

Work Package One

The quality of life of older carers and the people they care for: a literature review

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Methods

- **WP 1. Scoping literature review**
- WP 2. Qualitative interviews with social care professionals
- WP 3. Qualitative interviews with older carers, aged 65 or over, & the people they support

Review questions

What is known about the quality of life (QoL) of older carers & people they support?

- How do older carers and care-recipients experience QoL from a dyadic perspective?
- How do community-based social care services affect QoL of older carers and care recipients?

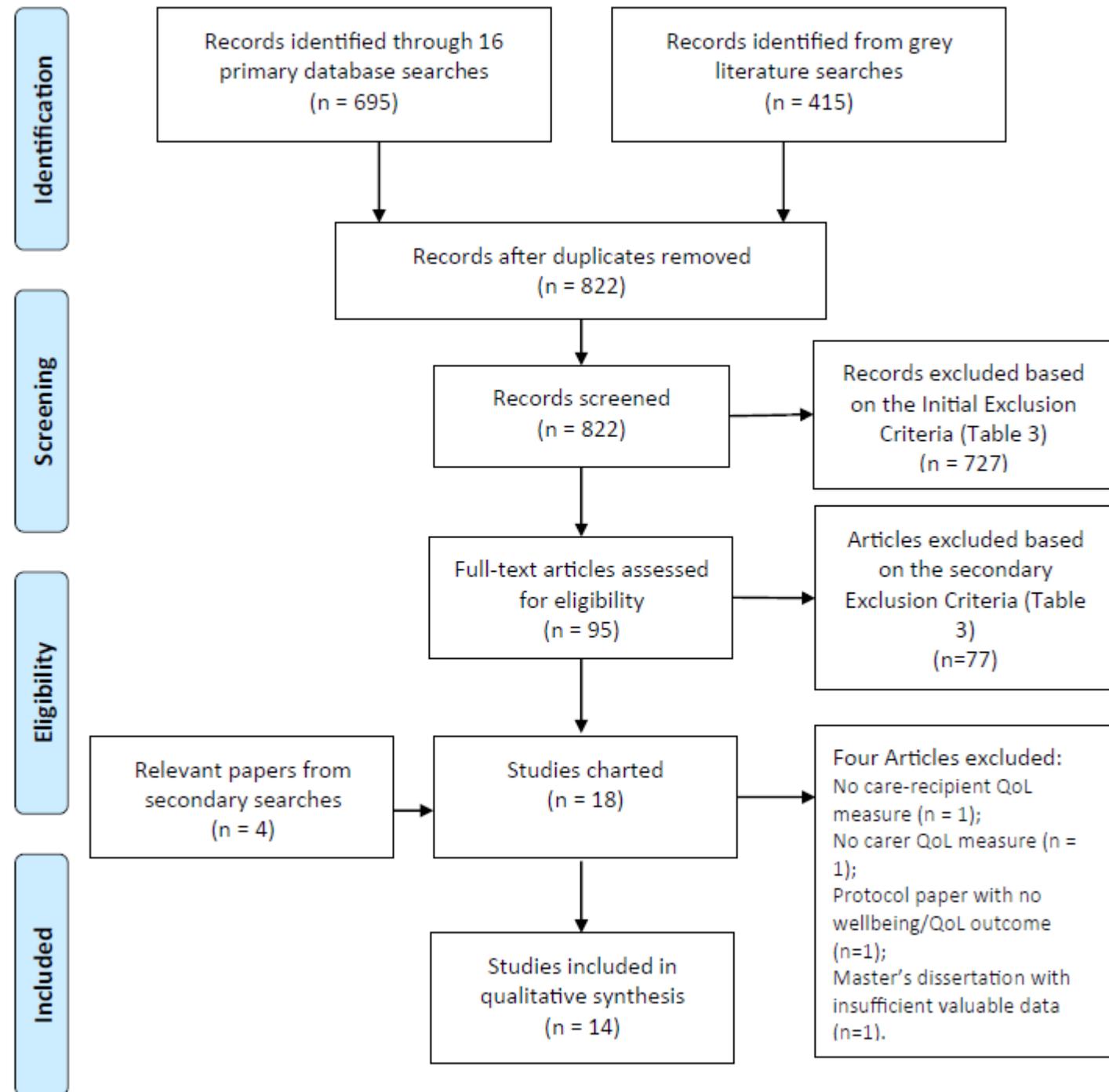


Figure 1. search & review flow diagram

Basic study characteristics	Numbers of studies
Study context - country	
UK	6
US	3
China	1
International	4
Reference type	
Journal article	11
PhD thesis	1
Report	2
Study design	
Quantitative	5
Cross-sectional study	3
Secondary analysis of longitudinal study	1
Secondary analysis of combined samples from two studies in one region	1
Literature review	5
Qualitative	3
Mixed methods	1

Key findings

1. Understanding dyadic QoL
2. Support from family, friends and neighbours and community-based social care services that influence QoL



Theme 1. Understanding dyadic QoL

- Dyadic data analysis of QoL outcomes

- **Interdependence Model**

- Influence of person's characteristics on their own QoL (Actor effect)
- Characteristics of someone close to the person impact on the other's QoL (Partner effect)
- Mutual influence between QoL outcomes of the dyad
- Contextual factors beyond the dyad

