

# Early-onset dementia family caregivers and family meetings

What processes do EOD family caregivers trace in family meetings,  
and what role do family meetings play?

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Patients with early-onset dementia (EOD) tend to shut themselves up in the house. Therefore, the burden of EOD family caregivers is often inscrutable. Some family meetings for EOD are organized to support patients with EOD and their family caregivers. However, few studies have been published to date, which leaves EOD family caregivers and professionals groping for solutions. For this reason it is important to clarify the process that EOD family caregivers go through in family meetings and the role family meetings play.

I interviewed 12 EOD family caregivers who participate in a family meeting for EOD called “meeting A”. I established core categories based on an inductive approach from the transcription of interviews.

As a result, I found that EOD family caregivers go through a process of confronting difficulties and experiencing conflicts before striking a balance between desire and reality and moving forward. In addition, “meeting A” played an important role for EOD family caregivers. They can provide care with pride through the experience of being needed by someone. Consequently they achieve peace of mind from “meeting A”, which enables them to move forward.