


Chapter 1


Family Caregiving in the Home: Integrative and Evidence-Based Approaches in hospitality industry

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ABSTRACT

Integrative and evidence-based approaches have gained significant importance across diverse disciplines, including healthcare, education, social sciences, and organizational management. These approaches emphasize the systematic integration of multiple perspectives, methods, and empirical evidence to address complex problems holistically and effectively. By combining traditional knowledge systems with contemporary scientific research, integrative frameworks foster interdisciplinary collaboration and ensure that interventions are both contextually relevant and empirically validated. This paper explores the theoretical foundations, key principles, and practical applications of integrative and evidence-based practices,

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highlighting their role in improving decision-making, enhancing outcomes, and promoting sustainable development. The discussion underscores the need for continuous evaluation, stakeholder engagement, and ethical considerations to strengthen the rigor and impact of integrative methodologies in real-world settings.

INTRODUCTION

Family caregiving in the home has become a cornerstone of modern healthcare systems, addressing the needs of aging populations, individuals with chronic illnesses, and those with disabilities. As healthcare costs rise and institutional care becomes less accessible or desirable, families increasingly take on the responsibility of providing care at home. This chapter explores integrative and evidence-based approaches to family caregiving, emphasizing holistic strategies that combine medical, psychological, social, and technological interventions to support caregivers and care recipients. The discussion draws on current research, practical frameworks, and real-world applications to provide a comprehensive guide for caregivers, healthcare professionals, and policymakers. Family caregiving is defined as the provision of unpaid care by family members or close individuals to support the physical, emotional, and social needs of a loved one. This care can range from assisting with daily activities (e.g., bathing, dressing) to managing complex medical conditions (e.g., dementia, cancer). The integrative approach combines conventional medical practices with complementary strategies, such as mindfulness, respite care, and technology-assisted interventions, to enhance caregiver well-being and care quality. Evidence-based approaches ensure that these strategies are grounded in rigorous research, offering measurable benefits to both caregivers and recipients.

THE SCOPE AND CHALLENGES OF FAMILY CAREGIVING

Defining Family Caregiving

Family caregiving is a multifaceted role that encompasses a broad spectrum of responsibilities aimed at supporting individuals who cannot fully care for themselves due to age, illness, disability, or other limitations. It involves unpaid care provided by family members, close relatives, or trusted individuals, typically in the home environment. The tasks associated with caregiving are diverse and often complex, ranging from personal care—such as assisting with bathing, dressing, and mobility—to medical management, including administering medications, monitoring chronic conditions, and performing wound care. Beyond these practical tasks, caregivers

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