

*Attitudes and Experiences Around Role Reversal and Caregiving for Sick Relatives*

Presenter Abigail Rodden, Anthropology major

Mentored by Dr. Elizabeth Falconi

Caregiving, caring for children, partners, parents, or in-laws can be draining and difficult for both your physical and mental health. I conducted qualitative research through various interviews over the topic of caregiving, and the experiences surrounding individuals' time of being a caregiver. My goal for this research was to better understand the experiences of individuals taking on the role of caregiver. From the qualitative research I conducted I found various emotions and experiences linked with the title of caregiver. Occasionally, caregivers feel stressed, a role reversal, or they feel it is an honorary life event. The role reversal occurs when the caregiver feels the role switch between parent and child. The child who is now grown has to take the role of caring for their parents and children on some occasion adding stress to their life, and slight resentment towards the parent as well as the siblings. Understanding the experience of these caregivers is important for mental health, and kinship relationships surrounding the caregiver.