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# What do unpaid carers find helps or hinders their resilience when providing end of life care at home in the United Kingdom- findings of a scoping review

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## INTRODUCTION

The number of people choosing to die at home in the United Kingdom (UK) is increasing [1] and this trend is set to continue [2]. Support from family or friends is fundamental to people being able to die at home [3] and is relied heavily upon by health and social care services [4]. Caring can have both negative and positive effects on unpaid carers health and wellbeing [5-8]. Unpaid carers support needs are not assessed as routine practice by health and social care services in the UK [4][9]. Understanding what unpaid carers themselves find impacts their resilience (the *ability to continue to care despite the potential adversity they are experiencing*) is essential if services are to adequately support unpaid carers.

## METHOD

Scoping review conducted to identify current UK based studies exploring the factors that impact unpaid carer resilience when caring for someone nearing the end of life. Seven databases were searched between March and May 2023. Literature was limited by date, geographical area, language, research type and phase of disease progression.



Image courtesy of Canva

## RESULTS

- 11 articles met inclusion criteria, all based on data collected between 2009 and 2014.
- 2 studies focused on resilience, 9 focused on coping strategies.
- Most studies were based on the recollections of bereaved carers (n=9).
- **No** studies were identified that *solely* explored the experiences of unpaid carers currently caring for someone.
- **None** of the identified studies specifically asked unpaid carers what they felt helped their resilience.
- Factors were mapped across the articles and assigned to one of three categories by the author (see Figure 1 and 2).

