



## Pam McCafferty

*PhD Title:* **Cultural adaptation of an e-health intervention ‘iSupport’ for Polish dementia carers**

*Start Date:* **2020**

*Anticipated End Date:* **2023**

*Supervisors:* **Professor Gill Windle and Dr Diane Seddon**

*Funders:* **Self-funding**

### My background

I have a BSc in Psychology, and a MSc in Mental Health Science. For the thesis in the MSc I did a literature review on Parkinson’s Disease leading to Dementia with Lewy Bodies.

I became very interested in dementia, particularly in the struggles of family members caring for someone with dementia.

Two years ago, I set up a support group for carers and last year applied to do a PhD in this area as I have such an interest in it, and to help broaden this knowledge area.

### My research

My research so far has been to look at various laws across the United Kingdom to see what services and help should be available to family carers, and the similarities and differences across the UK in these legal requirements. Also, to what extent these have been met nationally.

One of the outcomes was that minority carers often feel excluded, and for numerous reasons do not access the services available.

WHO has set up a global online technology support system called ‘iSupport’. Part of each country’s expectations is to translate this programme from the English version to be useful to BAME communities. This is to include not just translating language, but should encompass different cultural ways of living. I will be working on a Polish translation for use in the UK.

### Contact

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