

Epidemiological model of female caregiver burden in low income areas in Cape Town - South Africa.

Yakubu A. Yakubu¹ and De Wet Schutte²

Abstract

The informal or family caregiver burden has gained interest among health researchers, health policy-makers and development specialists worldwide. In poorer communities the role of the main carer usually falls to a female member of the household. Such female caregivers play an important role in the well-being of dependant members (i.e. care recipients e.g. children and aged persons) living in that household. The burden that caregiving presents are multiple and pervasive that usually contributes to negative health outcomes and this is compounded by poor environmental health status detrimental to their own health. Evidence on studies of caregiver burden of female caregivers of the two extreme spectrums of care recipients together: early years and late years of life (i.e. children and elderly) are yet to be documented.

The study is expected to provide predictors of caregiver burden and thus aid in providing a model of caregiver burden in the study settings in Cape Town. The theoretical paradigm of contestation in the current study is the Caregiver Stress Process Model (SPM) (Pearlin, Mullan, Semple & Skaff, 1990).

Data for the study will be gathered using interview technique with a structured questionnaire. A purposive selection of 10 female caregivers will aid in soliciting in-depth information from the caregivers. The respondents in this cross-sectional study are female caregivers in three selected low income study sites in an urban centre – Cape Town.

The SPSS or R software will be used for data analysis. Finally, multinomial logit model will be used to provide a robust model of caregiver burden in the study settings. The results could be used to gauge the effectiveness of socio-economic development policies and health care policy reforms in improving the standard of living of all South Africans and beyond.

Keywords and Phrases: *Environmental health, female caregiver burden, stress process model, multinomial regression analysis, predictors, modeling, epidemiology.*

¹ Mr. Yakubu is a Doctoral student of Cape Peninsula University of Technology, a member of IASS & IAOS under the ISI family. He is also a Senior Statistician at Stats SA. He has some publications and conference papers presented in major international conferences including the ISI meetings.

² Schutte is a Professor and HoD in the Environmental Health and Yakubu's Doctoral Supervisor.