1. Introduction and aims

Despite many challenges, some family caregivers of people with dementia may be considered ‘resilient’. Windle (2011) defines resilience as the process of effectively negotiating, adapting to, or managing significant sources of stress or trauma.

Aims
1. To systematically review the literature on the construct of resilience in the context of family caregiving.
2. To synthesize and explore the effectiveness of interventions aimed at developing resilience in family caregivers of people with dementia.

3. Results

A three domain model of resilience in family caregiving of people with dementia emerged from an analysis of non-intervention studies. Each domain comprises different factors which impact caregivers’ capacity to manage and adapt.

4. Conclusion

- Resilience in family caregivers of people with dementia is a complex psychological construct comprising many different aspects of caregivers’ lives. Cherry et al. (2013) identified a three domain model of resilience in family caregiving for people with dementia, however, the current systematic review developed further on this model by highlighting additional sub-domains which impact on resilience including time spent caring, socio-demographics, coping style, cognitions of caring, living arrangements and external life.
- The findings of the research in this area suggest that interventions help caregivers of people with dementia to maintain levels of resilience over time; those who did not receive interventions were more likely to experience more negative outcomes and a decline in resilience over time.