



The Role of Family in Elderly Care: A Review

Sukhpreet Kaur¹, Anubir Kaur², Daljeet Kaur³

Student

Baba Farid College of Education, Bathinda

ABSTRACT :

The growing aged populace worldwide calls for a comprehensive technique to elder care. The own family nonetheless offers the foundation of care, presenting the elderly economic, emotional, and physical assist. This article appears at the function households play in worrying for the elderly with an eye fixed closer to the troubles, benefits, and techniques to boom the efficacy of care-giving. Apart from considering the outcomes on circle of relatives contributors, authorities regulations, and cultural problems, the assessment additionally seems at how legislative adjustments and aid networks may sell own family-based totally care. The examine examines various research evaluating the effectiveness of government-backed programmes, strain-reduction techniques, and family care-giving.

Introduction-

The worldwide fashion towards an growing older populace causes large challenges for healthcare systems, economies, and society at large. Rising at an extraordinary rate, the World Health Organisation (WHO) estimates that almost 22% of the sector populace may be elderly through 2050. Life expectancy is rising due to medical advances and stepped forward residing conditions, accordingly the want for aged care is growing. Though there are nursing homes and assisted living programmes, families in most societies continue to be the primary carers for the elderly. Family care giving is a many-sided obligation that people emotional help, monetary help, and physical care. By manner of its presence, a supportive family environment helps elder adults to hold social ties, mental fitness, and a experience of dignity, consequently appreciably enhancing their properly being. Caring for others, but, isn't without demanding situations. Many circle of relatives contributors, mainly the ones balancing paintings and caring obligations, experience bodily weariness, emotional strain, and monetary issues. The burden is a ways extra for folks who lack authorities assistance, education, or assets to take care of others.

Emphasising the benefits as well as the demanding situations linked with care giving, this paper ambitions to discover the widespread position own family performs in aged care. It appears at cultural variations in circle of relatives-based aged care, how care giving influences carer properly-being, and how authorities regulations support households. Furthermore, techniques to enhance circle of relatives care giving—which include technical intervention and network assist machine—could be selected to ensure suitable and effective aged care inside the future.

Importance of family elderly care :-

Family members play an important role in various ways:

- **Emotional support:** pinquart & sorenson (2011) and extra recent research through Kim et al. (2023) both show that near family ties are related with decrease melancholy and tension within the elderly.
- **Economics sport:** Stressing the significance of financial making plans and assistance, Schulz & Eden (2016) and Wang & Li (2024) highlight the financial effects of caregiving.
- **Physical care:** research via Jones et al. (2023) and more latest paintings by Reinhard et al. (2019) Shows throughout seventy five% of the aged depend upon their own family contributors for his or her daily care, consequently stressing the want to educate the carers.

Challenges in Family-Centred Elderly care :-

Though substantial, caregiving has many boundaries:

Physical and Emotional Stress: Zarit et al. (2010) and Patel et al. (2024) validate the truth that carers frequently ensure stress, fatigue, and burnout, consequently compromising their own nicely-being.

Economic Burden: Research with the aid of the National Alliance for Care-giving (2020) and Fernandez & Zhou (2025) indicate growing elder care-related fees, which can create economic uncertainty for the carers.

Lack of Training: Research through David et al. (2023) and van Houtven & Norton (2004) reveals that untrained carers regularly war scientific treatments, ensuing in extra use of healthcare services.

Lack of Training: Studies by means of Bastawrous (2013) and Smith & Taylor (2024) indicate that employed carers' caregiving duties motive them greater absenteeism and work-related stress.

Culture Attitude Toward the Aging :-

Family caregiving responsibilities are shaped through cultural values. In Asian and African cultures, filial piety drives children to take care of their getting old mother and father. Professional jobs and nursing houses are more likely to be relied on in western societies (Katz et al., 2011). The maximum latest studies by using Tanaka & Lee (2024) indicates that traditional care-giving duties are being modified by using financial factors and globalisation.

