SUMMARY

**Background:** Stroke is one of the most disabling chronic diseases. The majority of patients live in the community, frequently using long-term non-professional care. Most care, however, is provided by relatives, primarily partners. While these caregivers themselves have to cope with the devastating effects that stroke had on their relatives, an increasing amount of demands is made on them resulting in caregivers’ burden and depression.

**Aim/Objectives:** This descriptive cross sectional study was aimed at assessing the burden of care and presence of depression in the informal caregivers of stroke survivors attending Neurology and physiotherapy outpatient clinics of Lagos University Teaching Hospital in order to institute strategies that would reduce the problems of caregiving and depression among these caregivers.

**Materials and Methods:** The study participants consisted of 311 informal caregivers of the stroke survivors that were selected by systematic randomly sampling. Data was collected over a period of 12 weeks using a structured interviewer administered questionnaire to obtain information on socio-demographic characteristics, burden of care and depression. The data were analyzed using the statistical package for social science version 17.0

**Results:** Of the 311 informal caregivers studied, majority were female 179 (57.6%) with a mean age of 41.09 years. Two hundred and thirty-four (75.2%) had significant level of burden and 58 (18.6%) had depression. There was also positive correlation between caregivers’ burden and depression (r = 0.751, p = 0.000).

**Conclusion:** As caregivers burden of informal caregivers of stroke survivors’ increases, caregivers are more likely to have depression. The severity of depression increases with increase in the
severity of burden of care, therefore it is imperative that emphasis on stroke rehabilitation needs to shift from a patient-focused approach to a combined patient- and caregiver-focused approach so as to reduce the burden associated with caregiving.