

Abstract

While hospice service usage remains approximately 47% in the United States (Wang et al., 2015), the use of community-based respite care is significantly lower among hospice patients. According to a study conducted by Plotzke & Pozniak (2015), respite care usage is around 3% among hospice patients in the United States. Additionally, caregiver stress remains a topic of concern among hospice patient's caregivers and families. This scholarly project utilized the Caregiver Self-Assessment Questionnaire (American Psychological Association, 2019) to identify stress levels among the caregivers of 18 patients admitted to hospice services. The project compared the results of caregivers for patients that utilized respite care services to the scores of caregivers for patients who did not utilize respite services. The project found that the use of community-based respite care was beneficial in reducing stress levels among caregivers.

Keywords: Community-based respite, hospice care, caregiver stress/strain.