

In good times and in bad

Couples and care



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Mitbestimmung · Forschung · Stipendien

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1. Starting point

- life expectancy is increasing and therefore population in need of care is increasing as well: There will be twice as many people needing care by 2050 ¹
- risk for need of care is highly related to age ²
- Approx. three-quarter of people in need of care are cared for at home
- There is an increase of people without children
- Couple relationships is one of the most common constellations of care in Germany ³

2. Question and goals ?

How can we understand the tension between caring relationships and relationships as a couple?

- Psycho-social support
- Maintaining health of care taking partner
- Understanding circumstances and daily life of care
- Offer support for these couples with regard to daily life and with regard to living environment - respecting their integrity as a couple

Scientific analysis have been conducted on daughters and sons providing care



Results will align to situation of couples with care situation



Results of the deficit of theory: Problems of supporting and consulting caring relatives ⁷ and therefor consequences for well-being and health of caring persons ⁸



3. Intermediate results

- Relationships of couples are stable but characterized by a high vulnerability ⁴
- Diagnosis Dementia as the most common cause of requirement of care and as a Public Health Priority ⁵
- Ethic of conjugal duty is an important motive for taking care for partners : promises / vows which couples give to each other during marriage ceremony
- Simultaneousness between caring relationship and relationship as a couple causes many problems ⁷
- More than half of the caring partners have no others helping them ³
- Negative effects: strain of social relationships, loss of identity, unappeased desire of intimacy, fear of own aging process⁵, shame and isolation
- Positive effects: bond and self-efficacy ⁹

4. Methods

Data collection method

Problem-centered interviews of couples ¹⁰

Analysing method

Documentary method ¹¹

¹ Beske, Fritz; Katalinic, A.; Peters, E.; Pritzkeleit, R. (2009): Morbiditätsprognose 2050. Ausgewählte Krankheiten für Deutschland, Brandenburg und Schleswig-Holstein. Fritz Beske Institut für Gesundheits-System Forschung, Kiel.

² Statistisches Bundesamt Deutschland (2017): Pflegestatistik - Pflege im Rahmen der Pflegeversicherung - Deutschlandergebnisse 2017.

³ BMG, Bundesministerium für Gesundheit (2017): Abschlussbericht zur Studie zur Wirkung des Pflegeeneuausrichtungsgesetzes (PNG) und des ersten Pflegestärkungsgesetzes (PSG1). München.

⁴ Schader Stiftung (2004): Wandel des Alters. Neues Alter. URL: <https://www.schader-stiftung.de/themen/demographie-und-strukturwandel/fokus/sozialer-wandel/artikel/wandel-des-lebenslaufs-neues-alter/> [Stand: 15.07.2019].

⁵ Weltgesundheitsorganisation; Alzheimer's Disease International (2012): Dementia. A public health priority. Genf.

⁶ Bauer, Annemarie/Gröning Katharina (Hrsg.) (2008): Gerechtigkeit, Geschlecht und demografischer Wandel. Frankfurt/Main: Mabuse-Verlag.

⁷ Franke, Luitgard (2006): Demenz in der Ehe. Über die verwirrende Gleichzeitigkeit von Ehe- und Pflegebeziehung. Eine Studie zur psychosozialen Beratung für Ehepartner von Menschen mit Demenz. Frankfurt/Main.: Mabuse-Verlag.

⁸ Haberkern, Klaus; Brandt, Martina (2010): Intergenerationale und professionelle Unterstützung älterer Personen in Europa. URL: https://www.boeckler.de/wsimit_2010_04_haberkern.pdf [Stand: 12.07.2019].

⁹ Brandt M., Kaschowicz J., Lazarevic P. (2016) Gesundheit im Alter. In: Jungbauer-Gans M., Kriwy P. (eds) Handbuch Gesundheitssoziologie. Springer Reference Sozialwissenschaften. Springer VS, Wiesbaden.

¹⁰ Witzel, Andreas & Reiter, Herwig (2012): The problem-centred interview. Principles and practice. London: SAGE.

¹¹ Bohnsack, Ralf (2000): Rekonstruktive Sozialforschung. Einführung in Methodologie und Praxis qualitativer Forschung. Wiesbaden: VS Verlag für Sozialwissenschaften.