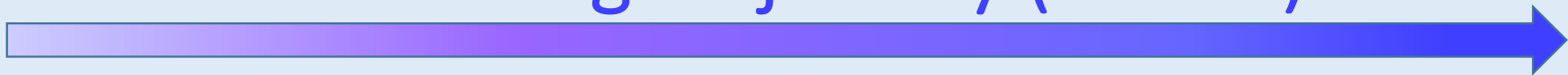




# Diverse Experiences of Unpaid Carers Across the Caring Trajectory (DECAT)



[www.pssru.ac.uk/decat/homepage](http://www.pssru.ac.uk/decat/homepage)

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# Background

Previous research shows that:

- Few studies follow-up the *same carers over time*<sup>1</sup>
- Few studies explore the *differences between* subgroups of carers<sup>2</sup>

## What?

How and why do some carers maintain good quality of life over time and others do not?

## Why?

Inform the design of timely and effective support services for carers.

1. Henwood, M., Larkin, M. and Milne, A. (2017). *Seeing the wood for the trees. Carer related research and knowledge: A scoping review*. <http://oro.open.ac.uk/52784/1/52784.pdf>  
2. Brimblecombe, N. Fernandez, J-L, Knapp, M. Rehill, A. Wittenberg, R. (2018) *Unpaid care in England Future Patterns and Potential Support Strategies*. NIHR Economics of Health & Social Care Systems Policy Research Unit Report.

# Research questions

1. What factors are associated with unpaid carers' quality of life over time?

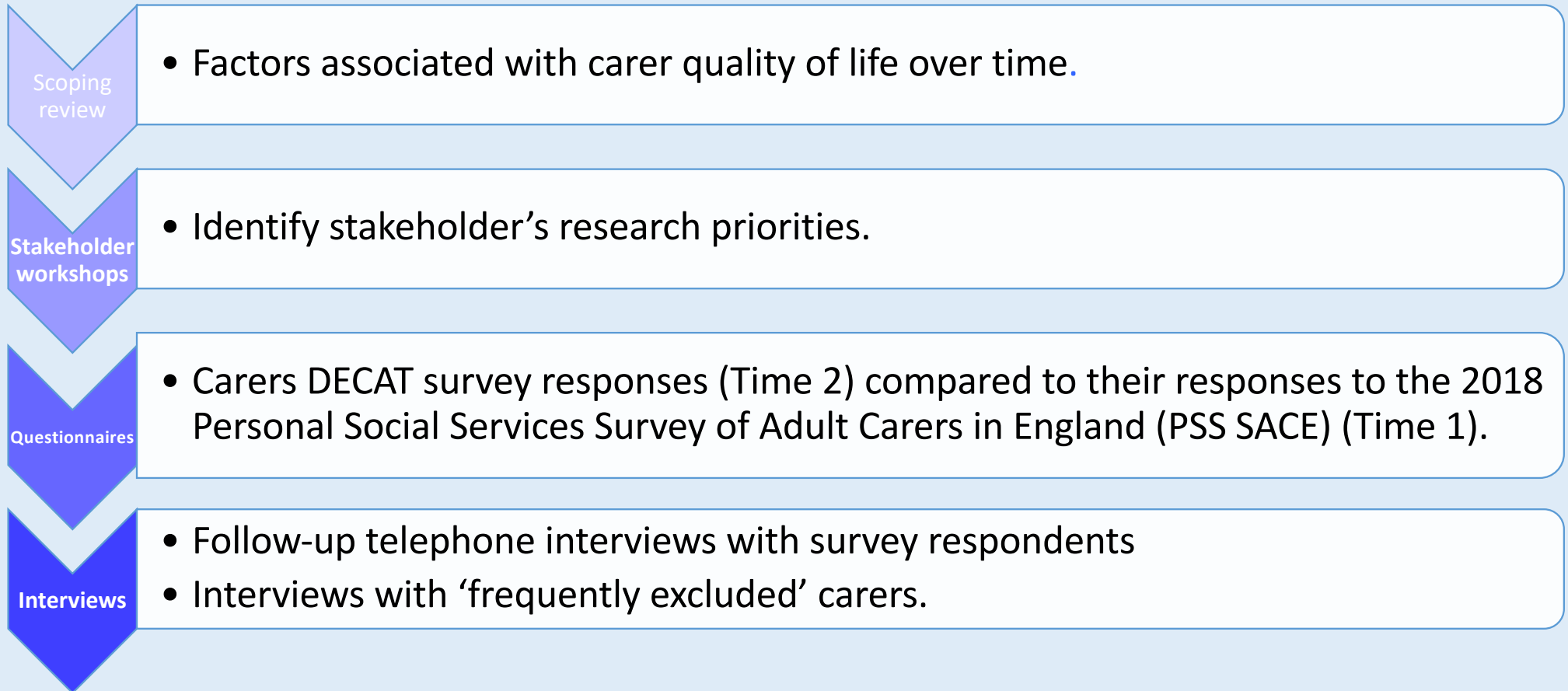
2. Do these factors impact carers' quality of life differently, depending on primary support need of the service user?

3. What support, services or other factors enable carers to optimise their quality of life?

4. What barriers do 'frequently excluded' carers face in accessing services & how can these be overcome?

# Methods

## Mixed-methods research design



# Next steps

- April 2021 – Impact and engagement strategy
- Summer 2021 – Questionnaire data collection
- Summer/Autumn 2021 – Follow-up interviews
- Autumn/Winter 2021 – Interviews with ‘frequently excluded’ carers

Thank you for listening



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This presentation reports independent research funded by the National Institute for Health Research School for Social Care Research. The views expressed in this publication are those of the author and not necessarily those of the NIHR SSCr, the National Institute for Health Research or the Department of Health and Social Care