

# Changing Patterns of Care

## WEEKLY NEWSLETTER

Written by Mercedeh

For this week's news letter I wanted to take a personal approach to explaining the patterns of care. Specifically, I want to talk about my experience with caring for my grandparents.

Much of the reason why I find myself caring for my grandparents more is because of our living arrangement which is a type of co-residence. I have a multigenerational household, where my grandparents have been living with my parents and I for almost ten years.



### WHAT'S IN THIS MONTH'S ISSUE:

- Caegiving for Elders



This was because of the help they needed with certain tasks and responsibilities. My parents both work full-time and I only work part-time. more so, especially with the pandemic, my schooling has been mostly online so naturally I spend the most time with them at home.

Thus, I find myself being a young carer and engaging in a variety of informal care tasks. Much of these tasks that I help my grandparents with are personal care tasks, making calls for them, taking them to doctor appointments, cooking, and cleaning for them.

# THE STRUGGLES OF CAREGIVING

At times this can be difficult for both my parents and I since we all work, and I also have my school work to balance. Thus, caring for grandparents has added some extra responsibilities that personally for me have sometimes been difficult to balance.

Sometimes in order to fulfil all the tasks they need like helping them call the bank or cooking them something to eat, I need to cut things out of my day that I need to do.

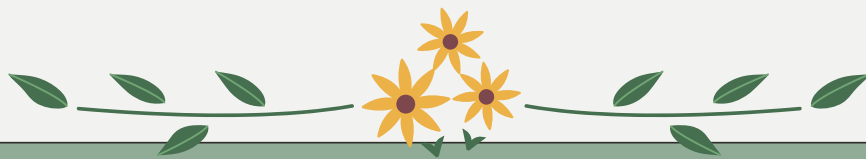
Thus, at times I feel overwhelmed and like I'm being pulled in multiple directions. Especially when I have school and work responsibilities to also do.

Even at times I find myself becoming very frustrated with all the tasks to point where I need some space for myself.

However, in times like these my family and I depend on other family members such as my two aunts who. They take over some of the care responsibilities such as driving my grandparents to the hospital and picking up their medications.



## THE GENDERED IMPLICATIONS OF CARE



In times like these I find that caring for my grandparents has also been gendered especially when my two aunts help.

Typically, my uncles do not help my aunts in terms of cooking for my grandparents, cleaning up after them or driving them around. Whereas, if my grandparents need help with fixing something around the house or yard work then my uncles will pitch in. Therefore, the majority of the care for my grandparents fall on the females in my family.

## FAMILISIM

Overall, I would say the dependence on family members for the help of caring for my grandparents has been significant. Thus, this role of familism has been prevalent. Especially since we do not receive or rely on help from anywhere else except for family members.



I found the role of familism was the most prevalent when my grandpa was diagnosed with cancer. In that time my grandpa required multiple doctors' visits and care at home which is when as a family we all got involved. Between me, my parents, aunts, and uncles we would take turns going and driving him to the doctors' visits and caring for him at home.

## CONCLUDING THOUGHTS

With that being said, I think over the years with caring for my grandparents, it has become obvious to me that caring for older people is not a new phenomenon. Rather it has become more and more common.



Especially with the growing increase of people living longer and more generations of grandparents coexisting. The greater longevity has resulted in more interactions and interdependence among generations. Thus, the reliance on family members for care is increasing as seen with my family.

