



An Exploration of Resilience among Family Carers of People with Dementia: A Systematic Review



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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

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

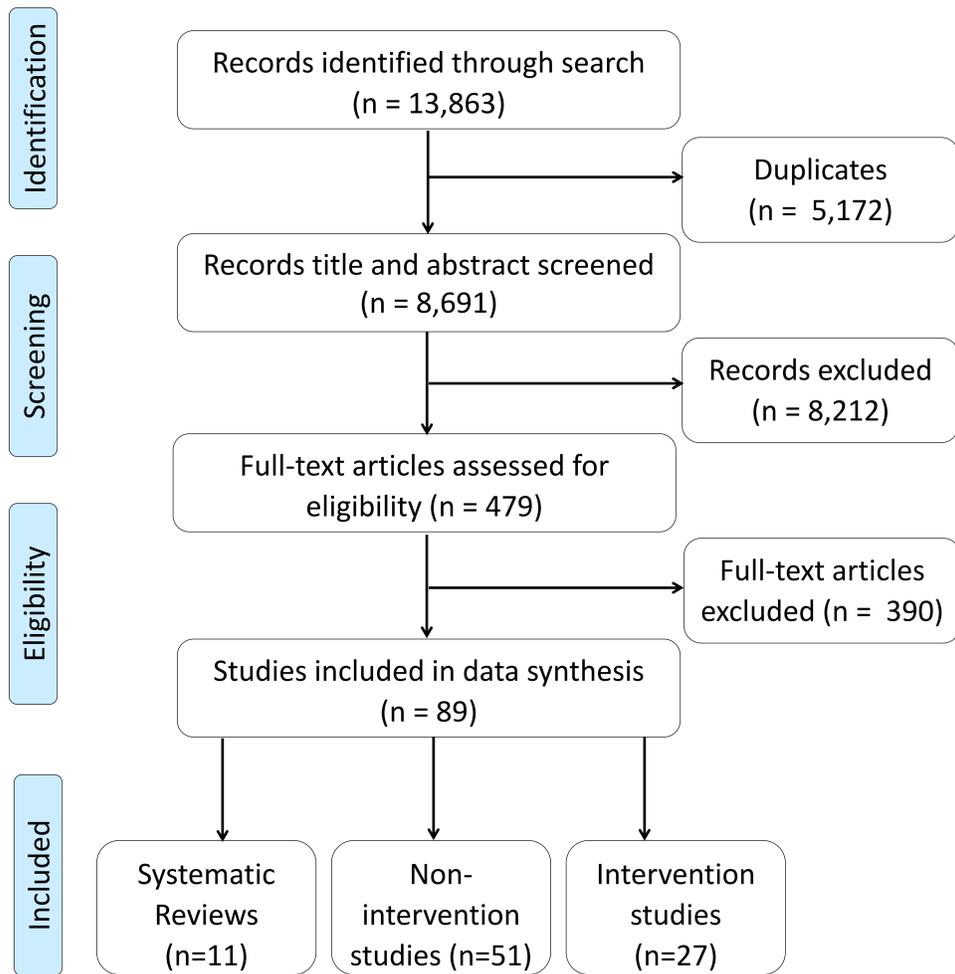
2. Methods

A systematic search of the literature was conducted according to the PRISMA framework. Using six electronic databases (PubMed, CINAHL, PsycInfo, Cochrane Library, EMBASE, ASSIA), a comprehensive electronic search was undertaken. The search strategy included publications from 2006-2016, published in the English language.

An analysis of the studies was conducted using a critical narrative synthesis framework in two separate stages: 1. Non-intervention studies and 2. Intervention studies.

