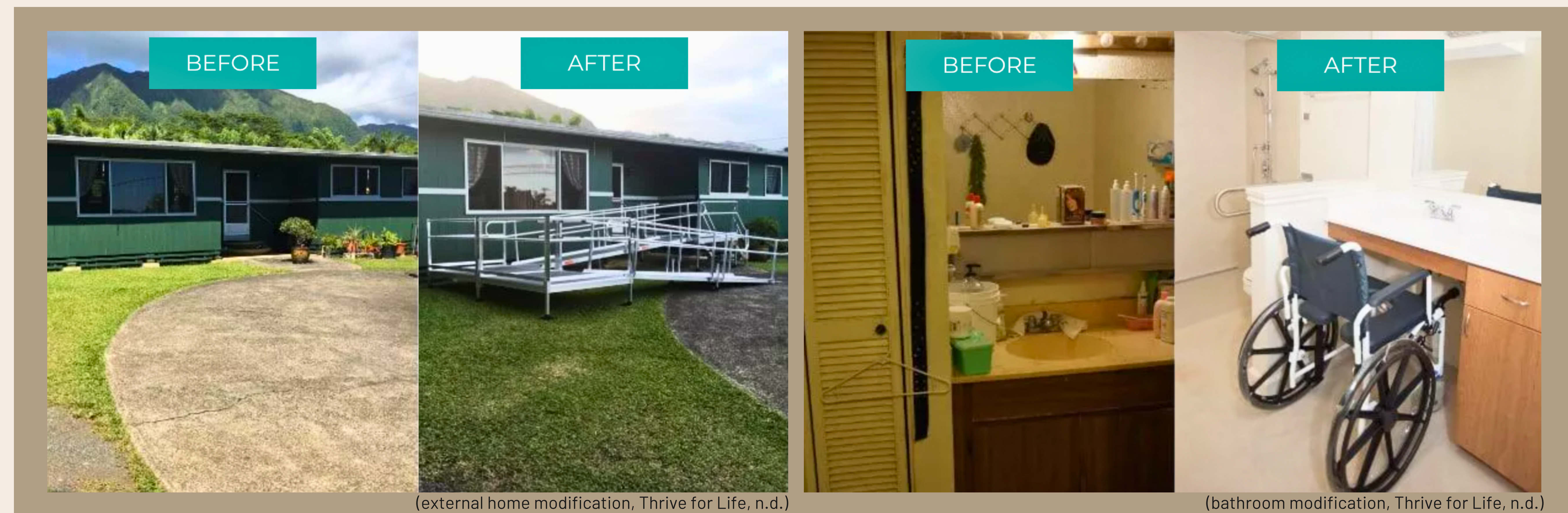
Evidence has shown that home modifications (HM) effectively create a safer, more independent way of living for adults aging in place & may benefit caregivers & their well-being (Granbom et al., 2017; Yang et al., 2021). Occupational therapy plays a crucial role in promoting & initiating HM opportunities (Maggi et al., 2018). However, more awareness is needed about the benefits of HMs for caregivers.

Objectives

- Explore existing research on how home modifications impact the burden on caregivers of persons aging in place
- Gather common themes
- Provide evidence to show that HM not only help care recipients, but help their caregivers as well
- Identify gaps for future studies
- Highlight importance of caregiver mental & physical health

Methodology

- Databases Searched:
 - PubMed & Academic Search Complete
- Terms Searched (2012-2023):
 - Home modifications, home adaptations; caregivers; impact, reduce, improve; burden, burnout, stress
- Inclusion Criteria:
 - Caregivers & care recipients over 18
 - Caregivers' perspective or impact
 - Home modifications/adaptations used as an intervention



Results 7 studies met inclusion criteria

Caregiver Health & Well-being

- ADHD
- Arthritis
- Heart problems
- Joint pain
- Back muscle strain
- Anxiety
- Fatigue

Impact on Caregiver Burden

- Increases independence of care recipients
- Reduces caregiver physical workload
- Improves quality of life
 - Emotional & physical stress/pain
 - Social relationships & family conflict

Co-interventions

- Education on care recipient diagnosis, body mechanics/awareness, stretching, & home safety
- Strict time schedules & reminders
- OT evaluation & intervention
- Support of family & friends

Conclusion

- Home modifications reduce care needed by caregivers & reduce the load from caregivers
- Home modifications reduce pain & other symptoms that caregivers experience due to their personal challenges
- Current research on how HMs affect caregiver burden is limited

Future Research

- Identify which specific home modifications are most helpful to caregivers & determine if they are more effective on their own or when used with another intervention
- Promote occupational therapy benefits to caregivers through the use of home modifications