# A W H IT E R O S E C O L L A B O R A T IO N R E P O R T O F A W O R K S H O P 7 th & 8 th N O V E M B E R 2 0 1 6

Fostering and sustaining UK,

multidisciplinary, familyfocused care across the lifecourse:

A W hite Rose collaboration in long-term condition management

Professor Veronica Swallow
Professor Angela Tod
Dr Joanna Smith

A p r i l 2 0 1 7

People Helping People











#### INTRODUCTION

Care of persons with long-term conditions (LTCs) is a key health-policy priority. LTCs account for 70% of health/social-care spending. In Better Value in the NHS (2015) the Kings Fund predicts that improving service quality and cost-effectiveness for people with LTCs will remain critical for the foreseeable future. International evidence indicates that LTCs in early-life can affect individuals' health and wellbeing across the life-course. A round 15 million people in England live with one or more LTCs, family members may contribute to their care and one person's LTC can impact on the whole family's health and wellbeing. Families respond differently to LTCs but family response is closely related to clinical outcomes

In 2013 the Chief Medical Officer urged professionals to 'think family at every interaction' to ensure family-health and well-being is central to multi-professional practice, and to develop innovative tools to support/promote this. Research indicates that family relationships have the potential for health-promoting effects, yet family-focused care across the life-course is not central to the NHS. Little is known about: how UK health and social-care professionals understand family-support; how family-life, family-health and social-care intersect; or what tools/interventions exist to support and promote family-focused care for those with LTCs across the life-course. Currently there is no collaboration between the White Rose universities (Universities of Leeds, Sheffield and York) in the field of family-focused care of LTCs across the life-course, yet LTC management across the life-course is an area that is a strategically important for policy and research funders. This proposed collaborative project will enable us to establish a Research Development Group (RDG) in the field of family-focused care of LTCs across the life-course. The collaboration has the potential to achieve significant short and medium-term outcomes that will bring added value to the investment in this project, and will pave the way for us to achieve important long-term outcomes to benefit families living with LTCs. The project builds on and benefits from the strengths of the three Universities bringing together LTC expertise across the life-course and creating a unique multi-disciplinary collaboration between the W hite Rose universities.

# Objectives:

- 1. E stablish a virtual, multidisciplinary R D G: 'F am ily health and social-care research across the life-course' that combines expertise in LTC research in psychology, nursing, allied health and social care in the three U niversities:
- 2. System atically review the UK literature in this area;
- 3. Harness existing links with international family
- 4. Establish a patient and public involvement (PPI) group of consumers to advise from family
- 5. Define aim s/objectives for future collaborative grant application/s around support strategies where family members have LTC/s.

# Proposed activities:

- 1. Project inception event for applicants/consumers to refine timetable and determine RDG, patient and public involvement (PPI) and early career researcher (ECR) groups' aims, objectives and milestones:
- 2. Convene a PPI group;
- 3. Develop White Rose project web-page to support  $\mbox{dissemination and demonstrate collaboration;}$
- 4 . Undertake a system atic literature review ;
- 5. Deliver a 1.5-day workshop for the applicants,
  consumers and key UK family-focused colleagues

# This report sum marises the workshop

Master Classes were delivered by:

- a. Professors K nafl and van R iper, A m erica (Conceptual/m ethodological underpinnings of international fam ily research);
- $b. \quad P\ ro\ fessor\ S\ hield\ s,\ A\ u\ stralia\ (International\ evidence\ for$   $fam\ ily\ -centred\ care);$
- e. DrOstergaard (Developing family-cardiology nursing in Denmark);
- 6. Draft funder's report and manuscript reporting review;
- 7. Define aim s/objectives/design for a grant application to begin developing/evaluating; innovative tool/intervention/s to foster and sustain family-focused LTC care across the life-course.

