



The **STRENGTH** study



Supporting Resilience Going Through Anticipatory Grief Co-Designing An Intervention For Unpaid Carers For Older People

In the UK, 2 million

people care for a family member or friend without being paid.

Over 65

many carers are older, and more than half have health problems of their own.

1 in 4

carers goes through anticipatory grief - when someone starts grieving before the person they care for has died.

Impact of anticipatory grief

poor sleep, worry, low mood, and not looking after themselves properly.

Why does this matter?

Currently, little support exists to help carers *before* the older person they are caring for dies.

Offering help earlier could:

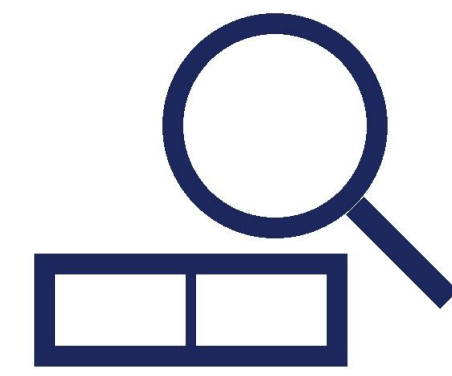
- improve carers' wellbeing.
- prevent bigger health problems later.
- reduce the need for specialist services further down the line.



What are we trying to do?

We want to find better ways to support carers with these feelings.

We will do this by:



Find out what we already know

Using existing research and current support services to see what already exists and identify the gaps.



Talking to carers

Survey: asking carers across England about their experiences. We hope at least 150 carers will take part.

Interviews: with 20 carers to better understand what support would help them most.



Sharpening future support

Bring together what we learn from the research review, survey and interviews. We will then work with carers and professionals who support carers to explore what future support for anticipatory grief could look like.

So What?

Improving understanding of anticipatory grief and developing a practical tool so carers can cope better now and stay healthier in the future.

This study has the potential to:

- deliver direct benefits for unpaid carers.
- their care recipients.
- and the social care system more broadly.



Sharing our learning

We will share our findings helping more people understand and respond to anticipatory grief.

These will include:

- carers' organisations (such as Age UK and Carers UK).
- at conferences for care professionals.
- in easy-to-read summaries written with carers.
- in academic journals.



Carers involved at every stage

making sure everything we create is useful & realistic for people in their situation. Helping us:

- design our survey and interview questions
- understand what our findings mean
- work with us to build the new support materials

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