

HOT Evidence

Interventions for Caregivers of Persons With Stroke

Why This Matters

Caregivers of people who have had a stroke often **experience negative effects of caregiving** in the areas of **employment, finances, physical health, or emotional health.**

When the caregiver experiences negative effects, **the person who has had a stroke** also **experiences negative effects** such as **greater incidence of institutionalization, more frequent and longer hospital stays, and poorer outcomes.**

Caregiver education and training help to mitigate the negative effects of caregiving.

Caregiver Interventions

Evidence-Based Interventions

- Strong strength of evidence
- Moderate strength of evidence

Cognitive Behavioral Techniques



Combining Problem Solving and other Cognitive Behavioral Therapy Techniques

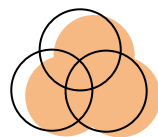


Combining Problem Solving and Stroke Education



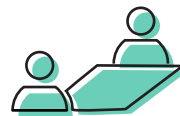
Problem Solving

Multi-Modal Caregiver Interventions



Examples include: counseling and support, ADL training, community resources education, and relaxation strategies.

Caregiver Education and Support



Family Support Organizer



Education and Group Delivery via Telephone

Home-Based Intervention



Caregiver Education Only

Inpatient Visits, Phone Calls, and Home Visits



Combination In-Home Training and Remote Education

In-Person Education Training Prior to Discharge and At-Home Follow-up



Find the Evidence

Visit <https://research.ota.org/ajot> to review this Systematic Review Brief