### W H ITE ROSE PROJECT TEAM MEMBERS

Professor Veronica Swallow, Principal Investigator (PI), Professor of Child & Family Health, School of Health care, University of Leeds;

Professor Angela Tod, Co-Investigator, Professor of Older People and Care, School of Nursing & Midwifery, University of Sheffield;

Dr Joanna Smith, Co-PI, Project Coordinator, Lecturer in Children's Nursing, School of Healthcare, University

Dr Linda Milnes, Co-Investigator & Patient and Public Involvement (PPI) Lead, Associate Professor in Children's & Young People's Nursing, School of Healthcare, University of Leeds;

Dr David Saltiel, Co-Investigator, Lecturer in Social Work, School of Healthcare, University of Leeds;
Dr Alison Rodriguez, Co-Investigator, Lecturer Child and Family Health, School of Healthcare, University of Leeds;

Professor Yvonne Birks, Co-Investigator, Co-Director of Social Policy Research Unit, University of York;
Professor Penny Curtis, Co-Investigator, Professor of Child and Family Health and Wellbeing, School of Nursing & Midwifery, University of Sheffield;
Dr Parveen Ali, Co-Investigator, Lecturer, School of Nursing & Midwifery, University of Sheffield;
Dr Jill Thompson, Co-Investigator & Co-PPI Lead,
Lecturer, School of Nursing & Midwifery, University of Sheffield;

# $\mathsf{T}\;\mathsf{H}\;\mathsf{E}\;\;\mathsf{V}\;\mathsf{E}\;\mathsf{N}\;\mathsf{U}\;\mathsf{E}$

Devonshire Hall, situated in a quiet residential area just one mile from the main University of Leeds campus; the traditional 'Oxbridge' style hall created a welcoming and friendly atmosphere for the workshop participants to engage and share ideas about family focused care.



Professor Sue Kirk, Co-Investigator, Professor of Family and Child Health, School of Nursing, Midwifery and Social Work, University of Manchester;

Professor Bryony Beresford, Co-Investigator, Co-Director of Social Policy Research Unit, University of York.

#### The team and expert presenters



# W E B P A G E

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# O R G A N IS A T IO N

 $D\ r\ Joanna\ S\ m\ ith\ w\ as\ the\ overall\ coordinator\ of\ the\ event$  with administrative support from Suky Sihra.

 $P\ ro\ fessors\ V\ ero\ nica\ S\ w\ allo\ w\quad and\ A\ n\ g\ ela\ T\ o\ d\ o\ rg\ anis\ e\ d$  the workshop program me and co-chaired the event.

Dr Linda Milnes and Dr Jill Thompson led and supported the service user and carer involvement.

# TWITTER

K ey m essages were shared using Twitter: @ U o L child nursing # C Y P U o L



THE PROGRAMME







Fostering and sustaining UK, multidisciplinary, family-focussed care across the life-course: A White Rose collaboration in long-term condition management

# A WHITE ROSE COLLABORATION PROJECT

Venue: Devonshire Hall - University of Leeds http://www.meetinleeds.co.uk/devonshire-hall

Co-Chairs: Professor Veronica Swallow (VS), University of Leeds Professor Angela Tod (AT) Sheffield University

Aims of the Workshop: To explore and discuss family focussed care across the life-course in the UK and Engage with the most recent evidence around family focussed care; Identify an action plan for a future research proposal

# DAY 1 Monday 7th November 2016 Fenton room: workshop

Byford room: registration, breakout & lunch

09.30	Coffee/Tea/biscuits on arrival	
10.00	Introduction VS / AT	
10.05	Professor Andrea Nelson, Head of School of Healthcare and Deputy Dean, Faculty of Medicine:	
	Welcome to the University of Leeds	
10.10	Setting the scene: Why Family Focussed Care political, practical and policy perspectives, aims for the two days	
	VS and AT	
10.30	THEME 1- The empirical evidence for family focussed care	
	Professor Linda Shields, Charles Sturt University, Australia The international evidence: Cochrane reviews of Family Centred Care	
10.30	2 minutes for points of clarification from audience	
10.50	Dr Joanna Smith, University of Leeds	
	Developing a protocol of a Systematic Review of Family focussed care in the UK	
	2 minutes for points of clarification from audience	
11.10	Discussion / Q&A around both presentations led by AT /VS	
11.30	Coffee / Tea	