Support systems and government can reinforce family-based elderly care through:

- Financial Support Programmes: OECD in 2019 and Martinez et al. In 2024 underline that pensions, tax alleviation and subsidies lessen the economic load on the roles.
- Training and counseling Services : studies by means of WHO (2023) and Brodaty & Donkin (2009) show that carer education projects lessen strain and decorate the nice of care.
- Respite Service: Gaugler et al. (2008) research display Novak & Harris (2024) also reveal how respite programmes assist to make domestic care more sustainable and stop carer burnout.

Family - centred strategies for strengthening elderly care Promoting multigenerational living:

- research by Bengtson (2001) and Choi et al. (2023) Has shown that cohabitation promotes more stable inter-generational support systems
- **Application of technology:** studies by Czaja & Rubert (2002) and Gupta et al. (2024) Demonstrate that medicine and remote monitoring improve the efficiency of care .
- **Encouraging community support groups:** research by Roth et al. (2015) And Wilson & Carter (2024) identifies that peer support groups after emotional as well as functional support to carers.

Conclusion

Families offer for the aged, offering important emotional, economic and physical aid. A sturdy family network complements the life of aged humans by way of allowing them to hold social connections, independence, and dignity. Though the rising needs of care present vast challenges such emotional strain, economic stress, and problem balancing personal and expert obligations. Many carers grow to be exhausted from long-time period caregiving obligations, mainly in circumstances wherein professional assistance is scarce or nonexistent.

As the sector getting old population rises, regulations and help systems that lessen the burden on circle of relatives carers are desperately required on the grounds that they help to balance the consequences of this growth. Government has to put into effect economic aid programmes, carer training, respite care services, and workplace resorts to assist the ones being concerned for elderly family. Using technology including tele-remedy, fitness-monitoring gear and on-line carer support corporations in addition to others can assist to growth the effectiveness of care and decrease pressure.

Building a sustainable caregiving machine requires a joint effort related to households, governments, healthcare carriers, and society at large. Societies should promote a lifestyle that supports and values carer in reputation of their critical position in elderly care. Furthermore. Creative caregiving techniques want extra research as do assessments of the lengthy-term results of family caregiving on seniors and their carers in addition to the improvement of interventions enhancing the effectiveness of such care.

Strengthening circle of relatives-primarily based care by way of helping policies and network involvement will assist societies to make sure that older humans get the quality care they deserve and lessen the load on carers.

REFERENCES:-

1. Bastawrous, M. (2013). Caregiver burden—A critical discussion. *International Journal of Nursing Studies*, 50(3), 431-441.
2. Bengtson, V. L. (2001). Beyond the nuclear family: The increasing importance of multigenerational bonds. *Journal of Marriage and Family*, 63(1), 1-16.
3. Brodaty, H., & Donkin, M. (2009). Family caregivers of people with dementia. *Dialogues in Clinical Neuroscience*, 11(2), 217-228.
4. Chee, Y. K., & Barraclough, S. (2007). Aging and long-term care in the Asia-Pacific. *Asia-Pacific Journal of Public Health*, 19(1), 7-13.
5. Czaja, S. J., & Rubert, M. P. (2002). Telecommunications technology as an aid to family caregivers of persons with dementia. *Psychosomatic Medicine*, 64(3), 469-476.
6. Davis, P., et al. (2023). Addressing the skills gap in family caregiving: A training-based approach. *Journal of Aging Studies*, 38(2), 245-260.
7. Fernandez, R., & Zhou, M. (2025). The financial burden of elderly care: A global analysis. *Economic Review of Aging*, 42(1), 33-50.
8. Gupta, K., et al. (2024). Digital health solutions for elderly care: Emerging trends. *Health Tech Review*, 21(4), 301-319.

-
9. Jones, L., et al. (2023). Family involvement in elderly care: Impacts on physical and mental health. *Journal of Geriatric Medicine*, 58(1), 15-32.
 10. Kim, H., et al. (2023). The effects of family support on elderly mental health. *Aging & Society*, 45(3), 220-238.
 11. National Alliance for Caregiving. (2020). *Caregiving in the U.S. 2020 Report*.
 12. WHO. (2023). *World Health Report on Aging and Health*.
 13. Wilson, J., & Carter, B. (2024). The role of peer support networks in elderly caregiving. *Aging & Mental Health*, 28(2), 190-204.