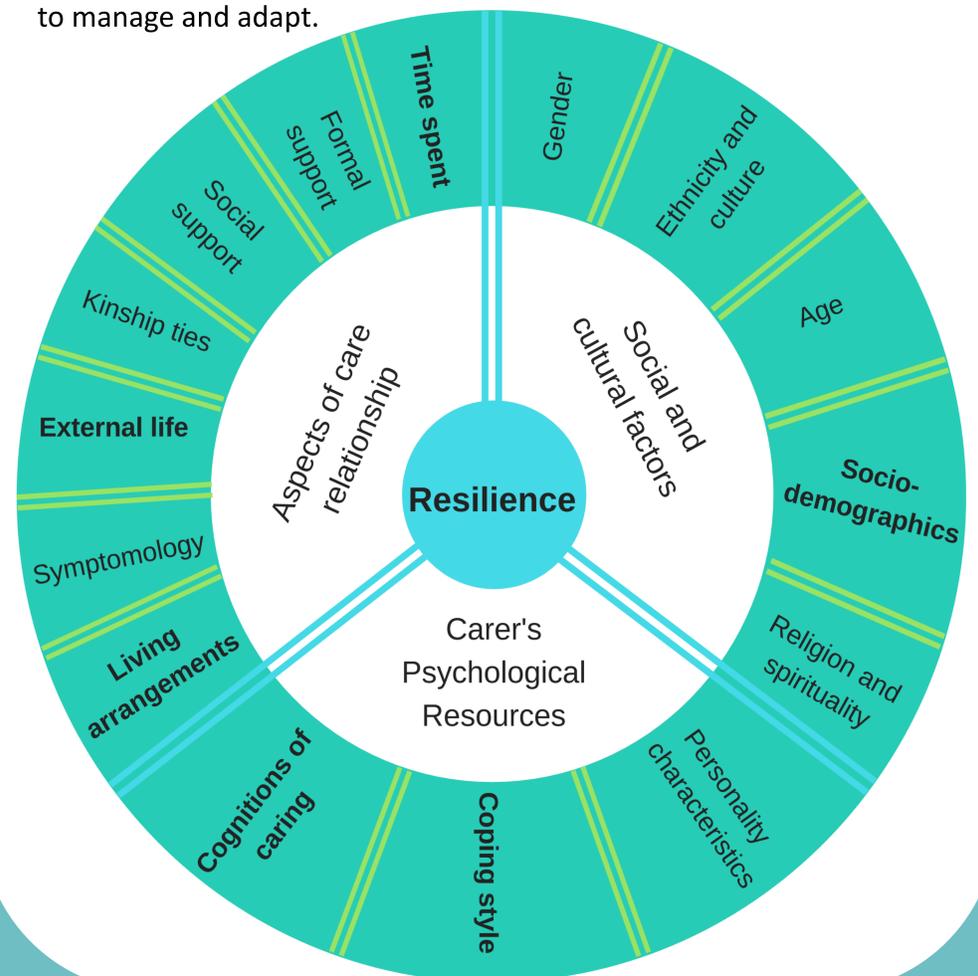
3. Results

Search Strategy: Findings



Non-intervention studies: Findings

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.



Intervention studies: Findings

- Findings of the intervention studies have been critically synthesised and analysed in four sections: Multicomponent Interventions, Counselling Interventions, Educational Interventions and Alternative Interventions.
- Of the 27 intervention articles identified, 24 had significant results in comparison to control groups. These studies positively impacted on caregiver burden, depression, emotional wellbeing, quality of life, attitudes towards caregiving, and anxiety.

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.

5. References

Cherry, M. G., Salmon, P., Dickson, J. M., Powell, D., Sikdar, S., & Ablett, J. (2013). Factors influencing the resilience of caregivers of individuals with dementia. *Reviews in Clinical Gerontology*, 23(04), 251-266.
Windle, G. (2011). What is resilience? A review and concept analysis. *Reviews in Clinical Gerontology*, 21(02), 152-169.

6. Contact Details

This study was undertaken as part of a 3-year research project entitled 'Towards resilience in family caregiving for people with dementia'. For more information, please contact Ms. Áine Teahan on (01) 716 6465 or email aine.teahan@ucd.ie