

# Interventions for Informal Caregivers of Persons with Dementia: Implications for Quality of Care

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## Introduction

As population aging continues, the prevalence of dementia will increase. Many family members, friends, or neighbors have to assume the role of “caregivers” by providing uncompensated care for their loved ones. Research evidence has shown that caregiver quality of life may be important for the care provided to people with dementia.

Considering the stress that these caregivers experience, the current research will synthesize the literature for interventions that can help improve the quality of life of caregivers. The findings may hold promise for the care provided.

## Research question

What are some effective interventions for improving caregiver quality of life for caregivers of people with dementia?

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## Methodology

This study reviews published literature on interventions to improve caregiver quality of life and the quality of care provided to people with dementia.

## Procedures

- Library data base
- PubMed
- Ebscohost
- PsycINFO

## Data



## Results

- Most interventions (e.g. educational and supportive strategies, telephone based therapy) were shown to improve quality of life for caregivers.
- Considering the effectiveness of some interventions to improve quality of life, these intervention may also have important implications for the quality of care provided to people with dementia

## Limitations

- Most articles did not use randomized control trial (RTC) to test their intervention. Therefore, some bias may be present.
- Limited number of studies were included.

## Conclusions

The overall findings point to the fact that if caregivers stick to and follow the interventions, they will have better quality of life outcomes. This can also improve the quality of care provided to their loved ones. Also, there should be a correlation between the difficulties that the caregivers are going through and the type of help they should be provided with.

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