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## Home care for the elderly in Poland: The resources and needs of adult children taking care of their parents: A research report

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**Statement of the Problem:** Considering the increased demographic aging and system changes in the welfare system in Poland, home care became one of the most important forms of taking care of dependent individuals, especially the disabled or the elderly. Although the country is rooted in the idea of a nanny state, based on large institutions and providing minimum income (Aspalter, Jinsoo, Sojeung, 2009; Ciczowska-Giedziun, Zmysłowska, 2017), for a long time now family has been considered as the basic provider of informal care to the elderly (Sierakowska et al., 2014, Szweda-Lewandowska 2017). The purpose of the present study is to give some insight into the resources of adult children providing care to their elderly, disabled parents.

**Methodology & Theoretical Orientation:** In order to acquire a comprehensive perception of the phenomenon, the authors chose an interpretivist paradigm (Husserl, 1989) and applied a phenomenographic method (Paulston, 1993, Yates et al. 2012). 21 participants, aged 41-65, who were caregivers of their parents, took part in semi-structured interviews (Hsieh, Shannon, 2005).

**Findings:** The participants distinguish two main kinds of resources: internal (e.g. values, passions, feelings for parents, economic situation) and external (e.g. parents, family, friends, professionals, medical equipment and centers having access). The narratives of the participants also indicate a number of needs they experience. Implications for practice are discussed.

### Biography

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