

# BALANCING OBLIGATIONS AND EXPECTATIONS OF CARE FOR OLDER ADULTS: A NARRATIVE DISCOURSE.



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## INTRODUCTION

- The ethics of reciprocity involves familial informal caregiving; a crucial moral principle that directs the expectations and obligations of families towards one another when providing care (Akinrolie et al., 2020).
- Caregivers are expected to reciprocate the care they receive and treat others as they would like to be treated with guiding moral principles (McCarthy et al., 2013).
- Reciprocity is a means of returning the love received by parents and not merely an act of repaying a debt such that care for older parents becomes motivated by gratitude (Laura, 2012).
- The moral obligation in families is influenced by the degree of the older parent's need, the adult child's ability to provide care, and the parent-child connection (Ugargol et al., 2021).

## PURPOSE

- To examine the ethics of reciprocity in the context of informal caregiving using the secondary method of data collection.
- To explore cultural aspects of reciprocity in caregiving, particularly in societies where caregiving is viewed as a moral obligation rooted in traditions and communal support.
- To identify factors that impedes the ethics of reciprocity and obligations of care in caregiving.
- To provide strategies that will help caregivers balance care responsibilities and obligations.
- To use the compassion theory as a framework to illustrate how love and being humane should be the guiding principle during care.

## METHOD

A narrative discourse was used to tell the story of the experiences of both older adults and caregivers as narrated in the reviewed articles.

- Relevant articles reflecting the aims and objectives of the study were selected from reputable journal database.
- Articles with similar ideas of local context, published in English and peer-reviewed and qualitative studies were included.
- The Polit and Beck techniques were used to systematically analyze the information from articles
- Findings from reviewed literatures were discussed and narrated according to the themes that emerged.

## RESULT

- Inability to provide adequate and quality support is due to employment, immigration status, caregiver's disposition to care and skill set.
- Moving away from rigid expectations and obligations will promote a balanced approach to care.
- Providing care with empathy and compassion while putting aside personal feelings of resentment or contempt is a baseline for caregiving.
- Caregiver's responsibility to provide care must be balanced with the need to uphold the care recipient's autonomy and dignity during the caregiving process.
- A clear strategy on care responsibility enhances flexible care practice.



Stock Photo - Image of father, grandmother

## CONCLUSION

- A shift in societal mindset through education and creating awareness on the ethics of care.
- Social workers as agents of social change and justice, can provide education and support to caregivers.
- A collaborative and interdisciplinary approach to geriatric care is necessary for the increasing aging population.



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## REFLECTION FOR FUTURE RESEARCH AND INTEGRATION:

- Qualitative study to explore the perception of caregivers in fulfilling the ethics and obligation of caregiving
- Geriatric care and training for caregivers across the globe should be explored to enhance the quality of care provided.

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