

Voluntary Home-Based Caregivers' Perceived Needs for Support: A Study in the Mutale Municipality in South Africa

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ABSTRACT Voluntary home-based caregivers have become the backbone of home-based care programmes in Southern Africa where the public health care system is under severe strain. In this paper, a cross-sectional descriptive design was used to investigate home-based caregivers' perceptions of their need for support. A total of 77 randomly selected home-based caregivers were recruited. Self-administered questionnaires were used to collect data, which was analysed using descriptive statistics. The results revealed that 47 (61%) of the participants agreed that they were trained as home-based caregivers, whereas 62 (80.5%) indicated that they were not satisfied with the training they received. The results showed that 56 (72.7%) of voluntary home-based caregivers did not know where to get help when they felt stressed, whilst 39 (50.6%) voluntary home-based caregivers indicated that they get emotional support from their colleagues. Voluntary home-based caregivers are playing a critical role in providing care to people in their homes in rural areas and therefore it is essential that all stakeholders should participate in addressing their needs.