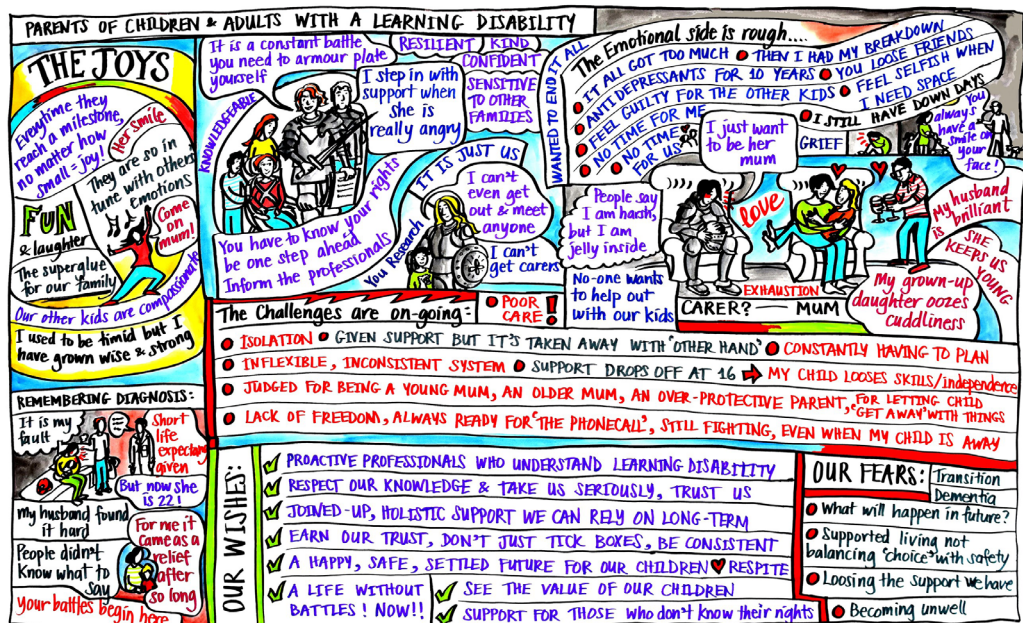


CLAHRCBITE

Brokering innovation through evidence

Mental wellbeing for caregivers of people with an intellectual disability



Parents of Children and Adults with a Learning Disability, Nottingham University, graphics by www.penmemondora.com - Values-Based Cartooning from audio recordings of interviews and workshop, August 2018

Results

We found that caregivers experience joys, challenges and fears in relation to their responsibilities. This had multiple effects on their mental wellbeing.

Who needs to know?

- Service Providers
- NHS Commissioners
- Academics
- Caregivers
- The Public

What did we do:

Focus groups and individual interviews were conducted with 7 caregivers. A values based cartooning approach (Mendonca, 2018) was used to generate a graphic that accurately represented the experiences of the participants. This process involves an iterative process of listening, observation, representation and checking back with participants and those who facilitated the interviews. The final stage of the process was to take the image back to the participants and use it as a stimulus to elicit further caregiving experiences.

What we found and what does this mean:

Caregivers experienced joys (e.g. the celebration of milestones), challenges (e.g. isolation) and fears (e.g. “what will happen in the future?”). They described the need to be resilient and “armour plated” in order to ensure the person with intellectual disability received the support required. However, managing these situations on a daily basis led to feelings of guilt, selfishness and depression.

What next:

More and more people with intellectual disabilities are living in the community. Promoting the mental wellbeing of caregivers will be crucial to ensuring that this is successful. We are currently undertaking a literature review to find out what has been documented with regards to mental wellbeing for caregivers and whether there are any interventions that have been tested to support these individuals. We hope to secure further funding to explore in more detail the mental wellbeing needs of a larger group of caregivers using qualitative research methods.

Evidence:

For more details about this study, visit: www.clahrc-em.nihr.ac.uk/research/mental-health-needs-parents-and-carers-who-have-children-intellectual-disabilities

Graphic facilitation by @MendoncaPen, www.penmendonca.com

What is NIHR CLAHRC EM?

NIHR Collaborations for Leadership in Applied Health Research and Care (CLAHRCs) are collaborations between the NHS, universities and local organisations. Our goals are to conduct applied health research across the East Midlands and translate our research findings into improved outcomes for the public.

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