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11.45 F	THEME 2- Models of family focussed care: Concepts, Implementation, and Evaluation Professor Kathy Knafl and Professor Marcia van Riper, University of North Carolina at Chapel Hill, US/ Family Research: Conceptual and Methodological Issues 2 minutes for points of clarification from audience  Dr Ostergaard, University of Southern Denmark Developing family-cardiology nursing in Denmark 2 minutes for points of clarification from audience			
12.15	Family Research: Conceptual and Methodological Issues 2 minutes for points of clarification from audience  Dr Ostergaard, University of Southern Denmark Developing family-cardiology nursing in Denmark			
12.15	Dr Ostergaard, University of Southern Denmark Developing family-cardiology nursing in Denmark			
2	Developing family-cardiology nursing in Denmark			
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	2 minutes for points of clarification from audience			
12.25	z minutes for points of clarification from audience			
	Discussion / Q&A around both presentations led by AT / VS			
12.45 E	Buffet lunch			
13.45 I	Introduction to afternoon session AT / VS			
14.00 \$	Small group discussions around themed issues arising from morning discussions			
14.45	Group feedback from table discussions			
15.20	Outline plans for Day 2			
15.30	Coffee/ Tea and space for talking			
16.30	Close			
17.30	Optional early dinner at Brasserie Blanc, Victoria Mill, Sovereign St, Leeds LS1 4BJ			
	DAY 2 Tuesday 8th November 2016 Evans room: workshop, breakout & lunch			
9.00	Coffee/Tea/biscuits on arrival			
9.30	Summary from Day 1 and refocus AT/ VS			
9.40 F	Kathy Knafl & Marcia van Riper			
l	Using Conceptual Frameworks to Guide Collaborative Research Endeavors			
10.00	Question Time , Expert discussion panel comprising Kathy, Marcia, Linda, Birte			
10.30	Coffee			
11.00 E	Experts' surgeries (individual appointments)			
11.50	Summing up and close VS, AT, JS			
12.00 E	Buffet Lunch			

#### PARTCIPANTS

There were 26 participants at the event from a range of backgrounds with personal and professional experiences of family-focused care across the life-course.

# Expert speakers

Professor Linda Shields	C harles Sturt U niversity, A ustralia
Professor Kathy Knafl	University North Carolina
Professor Marcia van Riper	University North Carolina
Dr Birte Ostergaard	University of Southern Denmark

# Patient Public Involvement (PPI) and Engagement Representatives

W e w ere delighted that our PPI members w ere able to attend the w orkshop, sharing their experiences, offering suggestions and adding humour to the event.

K auser Iqbal	Arthur Pitch forth
Gulaeb Ahmed	Mary Pitchforth
V al Littleton	Sim on Stones
M anoj M istry	

# Delegates

Dr Parveen Ali  Dr Anne Broedsgaard  University of Copenhagen  Professor Penny Curtis  University of Sheffield  Dr Christine English  University of Northumbria  Dr Paul Galdas  University of York  Gayle Garland  University of Leeds  Kauser Iqbal  PP I representative  Mrs Val Littleton  PP I representative  Dr Sarah Kendal  University of Huddersfield  Professor Sue Kirk  University of Manchester  Dr Linda Milnes  University of Morthampton  George Peat  Claire Pickerden  Dr A lison Rodriguez  University of Leeds  Simon Stones  PhD Student, University of Leeds  PP I representative  Professor Veronica Swallow  University of Leeds  PhD Student, University of Leeds  PhD Student, University of Leeds  University of Leeds  University of Leeds  PhD Student, University of Leeds  University of Sheffield  University of Sheffield  University of Sheffield  University of Sheffield		
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Beth Taylor PhD Student, University of Sheffield Dr Jill Thompson University of Sheffield		P P I representative
Dr Jill Thompson University of Sheffield	Professor V eronica Sw allow	University of Leeds
	Beth Taylor	PhD Student, University of Sheffield
Professor Angela Tod University of Manchester	Dr Jill Thompson	University of Sheffield
	Professor Angela Tod	University of Manchester

