

# Work Package One

## The quality of life of older carers and the people they care for: a literature review

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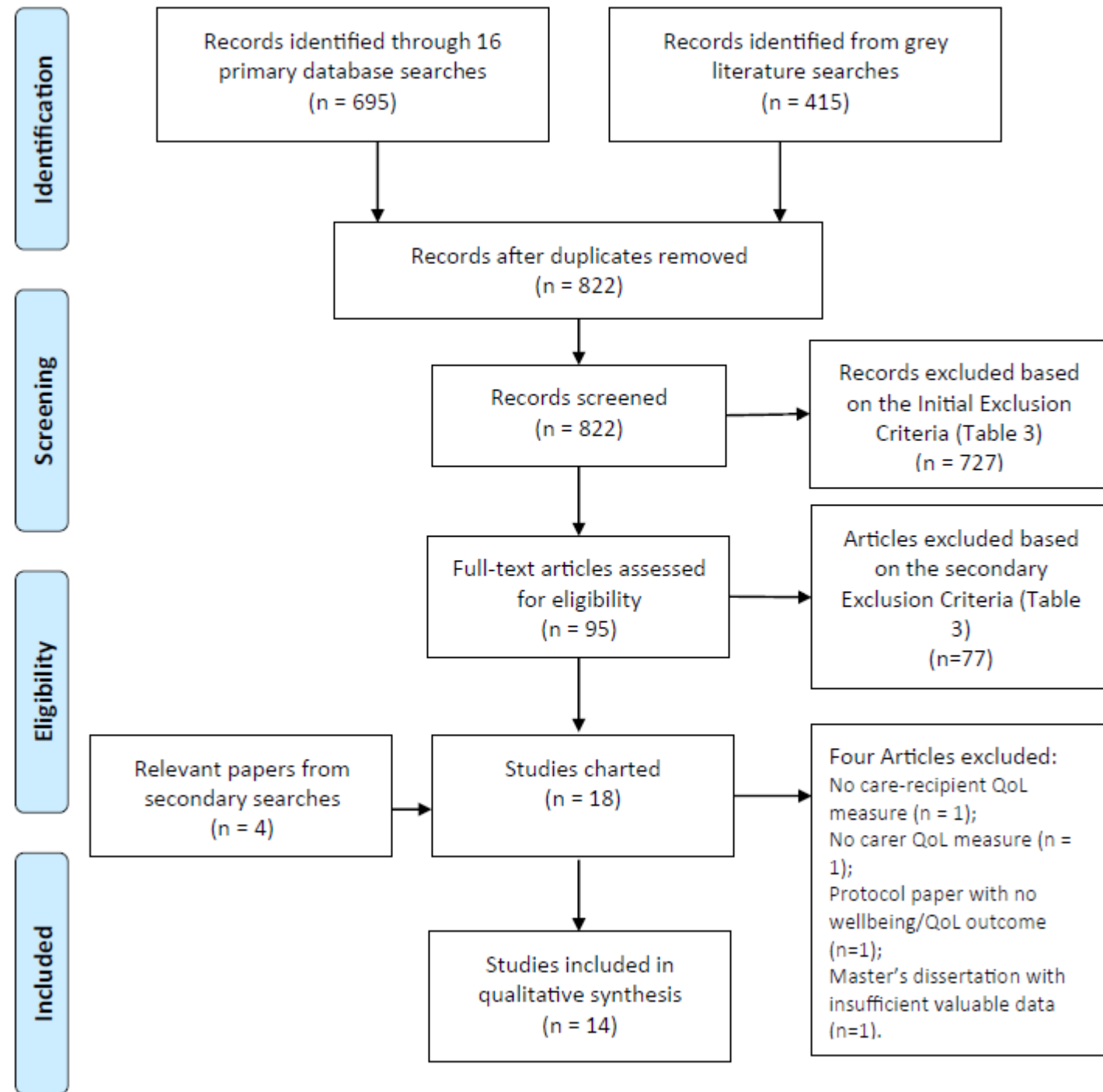
# Methods

- **WP 1. Scoping literature review**
- WP 2. Qualitative interviews with social care professionals
- WP 3. Qualitative interviews with older carers, aged 65 or over, & the people they support

# Review questions

**What is known about the quality of life (QoL) of older carers & people they support?**

- How do older carers and care-recipients experience QoL from a dyadic perspective?
- How do community-based social care services affect QoL of older carers and care recipients?



**Figure 1.** search & review flow diagram

Basic study characteristics	Numbers of studies
<b>Study context - country</b>	
UK	6
US	3
China	1
International	4
<b>Reference type</b>	
Journal article	11
PhD thesis	1
Report	2
<b>Study design</b>	
Quantitative	5
Cross-sectional study	3
Secondary analysis of longitudinal study	1
Secondary analysis of combined samples from two studies in one region	1
Literature review	5
Qualitative	3
Mixed methods	1

# Key findings

1. Understanding dyadic QoL
2. Support from family, friends and neighbours and community-based social care services that influence QoL



