



**DEMENTIA
CARERS COUNT**
Supporting Family Carers

Helping Family Carers to Build Resilience

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Resilience as a concept

- There is huge interest in Resilience as a concept right now.
- Traditionally, resilience has been conceptualised as a trait or a set of social circumstances.
- Recent research has conceptualised resilience as a dynamic process.



Research tells us these are the main challenges for carers:

- Stress, worry and fear
- Grief
- Social Isolation
- Financial worries
- Physical health problems
- Depression
- Low self-esteem
- Frustration and anger



Gaugler, Kane and Newcomer, 2007; Bekhet & Avery, 2017

'Wear and Tear' Hypothesis

- The carer burden is emotional, social, psychological and financial
- The effects of this burden are cumulative



Gaugler, Kane and Newcomer (2007)

Why is Resilience so important?

- Resilience allows an individual to maintain or even enhance their functioning during times of adversity
- Resilience in a carer enhances the quality of the care given to the person with dementia.



(Windle, 2015)

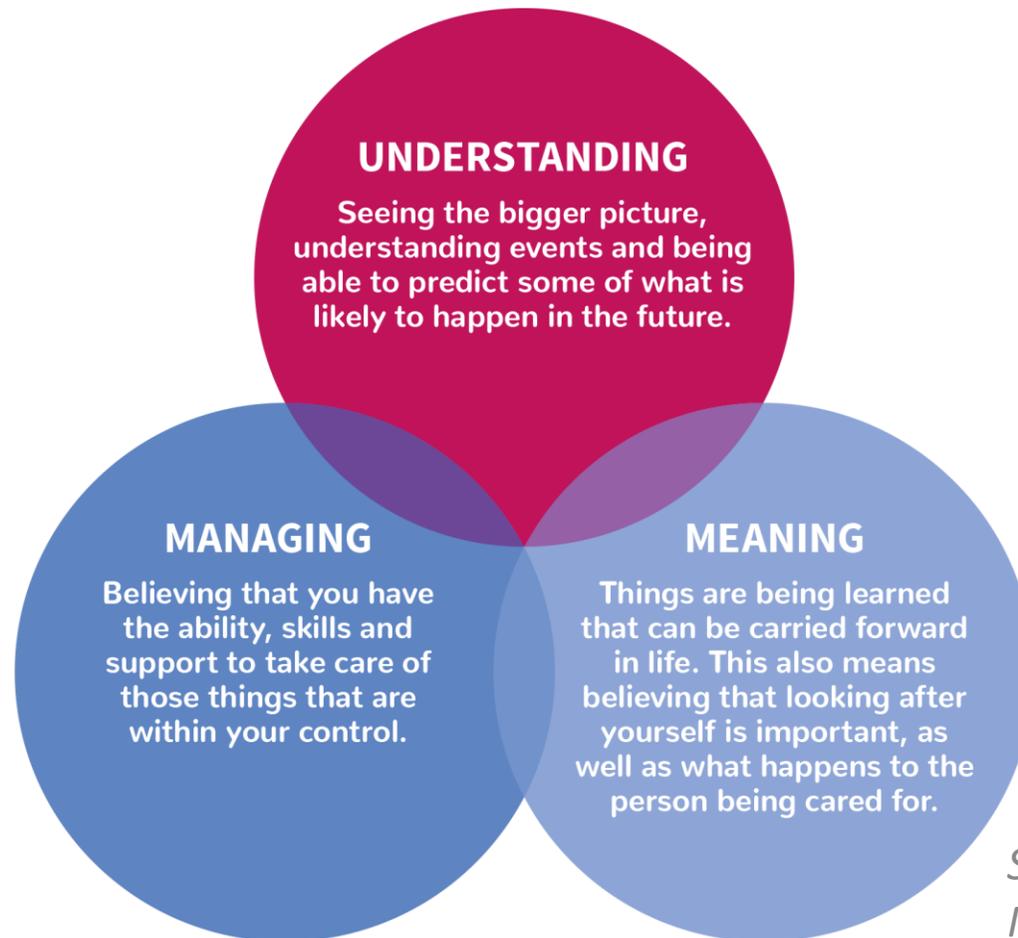
Our definition of Resilience

Resilience is the way we cope with stress and adversity in life. By learning new ways of thinking, behaving and interacting with others, we develop ways to cope even when life is tough.