#### A W ARM W ELCOME

Professor Andrea Nelson, Head of the School of Healthcare and Deputy Dean, Faculty of Medicine, University of Leeds welcomed our expert speakers from the USA, Australia and Denmark to England, and all attendees to Leeds and the University. She emphasised the importance of family nursing and health care across the life-course to the School, Faculty, University, the wider HE sector and the NHS.

Andrea reinforced our goal of promoting and embedding family focused health care for people in the UK and across the life-course who are living with long-term conditions, and wished everybody a very successful and enjoyable two days.

#### Andrea noted

R esearch indicates that fam ily relationships have the potential for health-promoting effects, yet fam ily-focused care across the life-course is not central to the N H S

Until now, there has been no collaboration between the White Rose Universities in the field of family-focused care of long-term condition management across the life-course and highlighted this is an area that is strategically important for policy and research funders

There is great potential for the workshop to stimulate productive research collaborations between the W hite Rose U niversities, our colleagues in other UK and overseas universities (in particular our expert speakers and workshop delegates) and the NHS

#### SETTING THE SCENE

The workshop was co-chaired by Professors Veronica Swallow and Angela Tod.

Veronica and Angela opened the event with an introductory session on: Setting the scene: Why Family Focused Care?

Political, practical and policy perspectives, and set out the aims for the two days. They highlighted that long-term

# 1 ims

- $\bullet$  Explore and discuss family focussed care across the life-course in the U K
- Engage with the most recent evidence around family focussed care
- Identify an action plan for future research proposal/s

conditions in early-life can affect individuals' health and wellbeing across the life-course, and that around 15 million people in England live with one or more long-term condition/s so family members may contribute to their care.

This means that one person's long-term conditions can impact on the whole family's health and wellbeing and of course families respond differently to long-term conditions, yet family response can be closely related to outcomes.

Veronica and Angela highlighted that family relationships have the potential for health-promoting effects, yet because family-focused care across the life-course is not central to the NHS, little is known about how UK health and social-care professionals understand family-support, how family-life, family-health and social-care intersect and what tools exist to support/promote family-focused care for those with long-term conditions across the life-course. Finally they detailed the wider objectives for this White Rose collaboration Project (page 1).

# $\mathsf{T}\;\mathsf{H}\;\mathsf{E}\;\mathsf{M}\;\mathsf{E}\;\mathsf{S}$

The workshop presentations were grouped into two themes:

The empirical evidence for family focused care

M odels of family focused care: Concepts, Implementation, and Evaluation

Pages 7-8 provide a sum mary of the workshop presentations; the full presentations can be accessed at:

https://www.whiterose.ac.uk/collaborationfunds/fostering-and-sustaining-uk-multidisciplinary-family-focussed-care-across-the-life-course/

THEME 1-Professor Linda Shields, Charles Sturt University,
Australia The international evidence: Cochrane reviews of
Family Centred Care

Linda set the scene for our workshop by describing a Cochrane Review on family centred care (FCC) for hospitalised children aged 0-12 years that she led in 2012. Inclusion criteria were: Randomised controlled trial (RCT), children aged 0-12 years and admitted to hospital where a FCC intervention was reported to be implemented. The FCC score assessed using a recognised tool needed to be > 26. Types of intervention could include:

- Environmental interventions as evidenced by collaboration with the family and/or child in the design or redevelopment of facilities;
- Family-centred policies, which may include open visiting hours for siblings or extended family, and parent participation in their child's care to the extent they choose. Communication interventions could include parental presence and participation at daily interdisciplinary ward rounds and family conferences to plan future care, developing collaborative care pathways where both parent and/or child and health carer document issues and progress;
- Educational interventions could include structured educational sessions for
  parents of technologically dependant children, programs to equip staff to
  provide care within a family-centred framework, and preadmission programs:
- Family support interventions such as flexible charging schemes for poor families, referrals to other hospital or community services.

