



Perera, Bhathik D. and Standen, Penny (2014)
Exploring coping strategies of carers looking after
people with intellectual disabilities and dementia.
Advances in Mental Health and Intellectual Disabilities, 8
(5). pp. 292-301. ISSN 2044-1290

Access from the University of Nottingham repository:

<http://eprints.nottingham.ac.uk/41282/1/Article%20Title%20Page%20Exploring%20coping%20strategies%20of%20carers%20looking%20after%20people%20with%20intellectual%20disabilities%20and%20dementia.pdf>

Copyright and reuse:

The Nottingham ePrints service makes this work by researchers of the University of Nottingham available open access under the following conditions.

This article is made available under the University of Nottingham End User licence and may be reused according to the conditions of the licence. For more details see:
http://eprints.nottingham.ac.uk/end_user_agreement.pdf

A note on versions:

The version presented here may differ from the published version or from the version of record. If you wish to cite this item you are advised to consult the publisher's version. Please see the repository url above for details on accessing the published version and note that access may require a subscription.

For more information, please contact eprints@nottingham.ac.uk

Title Page

Article title-

Exploring coping strategies of carers looking after people with intellectual disabilities and dementia

Authors

Main & Corresponding author –

Dr. Bhathika D Perera
Consultant Psychiatrist in Intellectual Disability
Surrey and Borders Partnership NHS Foundation Trust
Ramsay House, West Park Hospital,
Horton Lane, Epsom,
KT19 8PB

Email- bathika@hotmail.com

Tel - 07795382776

Second Author:

Professor Penny J Standen
Professor of Health Psychology and Learning Disabilities
Head of School of Community Health Sciences
University of Nottingham, Division of Rehabilitation and Ageing
B Floor Medical School, QMC, Clifton Boulevard, NG7 2UH, Nottingham

Email- P.standen@nottingham.ac.uk

Acknowledgements:

Dr Jo Jones, Consultant Psychiatrist, Nottinghamshire Healthcare NHS Trust

Structured abstract:

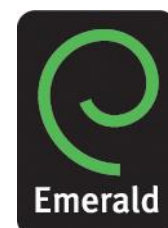
Purpose

Carers play a vital role in looking after people with intellectual disabilities (ID). Caring role can be stressful and challenging in nature. Carers use various coping strategies to deal with stressors. This paper aims to explore coping strategies of carers looking after people with intellectual disability and dementia.

Design

Qualitative methodology was used to explore coping strategies. Focus groups and face to face interviews were carried out. These interviews were transcribed and analysed using thematic analysis.

Findings



Nine interviews with carers (six paid carers and three family carers) and two focus groups with nursing staff looking after people with ID were carried out. Three key themes of 'Narrative', 'Strategy toolbox' and 'Compartmentalisation' emerged from analysis. Narrative and strategy toolbox were further sub themed. Carers had narratives about them and the person they look after. These 'narratives' helped them to deal with day to day stressors. They also carried a 'strategy toolbox', which they used when they were in stressful situations. Compartmentalisation helped them to separate their personal life from work life as a carer.

Value

Understanding carers' coping strategies is important when planning services to help carers who play an important role in our society. Professionals can support carers to understand and improve their existing coping skills and help them to thrive in their role as carers.

Key words- carers, coping strategies, dementia, intellectual disability, learning disability, narrative

Article classification:

For internal production use only

Running Heads: