

For our final project we chose the Good Health and Well Being, SDG. Taking into account the lack of governmental institutions focused on the mental health of the island's citizens. Puerto Rico has suffered drastic changes since Hurricane María. From increasing suicide rate to the insufficient resources available for the members of society. For instance, a case of a woman caregiver was presented on April 2019. The caregiver was responsible for her mother, a patient with Alzheimer's disease. Due to all the overwhelming stress and the responsibility of taking care of someone with such a degenerative condition, she brutally murdered her.

In Puerto Rico there is no information about the number of informal caregivers that exist on the Island. This lack of information reflects into a lack of services and resources for these caregivers who are responsible for ensuring the wellness of people, friends and family without pay. This work seeks to create a database where the information of these caregivers is accessible in order to provide accurate information about the number of informal caregivers on the Island. This would contribute to the creation of specific services that ensure the welfare of these people. To achieve this, a questionnaire will be created to acquire basic information of the caregiver. We will create alliances with health professionals that offer services to older adults to acquire as much information as possible. This questionnaire will be electronic to facilitate data collection. Eventually, when the data is collected, we would create an internet page with all the recollected information, and it will be available for the public by the click of a button. The platform will also be accessible for health professionals. It is important to showcase this issue because informal caregivers are a sector forgotten by society that need support in order to properly manage the sick.

In order to carry out an excellent investigation, its tasks will be divided equally. Yeriel will be in charge of creating the Pinterest boards with photos and research material. While Gabriel works with the website that will have the data. Milaine will work to create alliances with health professionals and the population. Finally, we will all participate in the creation of the questionnaire. You can find the research in the following links: <https://milainedonespinero.wixsite.com/mysite>.

The approval of this proposal would mean new opportunities for informal caregivers. It would promote the self-care, socialization and rest of these caregivers, who in most cases leave their lives to ensure the welfare of a loved one. Sinking in an intense state of depression, anxiety and sadness. "The Census Bureau estimates that by 2020 people over 60 will represent 25.9% of the country's population and that the increase in the elderly population will continue to be the trend." This growth in the elderly population means an increase in the number of caregivers needed. This research not only represents a solution to the current problem but also prevents a problem that will accentuate over time. That is why it is necessary to take action promptly, so that in 2030 there is a Puerto Rico where the health and well-being of everyone is reigning.



**Universidad de Puerto Rico
Recinto Universitario de Humacao**

Seeking new opportunities for caregivers

Milaine Dones
Gabriel Figueroa
Yeriel Colon
Ingl 3201 007
Prof. Jesus López
October 28,2019