16 studies were included (1 x Cochrane review, 1 x quasi experimental study and 14 x qualitative studies). Quality was assessed using Cochrane Risk of Bias assessment tools. In conclusion Linda explained that parents wish to participate in their hospitalized child's care. However the nature and extent of this involvement has to be negotiated on an individual family basis.

Although it appears that nurses and other health care professionals have a reasonably good understanding of the elements that constitute family-centred care, incorporation of these into practice is not uniform. The difficulty is that the change requires challenging professional power.

# Reference:

SHIELDS, L., ZHOU, H., PRATT, J., TAYLOR, M., HUNTER, J. &
PASCOE, E. 2012. Family-centred care for hospitalised children aged 0-12
years. Cochrane Database Systematic Review.

THEME1-Dr Joanna Smith: Sum marise and synthesise findings of systematic reviews of family-focused care and related terms

Jo is leading the review with support from Information Specialists in Leeds
Institute of Health Sciences at the University of Leeds and began by
outlining the questions guiding the review:

- 1. How is family-focused care (FFC) defined?
- 2. What other constructs are related to FFC, specifically FCC, family-focussed practice (FFP) and family-centred practice FCP?
- 3. What models of FFC exist across the life-course in health & social care to support people with long-term conditions within the UK?
- 4. What interventions, if any, have been developed to support FFC across the lifecourse for people with long-term conditions?
- 5. What is the evidence that FFC interventions to support people with long-term conditions across the life-course are cost and clinically effective?

Jo explained that the working definition guiding this review is:

Family-focused care is an approach to care delivery, whereby health professionals respect and respond to the needs of the patient and their family as a complete unit, recognising the family role in supporting and being involved in care.

Inclusion criteria, studies:

- A cross the life-course adults and children with a long-term condition;
- That have evaluated: 1) Family-focused care; 2) Family-centred care; 3) Family-centred practice; 4) Family-focused practice in relation to:
  - Interventions (for example family therapy, support, counseling, education)
  - Family experiences and perspectives;
  - Health or social care professionals' experiences and perspectives;
- A cross health and social care contexts.

The next stages of the review were outlined:

- Finalise review protocol, publish in PROSPERO and develop screening tool & data extraction template;
- Undertake review & disseminate findings in a high impact journal;
- Develop a data base of published research on family-focused care & related terms;
- $\bullet \quad \quad I\,d\,e\,n\,tif\,y\ p\,o\,s\,itio\,n\ o\,f\,fa\,m\,il\,y\,-fo\,c\,u\,s\,e\,d\,\,c\,are\,in\,the\,\,U\,\,K\,\,fa\,m\,il\,y\,\,;$
- Set objectives for future collaborative grant application/s around support strategies for long-term conditions.

THEME 2: Professor Kathy Knafl and Professor Marcia van Riper,
University of North Carolina at Chapel Hill, USA Family Ties:

A Discussion of Strategies for Building a Research Cooperative

Kathy and Marcia drew on their own family research that is widely cited in the literature to explore and discuss two potential strategies for us to consider as we build a UK research cooperative:

#### Strategy 1 - Identify an Organizing Fram ework

Drawing on examples such as the Self and Family Management Framework (Grey et al 2014), in particular viewing environment as a facilitator or barrier, and considering family outcomes, they suggested that a general organizing framework can:

- · Foster positioning of each member's research in the context of the group;
- Highlight underlying shared interests;
- A ccommodate a broad spectrum of family research interests;
- Encompass multiple health challenges and methodological approaches.

