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## **Addressing Home Health Caregiver Burden: Screening Tool Development for Enhancing Caregiver Health & Well-Being**

Morgan Fontenot

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## **Addressing Home Health Caregiver Burden: Screening Tool Development for Enhancing Caregiver Health & Well-being**

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Faculty Mentor: Dr. Kelly McGlooin PhD, OTR/L

Capstone Site: St. Francis Bon Secours Home Health

### **Abstract**

It is widely known that informal caregiving is a source of stress and burnout for family caregivers. Occupational therapy plays a role in educating family caregivers in regard to providing and facilitating care particularly with activities of daily living. In doing so, occupational therapists can reduce the stress of caregivers and enable them to provide better quality care. The purpose of this project is to modify and implement a screening tool for informal caregivers in order to identify causes of stress that can be addressed through therapy in the home health setting. The screening tool was created in collaboration with occupational therapists and occupational therapy students. Observational and survey feedback was used to revise the screening tool. Overall, the caregiver screening tool was rated as easy to use and easily understood by occupational therapists, and caregivers expressed that the screening tool covered relevant topics.