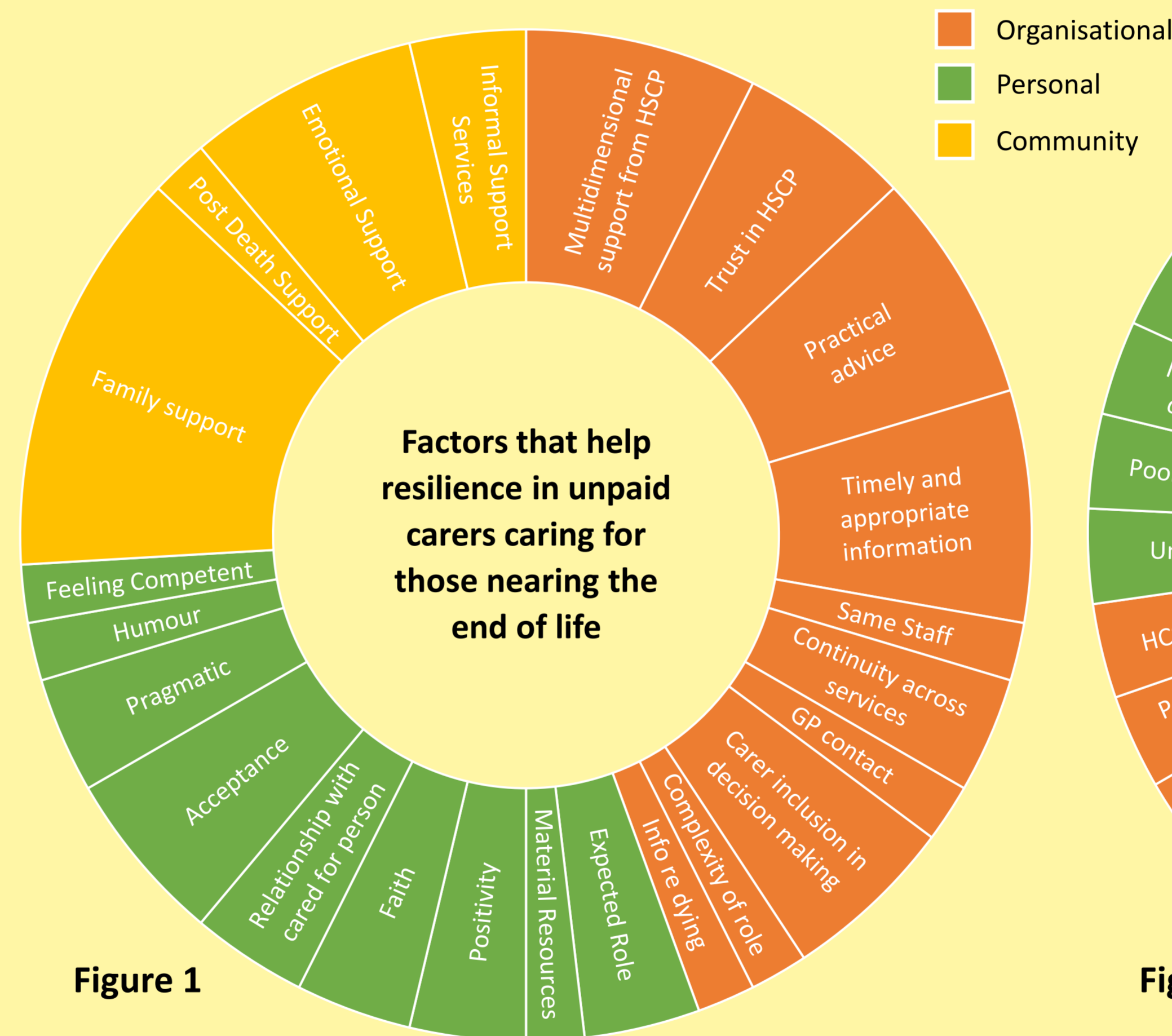


Figure 1

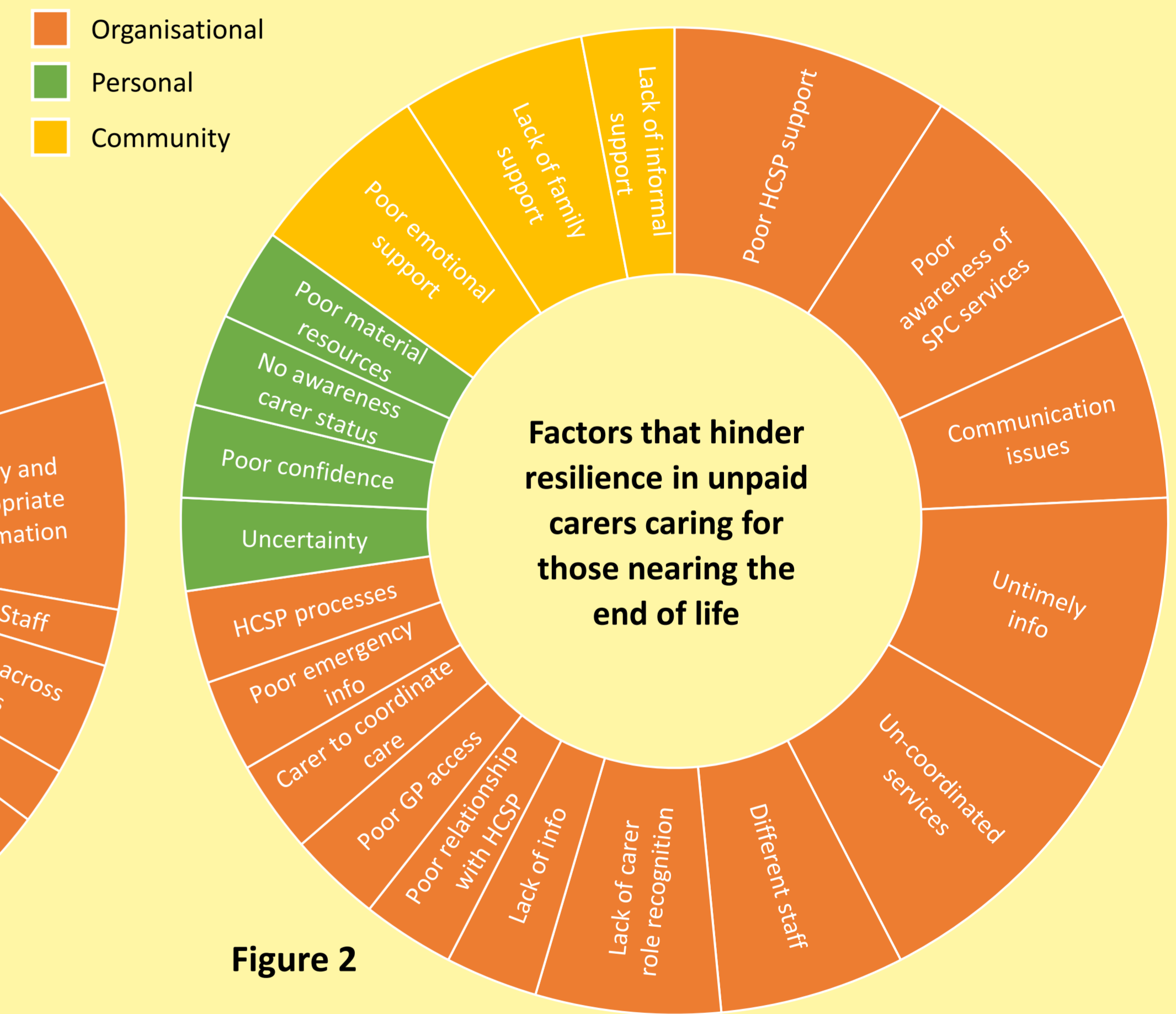


Figure 2

## CONCLUSIONS

- Lack of current UK based research which focuses on factors which impact the resilience of unpaid carers.
- Research identified relied mostly on recollections of bereaved carers rather than unpaid carers currently caring for someone who is dying at home.
- Further research is needed to explore what current unpaid carers find helps or hinders their resilience.

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