RESILIENCE

self-compassion health flexibility determination
strength understanding adversity planning choice accepting meaning spirituality responding adaptability relaxation hope development growth
grit understanding adversity strength self-awareness support self-care well-being confidence humour control
kindness belonging mindfulness friends awareness support self-care well-being confidence humour control
responding hope development growth

Resilience can be built...



Sense of Coherence Model (Gray, 2017)

How we build Resilience for carers during our 3 day courses

- **The lived experience:** welcome, belonging, rest, reflection, fun, new learning, self-compassion
- **The taught content:** knowledge about dementia, learning about resilience, increased self-awareness, understanding our own and others' behaviour, tools to manage our psychological well-being

Feedback from carers

“I liked looking into who we are personally, where we have come from and how this is linked to current behaviour. Such as attachment theory and my strengths and weaknesses.”

“The building resilience has been wonderfully helpful.”

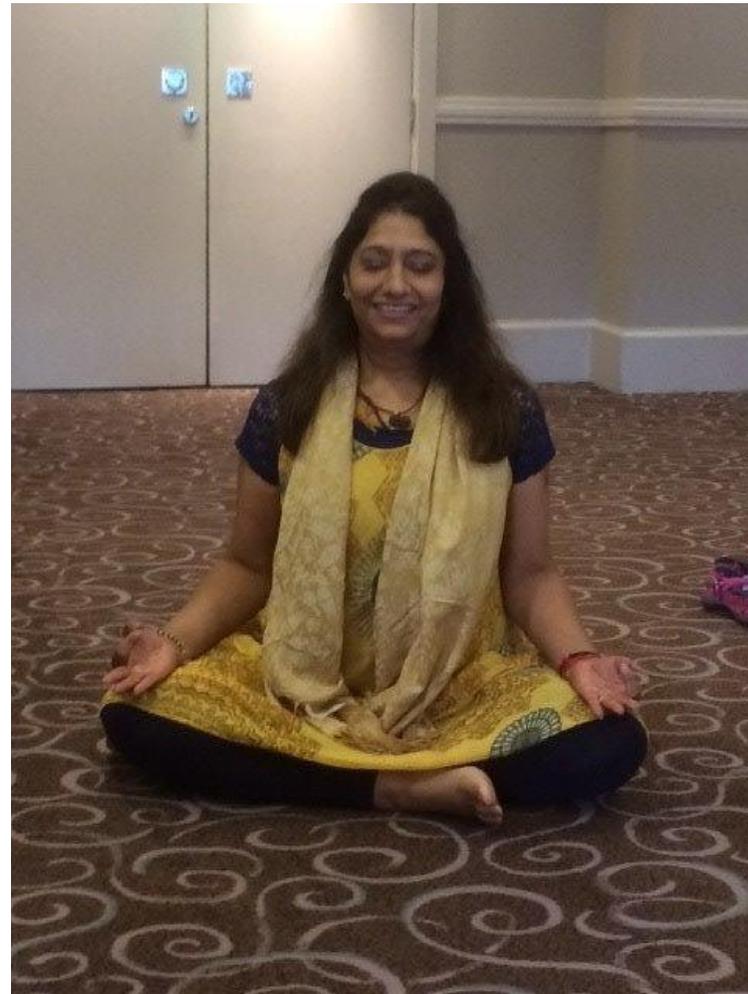
“Resilience was very useful and insightful. Looking at how to get to the different zones.”

(The) “resilience model was super and I really liked the way she broke the teaching up with useful practical exercises.”

“I will begin to reflect on how my personality interacts with aspects of my caring role and why I find some aspects of my caring role more challenging than others.”

