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Taking care of the caregiver: the meanings unveiled to the caregiver of people with disabilities

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In the act of caring, it was widely disseminated as important looking at the person being cared for and the needs that could be revealed in the construction of the relationship throughout the care process with the caregiver. In this research, our gaze is directed to the caregiver, making it possible to enable which meanings, values and beliefs are presented in the conduct of their lives and how the dialogue with the current speeches in society try to capture them from models that obscure the production of their subjectivity. In this regard, human relationships can be created and always recreated, and any dogmatic forms of relationship can produce limitations of meaning and existential suffering. As a general objective, we sought to understand the production of subjectivity of the caregiver of people with disabilities in the encounter with the disabled subject to be cared for. As specific objectives, to analyze the meanings that permeate the relationship between the caregiver and the person with a disability, in addition to investigate the meanings unveiled in work relationships and in the affective relationships between the caregiver and the person with a disability. The specific objectives analyze the meanings related to the work relationship and affection that goes through the crossings with a care character. In this way, families received special attention, as many caregivers are family members, without disregarding the importance of professionals hired to exercise the role of caregiver. With regard to methodology, the guiding methods of the research were Cartography and Phenomenology, using semi-open interviews, as well as a systematic literature review. Ten interviews were produced from people of the professional field to caregivers whose family members demanded care due to being disabled. It was possible to notice results about the phenomenon and singularities of the established relationships that care implied in a deep existential investment by all respondents, both those who proposed to be involved by job function and those which life directed them in favor of a family member or close person. The speeches that initially seemed well structured, gradually unveiled meanings that indicated a deep regret for the suffering and the severe condition of limitation of the person to be cared for. The searching for meaning went beyond mere rationality, and spirituality became a key element in the attempt to nurture existential anxieties. Several participants emphasized that despite the constant physical fatigue and emotional exhaustion, considering the complexity of each case in particular, the satisfaction of being able to help, reciprocate or even be useful by applying care made this relationship lighter and more meaningful. Contradictory feelings such as love and a feeling that the caregiver's life is paralyzed, due to the dedication to the person to be cared for, clearly emerged.

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