

Special Issue

Caring for the Caregivers of Older Adults: Stress and Burnout Management

Message from the Guest Editor

The purpose of this Special Issue is to bring together the latest findings related to the health and well-being of caregivers of older adults, including studies on risk factors, support programs, preventive interventions, and support systems. Psychosocial rehabilitation and self-care strategies will play a central role in this discussion, along with an analysis of policies and services aimed at improving the quality of life of both carers and those in their care. We welcome original research articles and reviews. Areas of research may include, but are not limited to, the following:

- Studies on caregiver burnout syndrome and its implications for public health;
- Research on psychological support programs and stress management for caregivers;
- Evaluations of social policies and systems aimed at caregiver well-being;
- Analysis of the relationship between self-care, quality of life, and the quality of care provided;
- Interventions and studies on the role of physical activity, exercise, and movement-based therapies in preventing caregiver stress and promoting holistic health.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 22.4 days after submission; acceptance to publication is undertaken in 2.9 days (median values for papers published in this journal in the second half of 2025).