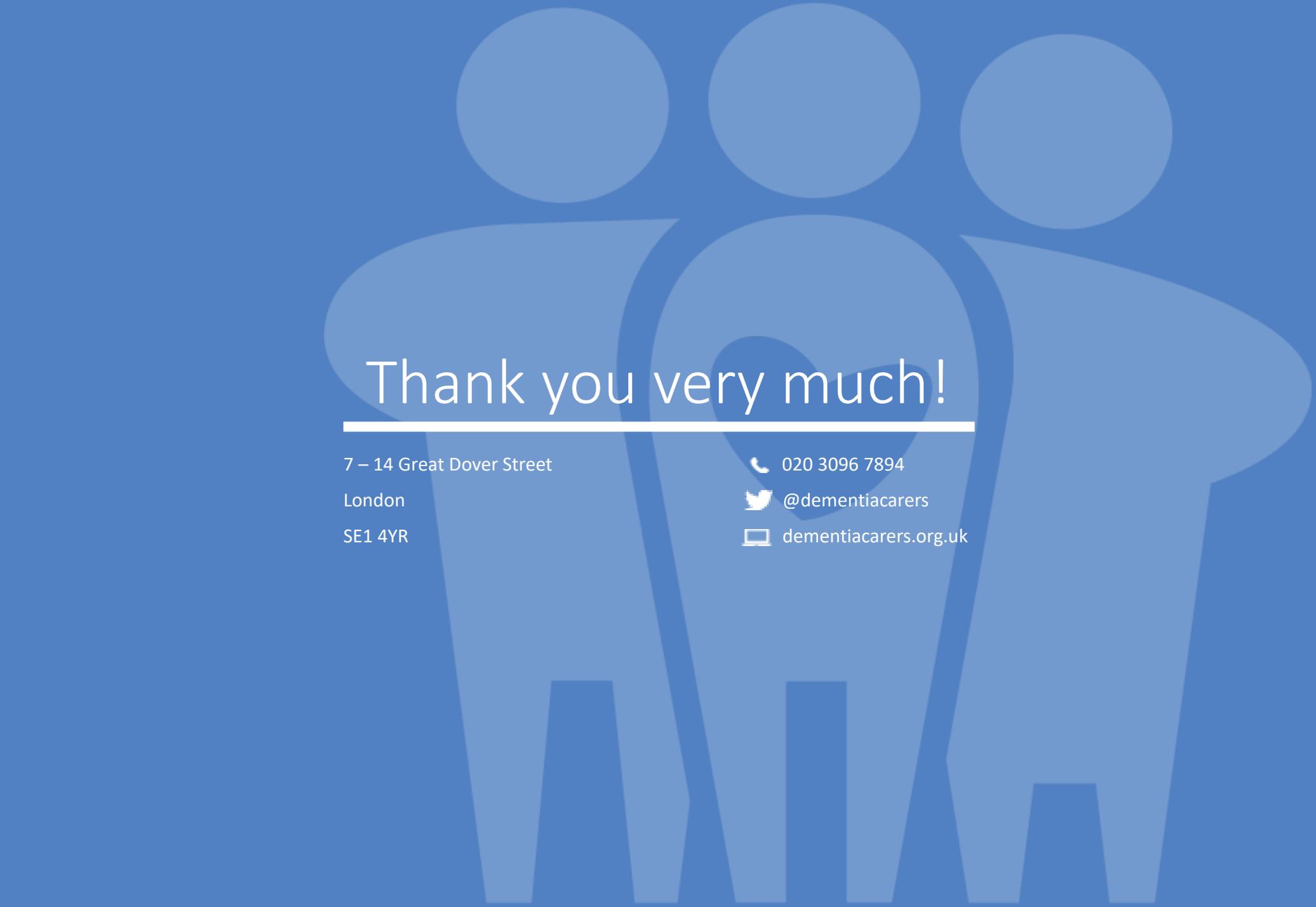
Feedback from carers

“I came home rejuvenated, with ***my brain fizzing with ideas*** for improving communication, taking care of myself and improving resilience. I now understand my husband’s behaviour and needs much better, and also my reactions to it. I learned such a lot and my confidence as a carer has improved.”



Accessing our courses

- Free to any family carer
- 3 days, residential
- Birmingham
- Visit www.dementiacarers.org.uk



Thank you very much!

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