THE UNIVERSITY OF TORONTO'S

Institute for Life Course and Aging is pleased to present

EXAMINING THE LIVED EXPERIENCES
OF DEMENTIA SPOUSAL CAREGIVERS AGE 80+

Ifah Arbel, PhD cand.
Rehabilitation Sciences Institute,
Faculty of Music, University of Toronto

Thursday, March 26, 2020
12:00 pm – 1:00 pm
ROOM SK422

Oldest-old dementia spousal caregivers (age 80+) are a fast growing, highly vulnerable, yet under-represented population in caregiving research. Oldest-old caregivers are likely to have unique caregiving experiences and support needs as a result of their advanced old age, but evidence regarding these experiences and how to best support this population is lacking. This qualitative phenomenology study explored the lived experiences of oldest-old dementia spousal caregivers, the meanings they ascribe to these experiences, and the contextual factors that shape these experiences. In this talk, I will present findings from the thematic analysis of 25 in-depth interviews with eleven spousal caregivers aged 80-89. Understanding oldest-old caregivers' experiences and support needs can help inform the design of age-sensitive interventions for this population, and ultimately help oldest-old caregivers experience healthy and active aging.

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Ifah Arbel, MScOT, is a 5th year PhD candidate working under the supervision of Dr. Deirdre Dawson at the Rehabilitation Sciences Institute, University of Toronto, and the Rotman Research Institute at Baycrest. She is also a trainee in the Collaborative Program in Aging, Palliative & Supportive Care across the Life Course, University of Toronto. Ifah received her Bachelors and Masters in occupational therapy from Tel-Aviv University in Israel. Prior to commencing doctoral studies, she gained 7 years of clinical occupational therapy experience, mostly in the field of geriatrics. Through this work, Ifah supported community dwelling elders and their families, including elders with dementia and their spousal caregivers.

This seminar will be recorded and can be accessed within a week at: http://aging.utoronto.ca/
under Events > Noon-Hour Seminars
Please RSVP as seating is limited