



## Partners' Report November 2022

Welcome to our ninth 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.

### Ongoing work:

- Our project website is live and can be accessed here: [www.carers-id.com](http://www.carers-id.com)
- Data collection is now complete. 126 family carers from across the UK and Ireland were involved in the online focus groups. We are in the process of analysing this data. We want to say a big thank you to all the carers who talked to us about their experiences.
- We have been using our focus group data to inform the development of the Carers-ID support programme which should go live in November. Our Project Advisory Group have provided feedback on the 14 modules which make up the programme:
  1. Introduction
  2. COVID experiences
  3. Reducing low mood
  4. Enhancing resilience
  5. Reducing anxiety
  6. Managing stress
  7. Family relationships
  8. Terminology
  9. Accessing local support
  10. Peer support
  11. Future care planning
  12. Siblings who are carers
  13. Nutrition
  14. Sleep
- We will be looking for family carers to review the support programme and give us some feedback. This feedback will be provided via an online survey and we will also be inviting a small number of people to take part in one-to-one interviews.
- **If you would like to take part in the peer support element of the programme, by becoming a mentor to other family carers, please do let us know!**

If you have any queries about the research please contact Dr Trisha Forbes ([Trisha.Forbes@gub.ac.uk](mailto:Trisha.Forbes@gub.ac.uk)), Dr Rachel Leonard ([Rachel.Leonard@gub.ac.uk](mailto:Rachel.Leonard@gub.ac.uk)) or Dr Mark Linden ([M.Linden@gub.ac.uk](mailto:M.Linden@gub.ac.uk))

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