CAREGIVERSPRO-MMD: a European platform to support people living with dementia and their caregivers
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Background
Due to the increasing number of people with dementia (PwD) and their care costs, research has explored low cost-effective interventions to improve PwD and caregivers’ lives (Blom et al., 2013), including web-based interventions.

Research has shown benefits of technology-based interventions for PwD, such as improvement in quality of life (Buettner et al. 2010) and on caregivers’ experienced burden and depression (Beauchamp et al., 2005).

However, current online interventions often aim to support single needs instead of multiple needs (Meiland et al., 2014) and are often developed without the involvement of PwD (Wilkinson, 2002; Bharucha et al., 2009).

CAREGIVERSPRO-MMD Platform
CAREGIVERSPRO-MMD is a European project, aiming to develop a platform for People with Dementia (PwD) or Mild Cognitive Impairment (MCI) and their caregivers. This platform will incorporate a combination of ICT interventions and services, including:

• A social network, where users can interact with each other and seek support
• Educational interventions, such as advice on caring for someone living with dementia
• Medication and appointment reminders, including important information about taking medication
• Online questionnaires, where users can self-monitor their health and wellbeing
• Information about local resources and support
• Gamification, providing users with a fun reward scheme to gain users’ interest

A series of focus groups and usability studies are being carried out with PwD/MCI, caregivers and healthcare professionals in order to inform the design and content of the platform.

Aim
There are two main objectives; improve quality of life for PwD and reduce caregivers’ stress. Other secondary objectives are identified, such as reductions in depression and anxiety, improvements in activities of daily living, treatment adherence and quality of relationships.

Expected Results
PwD
An improvement in quality of life, activities of daily living treatment adherence, neuropsychological functioning and reduction in anxiety and depression.

Caregivers
Reduction in caregivers’ stress, anxiety and depression. Improvement in quality of life, perceived social support, self-esteem, purpose and optimism.

Dyad
Improvements in the quality of the relationship between PwD and caregiver.

Healthcare professionals
Improve decision-making for treatment, based on behavioural, medical, psychological and social changes, allowing future improvement in care plan interventions.

Healthcare system
Reduce or delay hospitalisations or admission to care homes for PwD/MCI.

Conclusions
CAREGIVERSPRO-MMD is expected to be a useful tool for supporting PwD or MCI, their caregivers and healthcare professionals.

References

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