

# Assessing Telecare for Carers of Older People: A Research Network

Presentation to Family Carer Research  
Group

25<sup>th</sup> May 2010

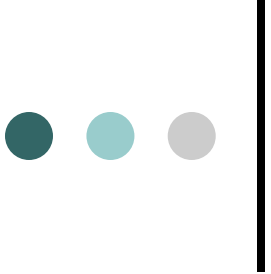
Carmichael House

Dublin



# Introduction to network: what is CARDI?

- NFP all-island organisation
- Advocates and advances ageing research agenda in Ireland
- 4 key areas:
  - identifying research priorities re: policy and practice
  - promoting collaboration and cooperation - build ageing research community in Ireland
  - stimulating research in priority areas
  - communicating research issues on ageing to raise the profile of ageing research in Ireland
- [www.cardi.ie](http://www.cardi.ie)



# Introduction to network: funding and aim

- July 2009, 2<sup>nd</sup> call of CARDI Grants Programme
- Caring for Carers Ireland, University of Ulster + WRC collaborated to submit application for network grant (€10,000)
- Aim:
  - to develop coherent and robust strategy to assess impact of telecare on carers of older people re: stress and QoL



# Network grants

- CARDI call 2
- networks of:
  - academics, public, private and voluntary sectors
  - to develop research proposals re: issues arising out of an ageing society in Ireland, north and south.
  - €10,000 per network grant



# Background

- Research on carer burden - impact of caring on the social/emotional wellbeing of informal carers.
- Blackwell et al (1992) - almost one third of carers had a level of psychological distress that put them at risk of clinically diagnosable anxiety and depression.
- Ruddle and O'Connor (1993) - 38% of carers experienced a 'great deal' of stress in caring, with a further 19% describing themselves as experiencing 'quite a lot' of stress.
- Care Alliance Ireland (2008) - 40.8% of carers had experienced stress or nervous tension, and 22.6% reported anxiety, with 17.6% reporting depression.



# What is telecare?

- Equipment and detectors providing continuous, automatic and remote monitoring of care needs (including emergencies and lifestyle changes)
- Using ICT to trigger human responses or shut down equipment to prevent hazards
- Devices alert to a call centre – who contact service user or nominated carer



# Network members

Catherine Keogh	ASI/Bloomfield Care Centre
Helen Ferguson	Carers NI
Professor Mike Nolan	Gerontological Nursing, University of Sheffield
Dr Aine ní Mhaoláin	Mercer's Institute for Research on Ageing
Professor Kathy Murphy	School of Nursing and Midwifery, NUI Galway
Mairead Hayes	Family carer, ROI
Avril Craig	Family carer, NI
Pat Donohue	ICT specialist, Tipperary Institute
Anne Sherriff	West Lothian Council
Brigid Barron	Caring for Carers Ireland
Dr Assumpta Ryan	School of Nursing, University of Ulster Coleraine
Sarah Delaney	Senior Research Consultant, Work Research Centre



# Network objectives

- Understand ways in which telecare can alleviate carer stress and improve QoL
- Identify facilitators and barriers associated with uptake
- Implement telecare for carers of older people – NI+ROI
- Evaluate effectiveness of telecare





# Key actions

- Identifying key stakeholders: older people, carers of older people, health/allied health and social care professionals, public, private and voluntary organisations, policy makers and academics who have an interest in the activities of the network.
- Establishing a database of contacts from stakeholder organisations.
- Organising workshops and meetings to develop the research strategy.
- Producing a strategy document identifying priorities for actions and a specific research proposal to be submitted to national and European funding bodies.



# Workshops

- **Workshop 1 (Feb 2010) –**
  - Clarifying the structure of the network and defining roles and responsibilities.
  - Research strategies and priority areas identified.
  - Literature review commissioned on telecare and family carers
- **Workshop 2 (May 2010) –**
  - Discussion of findings of literature review.
  - Clarification of study design and methods.
  - Document outlining the proposed methodology will be produced and circulated.
- **Workshop 3 (August 2010) -**
  - Discussing and refining the outline proposal
  - Assigning the network members to tasks
  - Final research proposal ready for submission to possible funders.
- **Workshop 4 (November 2010) -**
  - Potential funding sources will be identified at national and European levels, and the
  - Proposal will be tailored to meet criteria set by funders.
  - Final report containing the completed research proposal, an ethical framework, identified funders and submission strategies for the research proposal.



