

### GENERAL WELL-BEING AMONG FAMILY CARERS OF A Person with Dementia (PwD)

Work and life balance among family carers of a PwD are related to their overall well-being, where:

- family carers of a PwD are at risk of poor physiological and psychosocial outcomes (Wilson et al., 2007);
- combining work and care can lead to financial burdens, including interruptions to employment (Evandrou & Glaser, 2003);
- compromised cognitive status is common among family carers of impaired older adults (Miller et al., 2006).



### BACKGROUND

By 2050, two billion people worldwide will be aged 60 or older, whilst those aged 80 years and above will rise to 395 million (WHO, 2015).

In line with an ageing population, the number of people with dementia will increase, with around 75.6 million by 2030 and 135.5 million by 2050 (Alzheimer's Society, 2012).

In the UK, there are around 700,000 family carers of a PwD. By 2050, this will increase to 1.7 million (Lewis et al., 2014).

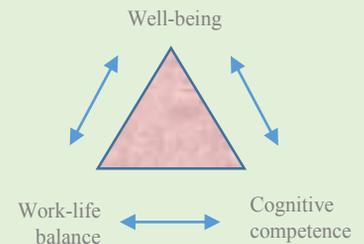
The European Commission (2015) is focusing on helping working family carers to balance work and life.

The Care Act (2015) recommends that balancing the needs of the carer and care recipient are essential for well-being.



### STUDY AIMS

To explore the synergy between work and life balance, cognitive competence and overall well-being among working family carers of a PwD and to inform policy of sustainable and unsustainable aspects of balancing work and care.



### METHOD

Using a **mixed methods** approach, we will: extract quantitative data relating to well-being and cognitive competence among working family carers of a PwD from the **IDEAL - Improving the experience of dementia and enhancing active life: living well with dementia** study at Time 1 and Time 2 - The IDEAL study is recruiting 1500 people with dementia and 1000 carers to explore what it means to live well with dementia, at 3 time points;

- adhere to stakeholders interests by performing participatory semi-structured interviews with 50 working family carers to explore; the impact of work on the caring role and cognitive competence and the impact of care on employment and cognitive competence;
- compare qualitative measures of work and life balance with quantitative measures of overall well-being between time points.

For more information on the IDEAL study visit: [www.IDEALproject.org.uk](http://www.IDEALproject.org.uk)

### REFERENCES

- Alzheimer's Society (2012). *Dementia 2012: A national challenge*. United Kingdom.
- Evandrou, M. & Glaser, K. (2003). Combining work and family life: the pension penalty of caring. *Ageing & Society*, 23(5), 583-601.
- Lewis et al. (2014). The Trajectory of Dementia in the UK – Making a Difference. Alzheimer's Research UK & the Office of Health Economics.
- Miller et al (2006). Caregiver cognitive status and potentially harmful caregiver behaviour. *Aging & Mental Health*, 10(2), 125-133.
- WHO (2015): *Number of people over 60 years set to double by 2050; major societal changes required*. Available from: <http://www.who.int/mediacentre/news/releases/2015/older-persons-day/en/>
- Wilson et al (2007). Depression and Missed Work among Informal Caregivers of Older Individuals with Dementia. *Journal of Family Economic Issues*, 28, 684-698.