



Bethan Naunton Morgan

Teitl PhD: **Addasu ymyriad ar-lein "iSupport" ar gyfer gofalwyr pobl sydd yn byw efo dementia anghyffredin**

Dyddiad dechrau: **01/10/2020**

Dyddiad gorffen disgwylidig: **01/10/2023**

Goruchwylwyr: **Professor Gill Windle a Dr Rebecca Sharp**

Cyllidwr: **ESRC**

Fy nghefnidir

Rwyf wedi cwblhau BSc mewn seicoleg ac MSc mewn seicoleg glinigol ac iechyd ym Mhrifysgol Bangor ac am y 3 blynedd diwethaf, rwyf wedi bod yn gweithio mewn cartref nyrsio i bobl â dementia. Mae fy mhrofiadau ymarferol wedi rhoi cipolwg i mi ar y diffyg addysg a gynigir i ofalwyr a'r heriau y mae hyn yn eu cyflwyno. Gobeithio bod hyn yn rhoi persbectif unigryw i mi y gellir ei gymhwyso i'm hymchwil.

Fy ymchwil

Mae iSupport yn ymyrraeth ar-lein a ddatblygwyd gan Sefydliad Iechyd y Byd i gefnogi gofalwyr dementia. Mae'n cynnwys adnoddau addysgol ar ddementia ynghyd â chyngor gofalu ymarferol a phwysigrwydd hunanofal. Bydd fy ymchwil yn addasu'r rhaglen iSupport ar gyfer gofalwyr pobl â math prin o ddementia, a byddaf yn gweithio gyda'r elusen Cymorth Dementia Prin (RDS) fel rhan o'u hastudiaeth Effaith RDS <https://www.raredementiasupport.org/research/help-us-improve-support-for-rare-dementias/>

Manylion cyswllt

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PhD Title: **Adaptation of an e-health intervention ‘iSupport’ for carers of people living with rarer dementias**

Start Date: **01/10/2020**

Anticipated End Date: **01/10/2023**

Supervisors: **Professor Gill Windle and Dr Rebecca Sharp**

Funders: **ESRC**

My background

I have completed a BSc in psychology and a MSc in clinical and health psychology at Bangor University and for the last 3 years, I’ve been working in a nursing home for people with dementia. My practical experiences have given me an insight into the lack of education offered to carers and the challenges that this presents. I hope that this gives me a unique perspective that can be applied to my research.

My research

iSupport is an online intervention developed by the World Health Organisation to support dementia carers. It consists of educational resources on dementia as well as practical caring advice and the importance of self-care. My research will be adapting the iSupport program for carers of people with rare dementias, and I will be working with the Rare Dementia Support (RDS) charity as a part of their RDS Impact study

<https://www.raredementiasupport.org/research/help-us-improve-support-for-rare-dementias/>

Contact

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