



Applicant Information

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Abstract Details

Title:

The Lived Experience of Caregivers of Children with Neurodevelopmental Delays in Hohoe Municipality, Ghana.

Category:

Maternal and child health

Authors:

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Objectives:

Caring for children with neurodevelopmental disorders and behavioral issues can be challenging. This can negatively impact caregivers' health and well-being. Caregivers face increased anxiety, depression, and stress. They also experience a reduced quality of life. The children in their care tend to have more emotional and behavioral issues than their peers. This study aims to explore the lived experiences and challenges faced by caregivers of children with neurodevelopmental delays in the Hohoe Municipality

Method:

The study employed a qualitative approach with 15 caregivers selected through purposive sampling. Data was gathered through in-depth, face-to-face interviews, then transcribed and analyzed thematically using ATLAS.ti to develop codes and themes.

Results:

The study identified four main themes: Caregivers' Experiences with Neurodevelopmental Delays, Caregiving Difficulties, Coping Strategies, and Support Systems. Caregivers described their experiences as emotionally and physically demanding, with challenges like managing the child's physical behaviors and maintaining hygiene. To cope, many turned to prayer and faith for comfort. Support from church communities and government programs provided crucial emotional and material assistance

Conclusion:

Caregivers of children with neurodevelopmental delays experience significant emotional and physical stress, often finding their roles difficult and exhausting. Their experiences with community support differ; some feel isolated due to stigma, while others receive understanding and help. Caregivers use emotional and spiritual strategies, such as patience and prayer, to cope with stress, while social support is essential for reducing distress and improving well-being.

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