



# UCL

## Continuing Compassion in Care (CCiC)

In the UK there are 670,000 family and friends caring for someone living with dementia or memory problems. We know that family carers provide long term care with little support from health and social care services. We know that family carers experience self-critical thoughts, depression, anxiety and grief. These experiences may be related to their levels of compassion for themselves and others. We know self-compassion is related to better psychological well-being but what we don't know is how we can help family carers to maintain compassion for themselves and for others when faced with difficult situations.

Using this information we will be designing and testing a tool to measure family carer's experiences of compassion. We will also be designing an intervention with family carers for family carers on ways we can support and maintain compassion whilst caring. This three year study comprises of five workstreams. Participants will be able to take part in interviews, workshops or surveys.

### **To help us with our research we are recruiting:**



- Family (or friend) carers of someone living with dementia (no minimum contact level but must self-identify as a carer)
- Health and social care professionals who support family carers including community psychiatric nurses, social workers, Admiral nurses and support workers
- Aged 18 or over (no upper age limit)
- Mental capacity to provide informed consent

### **Exclusion criteria:**

- Unable to read and speak English

**If you would like to find out more or know someone who may be suitable, please contact either Dr Nuriye Kupeli: 0207 679 9724 or [n.kupeli@ucl.ac.uk](mailto:n.kupeli@ucl.ac.uk)**

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 @mcpcrd and @drnkupeli  [www.ucl.ac.uk/mcpcrd](http://www.ucl.ac.uk/mcpcrd)



Care and support  
through terminal illness



Poster for advertising for participants  
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