

**LIVED EXPERIENCES OF ILONGGO INFORMAL CAREGIVERS
PROVIDING HOME CARE TO COVID-19 PATIENTS**

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ABSTRACT

This is a phenomenological study that sought to examine the lived experiences of informal caregivers providing home care to COVID-19 patients. Using Interpretative Phenomenological Analysis (IPA), five (5) Ilonggo informal caregivers who provided home care to COVID-19-positive household members participated in in-depth interviews. Results showed that home care during the pandemic involved additional protective measures and minimal contact with patients. While facing uncertainties without proper training and knowledge on caregiving much more on COVID-19, informal caregivers had to research and seek help from other experts. They also provided physical assistance in routine daily living activities as well as social and emotional support both to patients and other household members. The experience further warranted adjustments on their time management and emotional strength as the added responsibility of home care on top of work and studies had resulted in feelings of frustration and exhaustion. In spite of these challenges, being hands-on in providing care, social support from other family members, and hopefulness of patient recovery facilitated their experience. Informal caregivers then view and understand their experience as an accomplishment, a form of reciprocation to their family members who cared and provided for them, and as a part of their filial responsibility. Active institutional support is therefore recommended in order to ensure their physical and psychological health and well-being.