# Progress to date - communications

- Set up Jiscmail account to facilitate network communication
  - Group email facility
  - Discussion room
  - Meeting scheduler
  - File store
- [www.jiscmail.ac.uk](http://www.jiscmail.ac.uk)
  - (need at least one ac.uk email address)

Address bar: https://www.jiscmail.ac.uk/cgi-bin/webadmin?A0=TELECARE-CARERS&X=737D2402F20D552C1A&Y=s.delaney%40wrc-research.ie

File Edit View Favorites Tools Help

Web Search Mail Bookmarks Answers Games Anti-Spy

Search Share Sidewiki Bookmarks Check Translate AutoFill

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JM JISCMail - TELECARE-CARERS List at JISCMAIL.AC.UK

Page Safety Tools

Logged in as: s.delaney@wrc-research.ie ( Owner )

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- JISC Procureweb
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#### Other Services

- Depot
- Jorum

#### Latest Messages

<a href="#">CARDI second network meeting attendance</a>	Sarah Delaney <s.delaney@WRC-RESEARCH.IE>	Mon, 17 May 2010 13:23:20 +0100
<a href="#">Mobile phone loss</a>	Sarah Delaney <s.delaney@WRC-RESEARCH.IE>	Mon, 17 May 2010 11:16:28 +0100
<a href="#">Second network meeting May 24th</a>	Sarah Delaney <s.delaney@WRC-RESEARCH.IE>	Thu, 13 May 2010 16:18:33 +0100

#### TELECARE-CARERS

##### Research Network for Telecare and Carers

[Hide Latest Messages](#)

*This is a network set up to facilitate the development of a research proposal on telecare for carers of older people.*

- May 2010
- April 2010
- March 2010

#### JISCMail Tools

- Discussion Room | help
- Files Area | help
- Make a Meeting | help
- Surveys | help

#### RSS Feeds and Sharing

- RSS 1.0 feed
- RSS 2.0 feed
- Atom feed
- Bookmark/Share

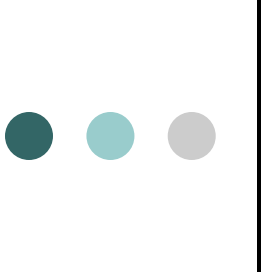
#### Search Archives

#### Advanced Options

Done

Internet

100%



## Progress – research question

**What is the impact of an enhanced package of telecare on the quality of life of people caring for an older relative and on the caregiver-care recipient relationship?**



# Literature review

- Commissioned post-doc researcher to conduct summary literature review on telecare and quality of life
- Due by 28<sup>th</sup> May 2010
- Preliminary findings circulated to network members on 21<sup>st</sup> May 2010
- Discussed at second workshop (24<sup>th</sup> May)
- To inform development of methods and final research proposal



# Possible research strategies

1

- Quantitative:
  - quantification - numbers
  - deductive approach – theory testing or descriptive
  - objective
  - tests hypotheses
  - questionnaires/scales
  - statistical analyses



# Possible research strategies

## 2

- Qualitative
  - emphasises conversations + text
  - inductive – theory generating or descriptive
  - interpretive, meaning and social construction
  - interviews/observation
  - text-based content analysis and formation of relationships within data
- Mixed methods often used (quant+qual)





# Agreed strategy

- Mixed methods:
  - Experimental approach
  - In-depth qualitative research
  - Focus on quality of life and carer-care recipient relationship



# Outcome measures

- Primary outcome measures
- Secondary outcome measures



# Indicators

- Quality of life?
- Relationships?



# Next steps

- Document outlining agreed methodology, outcomes, indicators and measures



# Future workshops

- Workshop 3 (August 6):
  - refining outline proposal
  - assigning tasks to network members
  - progress on funders
  - venue to be decided
- Workshop 4 (November):
  - finalising proposal
  - final list of funders
  - preparation of submissions