#### Strategy 2 - Shared M easures of Family Functioning:

The National Institute of Health (NIH) definition of common data elements (CDEs) is 'a data element that is common to multiple data sets across different studies' (http://www.nlm.nih.gov/cde; National Institutes of Health, 2014 a, b).

C D Es are generated from the same set of instruments used to consistently measure a set of concepts of interest to many researchers. Comparison of data across studies is more accurate and relevant when researchers are investigating questions using the same data elements and measures.

Reviews of Established Self-Report Measures of Family Functioning include:

- Family Assessment Device (FAD)
- Family Assessment Measure (FAM)
- Family Relations Index (FRI)
- Family Environment Scale (FES)
- Self-Report Family Inventory (SFI)
- Family Adaptability and Cohesion Evaluation Scale (FACES)
- Systemic Clinical Outcome and Routine Evaluation (SCORE)
- Family APGAR (APGAR)
- Feetham Family Functioning Scale (FFFS)
- M cCubbin Framework Scales (M cCubbin)

 $D \ is cussion \ focused \ on \ the \ w \ ays \ in \ w \ hich \ this \ W \ hite \ R \ ose \ collaboration \ can \ go \ forward \ to \ shape \ our \ strategy$ 

THEME 2 - Dr Ostergaard, University of Southern Denmark

Developing family-cardiology nursing in Denmark

B irte outlined a recently completed study she led in Denmark that aimed to study the effect of two methods of treatment for heart failure;

- \* Conventional treatment with referral to heart failure clinics;
- Family Focused Nursing as supplement to conventional treatment of outpatients in heart failure clinics.

#### Primary outcomes

Health Related Quality of Life at 3 months, 6 months and 1 year follow-up

#### Secondary outcomes

 $Self-care\ behavior\ (self-care,\ fam\ ily\ resources,\ self-efficacy\ and\ depression)$   $T\ im\ e\ to\ occurrence\ of\ read\ m\ ission$ 

Time to occurrence of readmission for heart failure

468 consecutively enrolled patients were randomly allocated to two groups by external web-based randomization and stratified for affiliated center and NYHA-classification

Family interventions used included: CFAM - Calgary Family Assessment
Model

B irte explained that so far she has presented the study at six international conferences and an abstract was submitted to the next International Family Nursing Conference in Spain 2017 to present the results regarding the primary outcomes about health related quality of life. The first article regarding validity and reliability of the Danish version of the European Heart Failure Self-care Behaviour scale was recently published:

#### Reference:

Ø S T E R G A A R D , B ., M A H R E R - I M H O F , R ., L A U R I D S E N , J . &

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item European Heart Failure Self-care Behavior Scale. Scandinavian journal of caring sciences.

#### KEY MESSAGES FROM GROUP DISCUSSIONS

Discussion points from the PPI group led by Linda Milnes and Jill Thompson with Val Littleton, Kauser Iqbal, Manjoi Mohammed, and Gulaeb Ahmed included:

- Differences exist within and across families and change over time so a responsive approach is needed;
- Carer's role very important and the ideal is a model where the carer is at the centre of care with the 'patient';
- Changing levels of responsibility by carers exist and it is important to recognise that there can be resentment in families against the person who is the 'main' carer;
- Isolation of carer a big factor seeking support for them selves within the community and online, how can this isolation be reduced?
- Family dynamics need to be redefined with individual families regularly as circum stances change;
- There is a need for regular reviews of care and carers;
- The impact of the geographical positions of family members who are involved in family management:
- The impact of caring for someone is often under estimated or not recognised creates ill health and stress;
- Who supports the carer whose employment options /income may be restricted by caring responsibilities;
- Families/carers may go outside of the family for support if a PA is being employed for example 'Carers Leeds'?
- Important to educate health professionals on how to help carers signpost to available groups;
- Regular definition and re-definition of family; Think about looking at family as a unit with all their health needs
- To tackle the above we need to be reflexive practitioners and researchers and challenge any spoken or un-spoken assumptions about FFC that may exist.