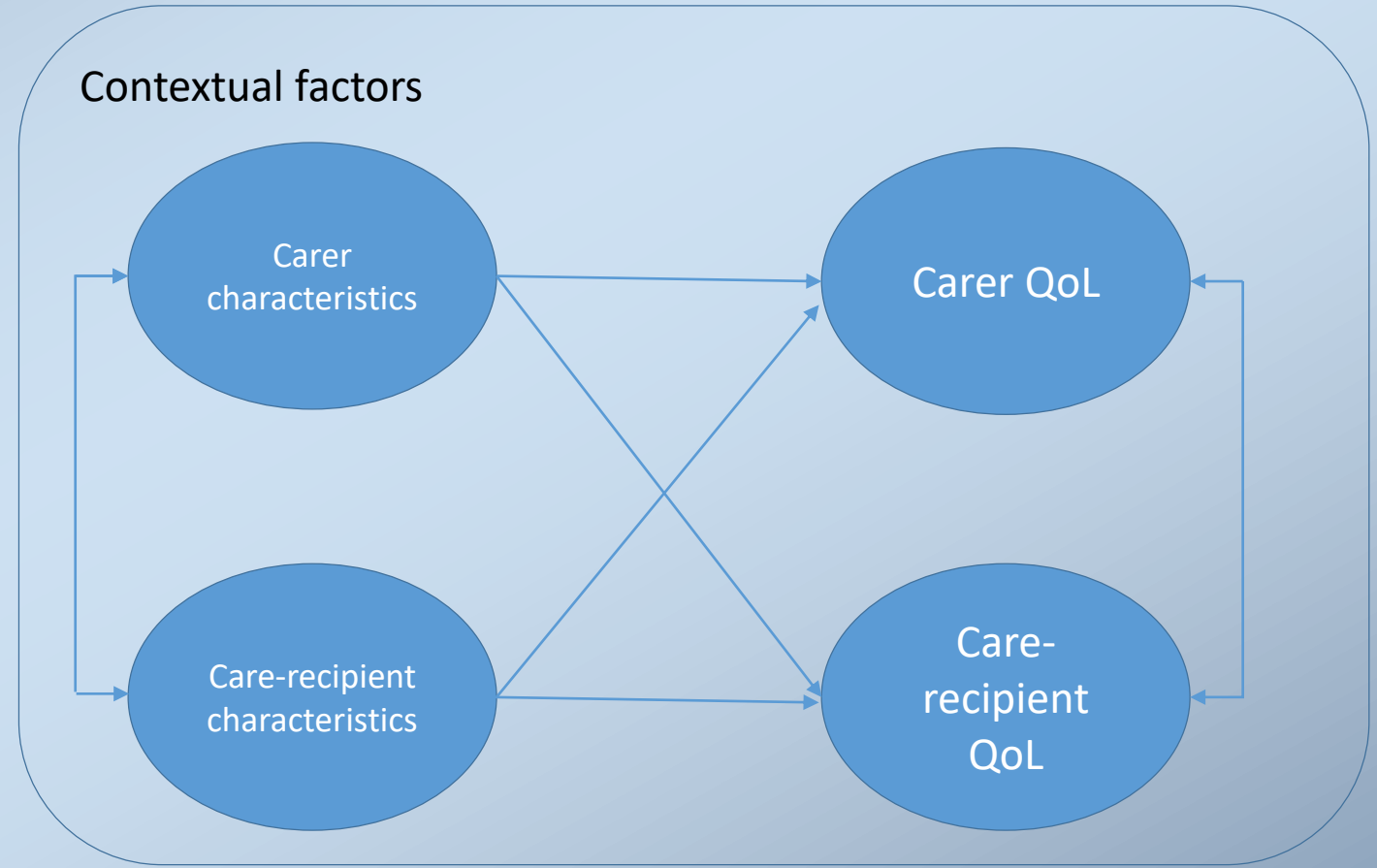


# Theme 1. Understanding dyadic QoL

## - Dyadic data analysis of QoL outcomes

- **Interdependence Model**

- Influence of person's characteristics on their own QoL (Actor effect)
- Characteristics of someone close to the person impact on the other's QoL (Partner effect)
- Mutual influence between QoL outcomes of the dyad
- Contextual factors beyond the dyad



**Figure 2.** Actor-Partner Interdependence Model, adapted based on Rand et al., 2017

# Theme 1. Understanding dyadic QoL

## - The dynamics of caring relationships

- **Caring takes place within a relationship**
  - It shapes the relationship; likewise, the experience of caring is shaped by the relationship.
- **Social exchange theory and equity theory**
  - Social exchange theory proposes that people seek to maximise mutual rewards that arise in relationships or social interactions, and that the decision as to whether to sustain an interaction or relationship is based on cost–benefit analysis of risks and rewards
  - Equity Theory, which is closely linked to Social Exchange Theory, highlights the important role of equality and mutuality in dyadic relationships
- **Dyadic conflict and power in care relationships**
  - Some studies highlighted tensions within caring dyads, dyadic conflicts and incongruence in views, attitudes, needs and/or outcomes



# Theme 2. Wider support that influence dyadic QoL

- **Support from family, friends and neighbours**
  - Other family members
  - Friends and neighbours – supplementary practical assistance
- **Community-based social care**
  - Mixed evidence: impact of community-based services on carers' and care-recipients' QoL
    - joint interventions (e.g. couples counselling, music therapy) & individual services (e.g. respite care)
    - However, the majority of (dyadic) interventions did not take into account relationship factors and neglected interpersonal issues (e.g. communication between carer and care-recipient), and the care-recipients' views tended to be overlooked.
  - Dyadic approach being recognised by care providers and practitioners



# Key messages

- The need for the adoption of a dyadic approach in social care practice, policy and research
- A paucity of evidence on understanding and assessing the quality of life of older carers and the people they support together
- Little work has been done to develop—or adapt existing—tools or approaches to evaluate dyadic quality of life

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The images in this presentation are from the Centre for Better Ageing's [library of age-positive images](#).

The full report of findings are available at:

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# Any questions?

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