

Table 1. Factors that helped and hindered carers

Helpful

Intrinsic

Humour
Spiritual beliefs
Sense of control
Being able to adapt to the situation
Personal space
Exercise/getting out

Extrinsic

Supportive friends and family
Praise for care provided
Work and supportive employer
Timely information
Relief from caring, especially at night
Supportive professionals visiting regularly
Meeting other carers in similar situations

Hindering

Intrinsic

Uncertainty
Emotional demands and impact
Fatigue

Extrinsic

Patient deterioration/pain
Patient behaviour – unpleasant, constant demands
Demands of other family members
Inadequate/substandard paid care
Insensitive/delayed professional response