

**Exploring the Role of Burnout,  
Trauma, and Culture in  
Minority Caregiving:  
Implications for Occupational  
Therapy Practice and Education**

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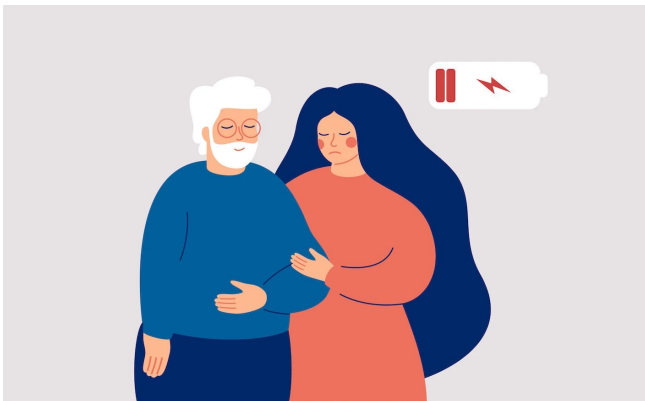
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# Introduction

The rising number of minority caregivers mirrors the demographic increase of minorities within the general population.

## Objectives

- Assess Caregiver Burnout
- Evaluate Perceived Healthcare Quality
- Identify Self-care Practices
- Analyze Coping Strategies Among Minority Caregivers



(Caregiver Family Image, 2022)



## Methods / Approach

- **A mixed-methods design** targeted minority caregivers via online social platforms (n = 385).
- **Chi-square** explored associations between minority caregivers and *burnout levels, insecurity of future, health literacy, and post-secondary trauma*.
- **Semi-structured interviews** to understand the impact of culture on caregiving roles (n = 6).
- **Qualitative data** were analyzed using thematic analysis via NVivo software.

## Results / Implications

*Chi-square indicated ( $p < 0.001$ ) for below associations*

- Burnout Levels & Dependency
- Fear of Future & Inadequacy in care provision
- Health Literacy & Health Education Satisfaction
- Trauma with Healthcare Experiences & Social Participation

*Qualitative Themes:*

- Physical and Mental Exhaustion
- Underutilized coping and self-care strategies
- Cultural Responsibilities
- Challenges Navigating Healthcare Communication
- Poor Cultural sensitivity





## Conclusion

- Minority caregivers experience burden from burnout, dependency, and healthcare trauma
- Cultural responsibilities amplify stress
- Self-care strategies remain underutilized
- Poor health literacy and cultural insensitivity in healthcare exacerbate challenges

## OT Call to Action

- Cultural Competency Training
- Burnout Prevention Programs
- Health Literacy Interventions
- Trauma-Informed Care/Screening



Dept. of Occupational Therapy

### References

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