



# Care partners of people with Parkinson's-related dementia

#### **Sabina Vatter**

PhD student & Research Assistant (INVEST study)

Contact: sabina.vatter@manchester.ac.uk



### Role and profile of care partners

#### In the UK:

- 7 million (58% women)
- 670,000 care for people with dementia
- Economically save £60bn/year
- Physical and mental health issues

Carers Trust/Carers UK

Care partner

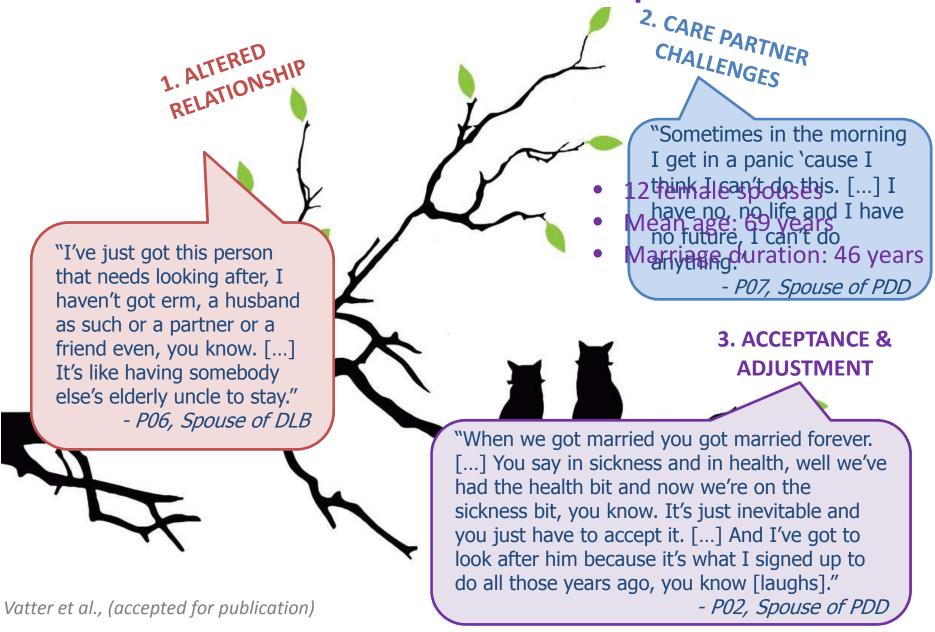


#### **Impact:**

- Decreased socialising
- Shift in the relationship
- Negative feelings, stress and burden
- Lower quality of life
- → 'Hidden patients'



#### Interviews with spouses





### Care partners in INVEST study





- Acceptable
  - Hom
  - Flexi
  - Choic

"I did feel a bit of pressure because I thought we've signed up to do this and I'm not, you know, I've not done it enough."

- Companion 4

dn't have this
g [therapy], we
y wouldn't have
e conversations,
n't have known
of this, really."

Companion 5

in symptoms

A shared expe.

- Reminiscing
- Having meaningful conversations
- Learning about each other

- Companion aspects
  - Burden and pressure
  - Challenging and effortful

wer of sessions



#### In conclusion

- Some signals of efficacy
   ( ↑ communication, reminiscence)
- CST-PD is well accepted but needs modifications

## Our aim → develop a frictionless therapy:

- Meets the needs of both
- Mutually beneficial
- Minimises companion burden
- Increases companions' skills, knowledge and confidence through training and support







### Thank you



- People with PD and their companions
- NHS sites in Greater Manchester,
   Derby, NW Coast, London (UK)
- Clinical Research Network
- Public and Patient Involvement Representatives
- Trial Steering Committee
- Parkinson's UK
- DLB Society
- Join Dementia Research
- NIHR RfPB funding stream

This presentation presents independent research funded by the National Institute for Health Research (NIHR) under its Research for Patient Benefit (RfPB) Programme (Grant Reference Number PB-PG-0613-31058). The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.

