

Carers workshop project



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Project Context

Most people with dementia live at home, and because of the rising cost of residential and inpatient care that is greatly preferred by UK governments. But it places the burden of providing care on the estimated 670,000 people – family and friends – who take on the responsibility of looking after people with dementia living at home. Most carers of people with dementia are older people themselves, and very few receive any formal support to look after either their loved ones, or to protect their own health and wellbeing.

Egdell, V.(2012) The needs of informal carers for people with dementia. *British Journal of Healthcare Management* 18(12)



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A slice of the evidence

- care givers face 5 to 15 years of exposure to physical and psychological demands.

(Thomas et al, 2006)

- 87% say that caring has had a negative impact on their mental health, including stress and depression

(Survey, Carers Week, 2012)

- people were often left with little or no support, information or advice about what to do or where else they could seek assistance

(Alzheimer's Society Report, 2008)



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Project Aims

- To improve the quality of life of both the person with dementia, and his / her carer.
- A decrease in people's feelings of isolation.
- Increased levels of social contact and interaction.
- Increase carers confidence and feel empowered



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Key outcomes addressed across National Dementia Strategies



- More people with dementia living a good quality life at home for longer
- Greater support for carers
- Better post-diagnostic support for people with dementia and their families

Prime Minister's Challenge on Dementia 2020
Scotland's National Dementia Strategy 2013-2016



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Benefits for attendees

- Practical solutions for carers of people living with dementia.
- Helps to prevent stress and distress.
- Manage common symptoms at home.
- Help prevent crisis situations.



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Development / Implementation

- Consultation with carers.
- Use relevant research & information.
- Have the appropriate staff to deliver.
- Use contacts and make new ones to advertise the training days.
- Involve local support agencies.
- Involve Health & Social Care staff.
- Build local knowledge and expertise



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Topics addressed in workshops

- Depression and delirium
- Changes in Communication
- Changes in Behaviour
- Developing strategies to maintain wellbeing for themselves and those they are caring for



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Project locations

- Urban and rural communities
- With a focus on BAME Communities
 - Scotland
 - Northern Ireland
 - North East England and Cumbria



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Project reach since 2011

- Over 1000 carers in Scotland have attended
- Approximately 100 in Northern Ireland
- Over 200 to date in Northern England and Cumbria



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YEARS
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Questions?

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