



CARDIOVASCULAR HEALTH PROMOTION: THE IMPACT OF IMMERSIVE VIRTUAL REALITY

Providing constant care is a significant factor that increases the risk of burnout, permanent stress and depression.

Virtual Reality can help caregivers care about their own wellbeing and understand and stress can cause burnout.

CaregIVR project includes additional materials that help caregivers find support needed when they feel overwhelmed.

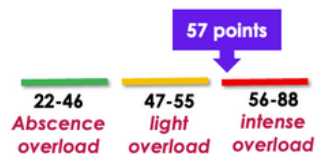


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CAREGIVER'S WELLBEING MATTERS - THE RESULTS OF THE CAREGIVERS SURVEY:

'The Caregiver Burden Interview'
(mean)



- 36% of the caregivers spend all day with the patient, have no rest days per week
- 27% don't share the caregiving
- 26% can't call relatives or friends to ask for help with the caring tasks
- 50% are caring for long-term (more than 4 years)

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RESEARCH ON CAREGIVERS' NEEDS:

Factors influencing caregiver fatigue and increased caregiver burnout are associated with things not within the caregiver's immediate control, such as post-stroke fatigue and the limitations this presents. [1]

Caregivers often report wanting more time to engage in leisure and self-care activities, which has contributed to poor health. [2]

Risk factors include being female, younger, or in poor health. Social support reduces burnout and improves mental health and vitality. [3]

Emotional and physical support were significantly linked to better caregiver health after 6 and 12 months. [4]

The more emotionally exhausted the caregiver, the less likely they were to use optimism or seek help. Enhancing coping skills reduces stress and improves care quality. [5]



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