

## **Who are the beneficiaries and what are the reasons for non-utilization of care respite and support services? A cross-sectional study on family caregivers**

Caregivers of those with developmental and physical disabilities assume substantial caregiving responsibilities for persons with chronic conditions, which negatively impacts their lives. Respite care and other similar services provide temporary relief and support for caregivers (Huang et al., 2021). It is essential to not only offer these types of services for caregivers but to explore the reasons for the non-use of these services. Utilization of respite care is generally low in several countries despite high levels of need. There are several reasons caregivers may not seek respite care, such as the caregiver's cultural understanding of the healthcare system, income, education level, and geographic location (Huang et al., 2021). Providing low-cost, easily accessible respite services for this population would significantly impact the well-being of caregivers and individuals with a disability. Respite programs should be adapted to their intended users' cultural, regional, and personal contexts. This goal is best achieved in coordination with local healthcare professionals who can identify needs, provide individual information, initiate referrals, and integrate care activities into a more extensive support plan (Huang et al., 2021).

## **A Systematic Review of Therapeutic Recreation Camp Impact on Families of Children With Chronic Health Conditions**

Children with chronic illnesses often experience adverse effects on their health-related quality of life, behavior, and psychosocial functioning; however parents and siblings of these children are also negatively impacted (Rea et al., 2019). Parents are burdened by balancing work, household routines, medical care for their ill child, and ongoing care for their other child. They may experience increased marital strain and a more significant financial burden. Siblings may also take on more adult-like responsibilities and cope with their fears and feelings regarding the illness. The long-term nature of a chronic illness or health condition is a source of ongoing stress for the entire family (Rea et al., 2019). Therapeutic recreation camps for children with chronic illnesses and their families are an increasingly popular method of psychosocial intervention. Children with chronic medical conditions often report

positive psychosocial change after attending camp, including increased hope and a positive outlook regarding their future (Rea et al., 2019). Since children with chronic illnesses have unique needs and challenges, the camp can serve as a setting removed from the hospital or medical clinic in order to provide this type of care. This setting appears to be beneficial in providing respite, social support, and improvements in psychological health for parents and siblings. Therapeutic recreation camps should be utilized as often as possible because evidence concludes it positively impacts the whole family.

## References

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- Rea, K. E., Quast, L. F., Stolz, M. G., & Blount, R. L. (2019). A systematic review of Therapeutic Recreation Camp Impact on families of children with chronic health conditions. *Journal of Pediatric Psychology*, *44*(5), 542–556. <https://doi.org/10.1093/jpepsy/jsz003>