# Core principles of reflexive Family Focused Practice:

- $\bullet \qquad \quad B \ a \ s \ e \ d \quad o \ n \quad s \ o \ u \ n \ d \quad a \ s \ s \ e \ s \ m \quad e \ n \ t \ ;$
- Participatory practice/research;
- Empowering and reflexive;
- Services that are scalable, affordable and
  sustainable:
- Whole systems approach can't just be patchy activity, need to link with relevant services/processes.

# Assumptions about Family Focused Practice include:

- Family is an appropriate 'unit of care';
- Everybody has a family;
- Family will be able to help;
- Family intervention/care/focused care will be positive;
- The family environment is good/nurturing
- Family is safe and benevolent;
- Home is the best place for someone with long-term conditions.

# Questions to be addressed:

- What dowe mean by family?
- How dowe reduce isolation and/or stigm atization of carers and promote their choice, dignity and privacy?
- W hat are fam ily mem bers' perspectives of fam ily focused practice and knowledge of existing local support?
- How is community care integrated into family focused care?
- How to respond to changes to family units, e.g. increase in the geographical dispersion of family members?
- What might be the unintended consequences of family focused care?
- How to manage assumption that siblings will automatically take on the caring role at age 18 and/or resentment from children over parents' caring role?
- How do we promote being a reflexive family focused practitioner whilst resources are being reduced?
- How can assumptions about family focused car be addressed; for example where there are issues of mental capacity.

## Criticisms of Family Focused Care include:

- It is about shifting responsibility from professionals to family who are already fatigued by care
- Family focused care involves making people's narratives public:
- At extremes of the life-course for example for
  old/young people, those with/without capacity, it is
  easier to be clear about who makes decisions and
  how family focused care can make a contribution. It
  is less clear for those at other stages;
- If we assume fam ily focused care is 'a good thing'
  and orientate care in a fam ily focused care way,
  there is a risk of inequality; those without fam ily or
  with challenging fam ily may struggle to access care;
- W here safeguarding issues em erge fam ily focused care m ay be complex;
- Family focused care should be empowering but need to make sure that services are there to respond to action taken by families.

# Challenges of Family Focused Care include:

- How to deal with conflicting needs/goals/views
   within the family and how that is accounted for in family focused care;
- Incorporating social and political influences on health and wider determ inants;
- Family focused care may mean challenging some coping behaviors that emerge from underlying attitudes and values e.g. privacy, protecting independence, preserving dignity. Interfering with these may have adverse consequences;
- Family focused care may uncover conflicts e.g.
   protecting rights of the individual versus family,
   changing power dynamics, communication and
   information sharing between patient/family. Where
   issues of mental capacity apply this is more
   complicated;
- Balancing risks / benefits of family focused care and
  moral judgments by society/professions/services for
  example obesity.

# W O R K S H O P S U M M A R Y

The workshop has paved the way for the project team to begin defining aims, objectives and research designs for future grant applications in order to consider how best to develop/evaluate innovative tool/intervention/s to foster and sustain family-focused LTC care across the life-course.

Feedback from the workshop highlights the value of a collaborative venture such as this, e.g. one participant said:

Thank you for inviting me to attend the workshop: it was excellent and very inspiring to be part of the discussions. Very keen to be involved in any way that is appropriate-lots of food for thought. So good to see everyone and make those connections too. Well done to you and your team for the friendly feel and efficient organisation of the event.

# Future actions include to:

Identify: a unifying framework, core measures, a data sharing strategy, creative dissemination methods, and ways to maintain contact with international experts and lay representatives and a mechanism to share research ideas and identify priorities.

# Building on the workshop we have created:

A 'virtual' international group of family-focused researchers and educators to begin addressing key research questions that we identified during the workshop

A group of interested and experienced service users and carers w ho w ill guide and advise us and collaborate on future project

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