

### **P23: Characteristics of older adults with domestic squalor in Japan: a cross-sectional study**

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**Objectives:** Domestic squalor (DS) is related to physical problems, living alone, problems for their family and neighbors, and mental illness, the most common of which is dementia. Early intervention for DS is important; however, Methods to detect and treat older adults with DS remain unclear. This study aimed to clarify the Methods of early intervention in older adults with DS.

**Methods:** The Initial-phase Intensive Support Team for Dementia (IPIST) is a multidisciplinary outreach team that provides intensive initial assessment and support for people living at home with suspected dementia in Japan. We distributed a questionnaire to 50 IPISTs that had reported experience of dealing with many complex cases'' in our previous nationwide survey, asking them to provide detailed information on two complex cases'' that were extremely difficult to approach or link to medical or long-term care. The questionnaire consisted of questions regarding sociodemographic characteristics, clinical assessments, referral sources, and reasons for complexity. We compared the results of the questionnaire between cases with and without DS (DS+ vs. DS-) and between cases with DS who lived alone and those who lived with family (DS+ living alone vs. DS+ living with family).

**Results:** We received responses from 33 IPISTs and collected data from 70 complex cases. DS was selected as the reason for complexity in 24 cases. Fourteen DS+ cases lived alone. DS+ cases referred by the family (8.3%) were significantly fewer than DS- cases (54.3%). In DS+ cases, the most common referral sources were neighbors and welfare commissioners. The proportion of cases having self-neglect were significantly more in DS+ (87.5%) than in DS- (13.0%). DS+ cases living alone were significantly younger (mean  $\pm$  SD;  $72.9 \pm 7.3$ ) than those living with family ( $80.0 \pm 6.7$ ). Family members living with DS+ cases also had issues including mental illness or maltreatment.

**Conclusions:** This study revealed that most older adults with DS experience self-neglect and a lack of supportive family members. A comprehensive approach to both older adults with DS and their families is important for early intervention, and therefore IPISTs that have a multidisciplinary team with an outreach function would be useful.

### **P24: Quality of life of family carers of people living with dementia: Review of systematic reviews of observational and intervention studies**

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**Objectives:** Family members are the primary source of support for the growing number of people living with dementia (PLWD) worldwide. However, caring for a person living with dementia can have detrimental impacts on the carer quality of life (QoL). This review of systematic reviews was aimed at exploring the factors associated with the QoL of family carers of PLWD and interventions aimed at improving their QoL.

**Methods:** Several health-related databases (PUBMED, Psychinfo, Google Scholar and COCHRANE) were consulted in November 2022. Nineteen systematic reviews were included, and their Methodological quality was assessed via AMSTAR-2.

**Results:** Nineteen systematic reviews published from 2014 to 2022 were included, of which three assessed the factors associated with the QoL of carers and 16 assessed the impact of interventions on family carer QoL and other outcomes. Several intrinsic and extrinsic factors associated with carer QoL were identified and included dementia symptoms and its care demands, provision of formal support, relationship quality between carer and PLWD, carer physical and mental health, positive psychological traits, and age-specific needs. Systematic reviews of interventions showed promising, yet modest and heterogeneous effects, with no one-fits-all strategy that can improve the QoL of all carers. For this reason, person-centred and outcome-focused approaches have been called for, as well as more qualitative studies exploring the negative as well as positive experiences of QoL among carers. Evidence also points out to the importance of using dementia specific QoL scales instead of generic QoL scales so that relevant caregiving aspects affecting carer QoL can be considered

**Conclusions:** Evidence suggests the need for a person-centred approach to improving carer QoL, considering individual and contextual needs as well as the continuum and progressive nature of dementia care. Future research should be focused on understanding how to best implement and measure person-centred care approaches to carer QoL, including cost- effectiveness. More qualitative studies are necessary to explore carer negative and positive experiences of QoL.

## **P25: Effects of iSupport for reducing burden and improving the mental health of informal caregivers of people living with dementia in Brazil: Results of a randomized controlled trial**

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**Background:** Most people living with dementia rely on their family members for the care and support they need. However, unpaid care can lead to multiple negative impacts on the wellbeing and mental health of carers.

**Objectives:** The Objectives of this study was to evaluate the effects of iSupport-Brasil (an online, psychoeducational program) on perceptions of burden and on the mental health of informal caregivers of people living with dementia.