

ADDRESSING STIGMA

HOW IT AFFECTS CAREGIVERS

STIGMA

“The negative social attitude attached to a characteristic of an individual that may be regarded as a mental, physical, or social deficiency.”



COURTESY STIGMA

Individuals who are associated with someone who has IDD are subjected to stigma from the public as well.

- family members, caregivers, friends, service providers

AFFILIATE STIGMA

When individuals associated to the person with IDD internalize the negative attitudes and behaviors towards them.



EFFECTS

- Reduced self-esteem
- Withdrawal/social isolation
- Shame
- Guilt
- Embarrassment
- Depression
- Anxiety
- Chronic stress
- Burnout

