Quality of life in family carers of people with dementia

C-DEMQOL STUDY

Dr Stephanie Daley
Thurstine Basset, Jessica Budgett, Professor Ann Bowling, Dr Anna Brown, Katherine Eastland, Dr Nicolas Farina, Laura Gallaher, Ellen Jones, Professor Martin Knapp, Jay Kramer, Professor Gill Livingston, Joanna Murray, Dr Tom Page, Jean Southey, Professor Sube Banerjee
Caring for somebody with dementia

- Dementia takes places in the context of a relationship, most commonly spousal or parent/child.

- In 2012, there were 670,000 family carers of people with dementia in the UK (Alzheimer’s Society, 2012), whose caring contribution is estimated to be 44% of the overall cost of dementia in the UK, currently £26.3 billion (Prince et al., 2014).

- The outcomes of people with dementia and their carers, whilst different, are inherently linked. Family carers are a vital determinant of quality of life and positive outcomes for people with dementia.
Our research

• The key aim of the study is to develop C-DEMQL, a questionnaire to measure Quality of Life (QOL) in family carers of people with dementia

• Seven stages over a 30 month period, starting in October 2015.
What we have done so far

• We carried out individual interviews and focus groups with 38 family carers and 14 staff

• 12 themes were identified from the analysis which were to develop the items (questions) in the new questionnaire

• First version of questionnaire was tested with 25 carers in 2016

• Second version of the questionnaire was tested with 120 carers in late 2016/early 2017
Person with dementia

• Relationship with the person with dementia
  'I think he’s more like my child than my Dad now. He’s like a big toddler.'

• Change in the person with dementia
  ‘He will just explode, and he will shout and scream and his voice will go up and …everything’s our (family carer and daughter) fault.’

• Demands of caregiving
Carer appraisal

• Personal freedom

Yes, well, you know, coming to terms with the situation I’m in where I’m almost a prisoner, really.’

• Acceptance of the caring role

‘You know, I say to him, “You'd have done it for me” and he would…I just think of it as, of course I would.’

• Finding meaning

• Carer health

• Expectations of the Future
External world

- Evaluation of support
  
  *We’re trying to get some money from Social Services (to fund domiciliary support) and we’re having a... battle.’*

- Weight of responsibility
  
  ‘It’s the sense of responsibility for his life.’

- Family and Social networks
  
  ‘The things that probably keep me going are external, our friends. We chatter on the phone and by messenger, email and whatever, texts.’

- Role conflict
Involving carers in the study in the Lived Experience Advisory Panel

- Involvement was an integral part of the grant proposal.
- A member with lived experience of care-giving is attached to the research team throughout the study.
- 4 Carers recruited to the Lived Experience Advisory Panel.
- Jean Southey to co-ordinate meetings with researchers.
- The LEAP to meet regularly at key times during the research process.
- “Involvement Log” to show carer impact on the study.
Experience of Involvement in the LEAP group and taking part

• Ellen Jones, Jay Kramer and Julia Fountain.....
Next steps

• We are starting to test the final version of the new questionnaire and we are currently looking for family carers

• New questionnaire will be freely available from March 2018

• Intended to be widely used
If you are interested in getting involved in the research please contact

Dr Stephanie Daley 07717 571679 or s.daley@bsms.ac.uk

If you are interested in involvement, please contact

Jean Southey 0300 3040088 or involvementinresearch@sussexpartnership.nhs.uk