



Partners' Report October 2022

Welcome to our eighth partners' report which is intended to keep you up to date with progress and developments on the Carers-ID study. As you know, the purpose of the project is to capture the experiences of carers of people with severe or profound and multiple learning disabilities during the COVID-19 pandemic with a view to create a programme to better support its impact on them.



The report features the work of Carers-ID team members **Dr Maria Truesdale** and **Prof Michael Brown** and focuses on Trauma Informed Care of people with intellectual disability (ID). Trauma is recognised as a major morbidity factor in people with ID. Maria and Michael's research identified a gap in the knowledge of how health care professionals address trauma in this adult population. This

qualitative study explored specialist ID practitioners' perspectives on current health provision and developments to address trauma. The **main findings** of Maria and Michael's paper highlight:

- Practitioners in specialist ID health services are routinely assessing and treating an increasing number of adults with ID who have experienced a range of traumatic life events.
- Challenges were identified in caring for traumatized people with ID, from the perspective of the service providers.
- Trauma-informed care, person-centred care and support and multidisciplinary care working best support people with ID who experience traumatic stress.
- The need for awareness, training and education, in order to improve service provision and meet the needs of this population, among participants was apparent.

Truesdale, M. , Brown, M., Taggart, L., Bradley, A., Paterson, D., Sirisena, C., Walley, R. and Karatzias, T. (2019) Trauma-informed care: A qualitative study exploring the views and experiences of professionals in specialist health services for adults with intellectual disabilities. *Journal of Applied Research in Intellectual Disabilities*, 32(6), pp. 1437-1445

Ongoing work:

- Our project website is live and can be accessed here: www.carers-id.com
- Our Project Advisory Group members have provided feedback on the Carers-ID intervention which should go live in November. We will be looking for family carers to review the intervention and provide feedback.
- 117 family carers have been involved in focus groups to date, with another 5 focus groups to be conducted.

If you have any queries about the research please contact Dr Trisha Forbes (Trisha.Forbes@qub.ac.uk) or Dr Mark Linden (M.Linden@qub.ac.uk)

Twitter: @Carers_ID