

Training academy: Psychosocial interventions for family carers

Intervention	NICE/MODEM	Outcomes and evidence quality	Cost-effectiveness	Brief training available for general healthcare professionals	Translated / adapted for China	Signpost to existing training
STrAtegies for RelaTives (START)	MODEM: yes  Aligned with NICE recommendations: 1-8*	✓ Depression and Anxiety ✓ Quality of Life of Carer  Strong evidence (MODEM)	Cost-effective  Depression and Anxiety; ICER: £118 per unit on HADS; £6000/QALY (Knapp et al. 2013)	Yes	No	Yes – Dr Penny Rapaport (UCL)  UK: Manual, training resources and intervention materials available here: <a href="https://www.ucl.ac.uk/psychiatry/research/mental-health-older-people/projects/start">https://www.ucl.ac.uk/psychiatry/research/mental-health-older-people/projects/start</a>
Resources for Enhancing Alzheimer's Caregivers II (REACH II)	MODEM: No  Aligned with NICE recommendations: 1-3, 5-7*	✓ Depression ✓ Subjective Health (physical & emotional/ mental) ✓ Self-care ✓ Burden ✓ Behavioural bother ✓ Social support  Moderate - Strong evidence accumulated from various studies (e.g. Belle et al, 2006; Elliot et al., 2010; Basu et al., 2015); yet, some made modifications to protocol	Cost-effective  One hour per day of non-caregiving time gained; ICER: 4.96 (US\$ per hour per day per caregiver) (Nichols et al., 2008)	No	Yes  - Manual available in HK Chinese	Training by Sau Po Centre on Ageing ageing@hku.hk  For reference, intervention manual available here: <a href="https://www12.edc.gsph.pitt.edu/reach2/public/manuals.html">https://www12.edc.gsph.pitt.edu/reach2/public/manuals.html</a>
iSupport for Dementia	NICE and MODEM: No  Aligned with NICE recommendations: 1-6, 8	Unknown - New initiative developed by WHO (Pot et al., 2019)	No evidence of cost-effectiveness found	N/A (self-learning online programme target carers directly)	No	N/A  For reference, manual available here: <a href="https://www.who.int/teams/mental-health-and-substance-use/treatment-care/isupport">https://www.who.int/teams/mental-health-and-substance-use/treatment-care/isupport</a>

ICER, Incremental cost-effectiveness ratio; MODEM, Modelling outcome and cost impacts of interventions for dementia; NICE, National Institute for Health and Care Excellence; QALY, Quality-adjusted life year,

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**\*Supplementary information: Extracted from NICE Guidance**

1.11 Supporting carers

1.11.1 Offer carers of people living with dementia a psychoeducation and skills training intervention that includes:

1. education about dementia, its symptoms and the changes to expect as the condition progresses
2. developing personalised strategies and building carer skills
3. training to help them provide care, including how to understand and respond to changes in behaviour
4. training to help them adapt their communication styles to improve interactions with the person living with dementia
5. advice on how to look after their own physical and mental health, and their emotional and spiritual wellbeing
6. advice on planning enjoyable and meaningful activities to do with the person they care for
7. information about relevant services (including support services and psychological therapies for carers) and how to access them
8. advice on planning for the future.

**References**

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