

## NEEDS OF FAMILY CAREGIVERS IN CARING OLD RELATIVES HAVING DEPRESSION: A LITERATURE REVIEW

*W.C. Wong, L.Y.K. Lee*

School of Science and Technology, The Open University of Hong Kong, Hong Kong, China

**Introduction:** Family caregivers experience great stress after their old relatives have been diagnosed depression. Satisfying the needs of these caregivers may reduce their stress and empower their competence in caring those depressed older people. Therefore, it is essential to assess the needs of family caregivers.

**Aim:** To identify the needs of family caregivers' in caring old relative with depression by literature review.

**Method:** Criteria were set for searching published studies in databases. Both local and overseas researches that studied the needs of family caregivers of depressed adults aged 65 or above were included. Those studies with keywords, such as carers, caregivers, needs, concerns, elderly, old people and depression, in titles and abstracts were identified. The studies were limited to articles published between January 1990 and March 2012, in English or Chinese. All kinds of research design and methodology were included. Articles were obtained through databases, including CINAHL, OVID, Medline, Cochrane, ProQuest and PsycInfo. Besides, manual search was performed when necessary. Lastly, nine literatures were chosen for reviewing as they fulfilled the criteria.

**Result:** Family caregivers experienced negative emotional burden, stress and worry. Besides, they were fear of isolation and change in relationship role. Furthermore, they would like to satisfy their learning needs in caring skills. Studies proved that education program was an effective way to support the family caregivers.

**Conclusion:** Education program, which provides information about older people depression and caring skills, and preparation for role change, is indicated to provide support to the caregivers.