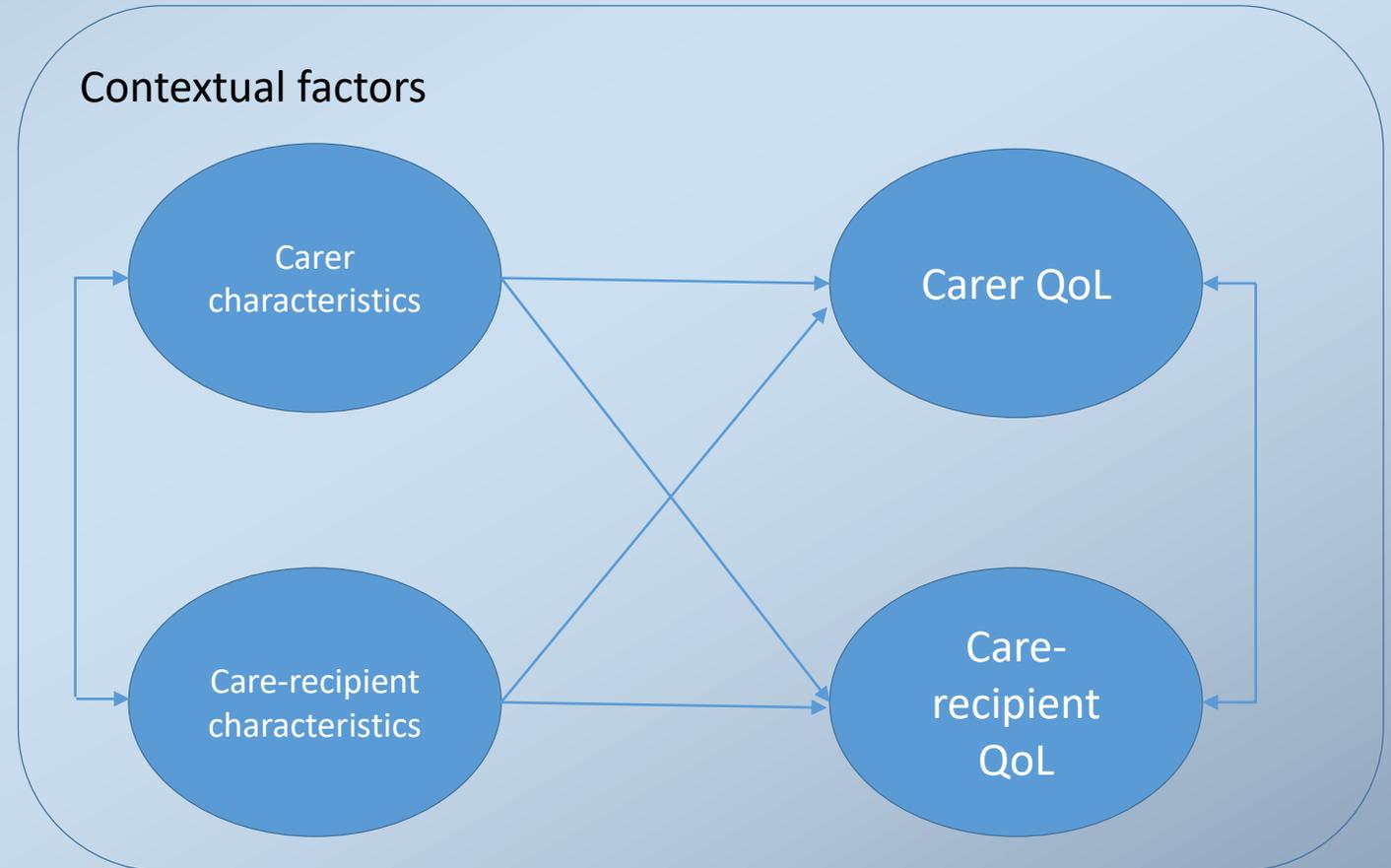


Figure 2. Actor-Partner Interdependence Model, adapted based on Rand et al., 2017

Theme 1. Understanding dyadic QoL

- The dynamics of caring relationships

- **Caring takes place within a relationship**

- It shapes the relationship; likewise, the experience of caring is shaped by the relationship.

- **Social exchange theory and equity theory**

- Social exchange theory proposes that people seek to maximise mutual rewards that arise in relationships or social interactions, and that the decision as to whether to sustain an interaction or relationship is based on cost–benefit analysis of risks and rewards
- Equity Theory, which is closely linked to Social Exchange Theory, highlights the important role of equality and mutuality in dyadic relationships

- **Dyadic conflict and power in care relationships**

- Some studies highlighted tensions within caring dyads, dyadic conflicts and incongruence in views, attitudes, needs and/or outcomes

Theme 2. Wider support that influence dyadic QoL

- **Support from family, friends and neighbours**
 - Other family members
 - Friends and neighbours – supplementary practical assistance
- **Community-based social care**
 - Mixed evidence: impact of community-based services on carers' and care-recipients' QoL
 - joint interventions (e.g. couples counselling, music therapy) & individual services (e.g. respite care)
 - However, the majority of (dyadic) interventions did not take into account relationship factors and neglected interpersonal issues (e.g. communication between carer and care-recipient), and the care-recipients' views tended to be overlooked.
 - Dyadic approach being recognised by care providers and practitioners



Key messages

- The need for the adoption of a dyadic approach in social care practice, policy and research
- A paucity of evidence on understanding and assessing the quality of life of older carers and the people they support together
- Little work has been done to develop—or adapt existing—tools or approaches to evaluate dyadic quality of life

Acknowledgements

This presentation reports independent research funded by the National Institute for Health and Care Research School for Social Care Research (NIHR SSCR). The views expressed in this presentation are those of the authors and not necessarily those of the National Institute for Health and Care Research or the Department of Health and Social Care.

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The full report of findings are available at:

Zhang, W., Rand, S., Milne, A., Collins, G., & Silarova, B. (2022). The quality of life of older carers and the people they support: An international scoping review. *Health & Social Care in the Community*. <https://doi.org/10.1111/hsc.13916>

FUNDED BY

NIHR | National Institute for
Health and Care Research

Any questions?

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