FAMILY CAREGIVER ADAPTATION TO HIV/AIDS FAMILY CAREGIVING: A REVIEW

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ABSTRACT
In Swaziland, many families care for their loved ones, who are suffering from various HIV- and AIDS-related illnesses, at home. Currently, there are limited instruments for family caregiver adaptation. This review paper presents the psychological concept adaptation, in relation to family caregivers to clients suffering from HIV and AIDS. Adaptation was selected because family caregivers to HIV and AIDS clients need to adapt to the caregiving process, in spite of other commitments such as caring for extended family members, children, work, and community activities. The aim of the review was to identify antecedents and outcomes of adaptation, as they relate to family caregiver of HIV/AIDS clients. A comprehensive empirical and theoretical literature search was conducted on adaptation. The relevant literature spanned from 1964 through 2002. Research revealed that antecedents of family caregiver adaptation were love, commitment, reciprocity, resources, family relations, manipulation, coping mechanisms and acceptance. Identified outcomes of adaptation were wellbeing, integrity, coherence, competence, knowledge, personal growth, closer relationship with recipient, compassion, building of memories, and job satisfaction. The need for research with children, adolescents, and adults who are caregivers of family members and relatives with HIV and AIDS is identified.

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