

iSupport Study

Why should you take part?

850,000 people are living with dementia in the UK. 700,000 are cared for at home by a family member or friend which can be stressful. As a result, many carers experience poor mental and physical health.



The COVID-19 pandemic forced many to self-isolate, further increasing the pressure on carers.

The NHS recommends informal carers of people with dementia should be offered training to help develop care skills and manage their own physical and mental health.



Our Study...

iSupport is a self-help and skills development website created by the World Health Organisation to help carers provide good care for the person with dementia and themselves. Each module can be accessed at your own pace and include information on specified topics, descriptive examples, interactive exercises and questions with instant feedback.

Modules:

1. Introduction to dementia
2. Being a Carer
3. Caring for me



4. Providing everyday care
5. Dealing with behaviour changes.



Our trial will investigate whether iSupport is better at reducing stress and strain for carers, whilst also improving knowledge of dementia, compared to information leaflets.

Who?



We are looking for 350 carers from England, Wales, and Scotland to participate.

Carers will be asked to complete questionnaires over telephone or video call, 3 times over a 6-month period. All information will be kept confidential.



If you care for someone with dementia, and might be interested in taking part, please scan the QR code to visit our website for our contact details:

<http://dscd.bangor.ac.uk/isupport-for-dementia-carers.php.en>

