

NURSING CARE PLAN FOR CAREGIVER ROLE STRAIN & FAMILY CAREGIVER SUPPORT SYSTEMS

Assessment	Nursing Diagnosis	Goal/Expected Outcome	Intervention/Planning	Implementation	Rationale	Evaluation
<p>Subjective Data:</p> <ul style="list-style-type: none"> - You report feeling overwhelmed, isolated, and emotionally drained from caregiving. <p>Objective Data:</p> <ul style="list-style-type: none"> - You exhibit signs of anxiety, sleep disturbances, and physical fatigue. 	<p>Ineffective Coping related to overwhelming caregiving demands as evidenced by emotional distress and social withdrawal.</p>	<p>Short-Term:</p> <ul style="list-style-type: none"> - Within 48 hours, you will identify one healthy coping strategy. <p>Long-Term:</p> <ul style="list-style-type: none"> - You will demonstrate improved emotional stability and engage in self-care activities consistently. 	<p>Provide emotional support through counseling; teach stress management techniques; encourage participation in support groups.</p>	<p>Conduct daily one-on-one sessions; distribute educational materials; offer referrals to local caregiver support groups; document your progress.</p>	<p>Early support and effective coping strategies reduce emotional strain and prevent burnout.</p>	<p>You verbalize a coping strategy and show improved self-care behaviors as observed in follow-up sessions.</p>
<p>Subjective Data:</p> <ul style="list-style-type: none"> - You express uncertainty about available resources and feel unsupported in your role. 	<p>Deficient Knowledge regarding caregiver support and coping strategies as evidenced by</p>	<p>Short-Term:</p> <ul style="list-style-type: none"> - Within 24 hours, you will identify at least one local support resource. <p>Long-Term:</p> <ul style="list-style-type: none"> - You will utilize available support 	<p>Provide clear educational materials about local caregiver support resources; refer you to community organizations and online support groups; discuss the benefits of respite care.</p>	<p>Distribute brochures; offer resource guides; schedule informational sessions; monitor your engagement with these resources.</p>	<p>Increased knowledge of support systems empowers you to access help and</p>	<p>You identify support resources and report increased engagement with community</p>

Objective Data: - You lack awareness of community support services and report feeling isolated.	reliance on maladaptive behaviors.	services and report improved coping skills.			reduces role strain.	services in follow-up assessments.
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