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The Health and Well-Being of Family Caregivers of Stroke Survivors in Nabua, Camarines Sur

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ABSTRACT Stroke is a life-threatening medical condition that disrupts blood supply to a part of the brain, causing brain tissue damage. Some survivors survive, leaving them partially disabled. After hospital treatment, they return home, relying on family support for their needs. Caregiving is a complex endeavour, affecting both the family caregiver and the stroke survivor. This study aimed to determine the health and well-being of stroke survivors' family caregivers. The data was analysed using a descriptive-correlational method, questionnaire, and purposive sampling. The use of the percentage technique, weighted mean, and chi-square test for independence was significant in analysing the data. Results showed that family caregivers perform various tasks, including daily activities and complex healthcare procedures. Sociocultural factors often affect their health and well-being. Balancing caregiving responsibilities with family and social activities is crucial for their well-being.