



The Caregiver Toolkit

How Stigma Impacts Caregivers

Meeting Objectives

- 1 Understand the definition of stigma
- 2 Discuss the 4 types of stigma
- 3 Review the 3 dimensions of stigma
- 4 Understand the negative effects of stigma
- 5 Discuss strategies to cope with stigma

Defining Stigma

- ❖ “The negative social attitude attached to a characteristic of an individual that may be regarded as a mental, physical, or social deficiency.”
- ❖ A stigma implies social disapproval and can lead unfairly to discrimination against and exclusion of the individual.
- ❖ Types of Stigma:
 1. Public Stigma
 2. Self Stigma
 3. Courtesy Stigma
 4. Affiliate Stigma



1: Public Stigma

- ❖ Most widely known
- ❖ Behaviors towards people with IDD from the broader society
- ❖ Harmful and negatively affects individuals' inclusion in community life



2: Self Stigma

- ❖ When individuals with IDD internalize the negative attitudes and behaviors towards them
- ❖ The individual starts to believe themselves to be devalued



3: Courtesy Stigma

- ❖ When individuals who are associated with the individual with IDD are subjected to stigma from the public as well
- ❖ Includes family members, caregivers, friends, service providers
- ❖ May result in family members being teased, abused, blamed or considered responsible for the person's disability



4: Affiliate Stigma

- ❖ When individuals associated to the person with IDD internalize the negative attitudes and behaviors towards them
- ❖ May result in family members feeling unhappy and helpless





Reflect

- ❖ Share about a time when your loved one or care recipient experienced stigma.
- ❖ Share about a time when you experienced stigma as a caregiver.

3 Dimensions of Stigma

1. Stereotypes

- a. The cognitive dimension
- b. Attitudes about a larger group of people
- c. Can be positive or negative

2. Prejudice

- a. The affective dimension
- b. When individuals endorse negative stereotypes and generate negative affective reactions

3. Discrimination

- a. The behavioral dimension
- b. Includes avoidant behavior, increased social distance, and hostile behavior

**REDUCED
SELF-ESTEEM**

WITHDRAWAL

SHAME

EMBARRASSMENT

Effects of Stigma

DEPRESSION

**SUICIDAL
IDEATION**

**INCREASED
STRESS**

BURNOUT

Coping With Stigma



- ❖ Disclose rather than conceal the diagnosis
- ❖ Confront others about responding inappropriately and advise them on how to behave
- ❖ Educate those who stigmatize
- ❖ Get involved in disability rights activism
- ❖ Seek support from caregiver groups, religious groups, family, and/or friends



Activity Time!

Lost in Thought?

Try Grounding





Questions?

Satisfaction Survey

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References

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