



aim of this paper is to critically appraise the current literature to identify the characteristics of caregiver burden that affect caregiver well-being (e.g., mental health, stress, quality of life, etc.) in individuals providing support to adults with dysphagia.

### *Objectives*

With the growing population of aging persons in the world, there's an increased reliance on informal caregivers to meet the needs of older adults with chronic health conditions (Shune & Namasivayam-MacDonald, 2020). There has been literature produced with regards to caregiver burden found in caregivers of individuals with chronic health conditions such as dementia. However, there has been less clinical and research focus on caregivers of individuals with dysphagia. The majority of published literature related to dysphagia in older adults focuses primarily on care recipients, with limited attention provided to the needs of the family (Shune & Namasivayam-MacDonald, 2020). Upon doing some research on caregiver burden, we saw this discrepancy in the databases with less research available to describe the burden that caregivers of individuals with dysphagia face. For this reason, we chose to focus our project on completing a review and summarizing the results of the limited data available on this topic. The aim of this paper is to provide a comprehensive review of the existing literature to guide clinicians and benefit our patients with dysphagia.

### *Methods*

#### Search Strategy

Articles related to the topic of interest were discovered using the following search databases: PubMed, Google Scholar, and Western Libraries. The following search terms were used: (dysphagia) OR (swallowing difficulties) OR (feeding difficulties) AND

This qualitative study (Howells, Cornwell, Ward, & Kuipers, 2020) used individual, semi-







### ***Clinical Implications***

Across the studies discussed in this paper, a few commonalities in the caregiver experience were found that should be incorporated into service delivery. Clinicians should ensure that we are providing enough support and knowledge to caregivers so that they feel supported as well