

## Alzheimer's disease: what changes in the lifestyle of family caregiver?

### Abstract

This article explores the psychosocial changes that occurred in the lifestyle of family caregivers of patients with Alzheimer's disease. The subjects were six family caregivers, recruited among relatives of patients treated at a hospital in public health system. This is a qualitative study conducted through a semi-structured interviews and analyzed according to the technique of qualitative analysis. The results showed that some areas of lifestyle of family caregivers were affected, which often required to waive or postpone their own personal projects. Even suggesting that they are more vulnerable to suffering psychological disorders, there may be an impairment in their physical health too.

*Key-words:* Alzheimer's disease; Caregiver; Psychosocial changes.