## 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



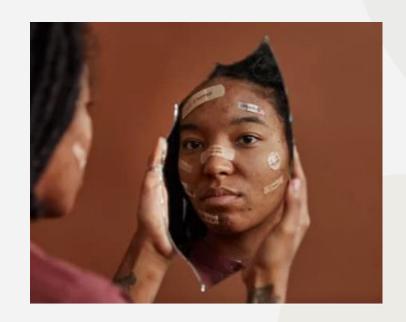
#### 1: Public Stigma

- 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!

# **Try Grounding**





### Questions?

#### Satisfaction Survey

Please scan the QR code to fill out



#### References

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