

WHO iSupport for Dementia: What are the best practices for cultural adaptation?

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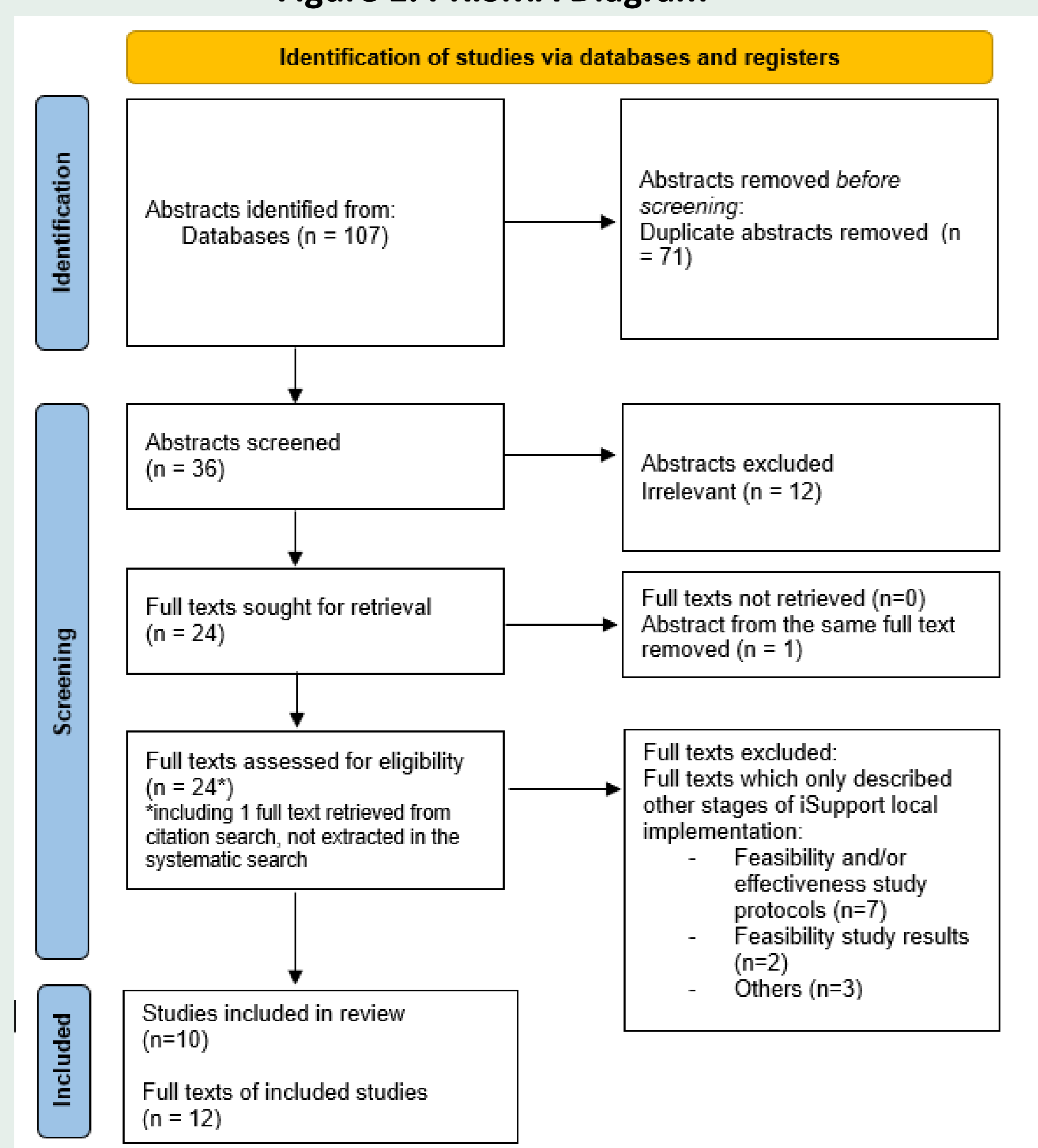
Background

Dementia is a global health problem with an enormous cost of unpaid care. Families provide most of the care for people living with dementia, and this sometimes negatively impacts carers' wellbeing and relationships. As part of the Global Action Plan on the Public Health Response to Dementia, the World Health Organization (WHO) has produced iSupport for Dementia (iSupport), a self-paced online training programme for carers, which can be adapted for use in different countries (iSupport for Dementia, 2019). This review examines the adaptation processes in different countries, in order to explore best practices and provide recommendations for countries planning to adapt iSupport.

Methods

For this scoping review, a systematic literature search was conducted to obtain papers describing studies on iSupport adaptations. The results are reported using the Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) guidelines, as shown in Figure 1.

Figure 1. PRISMA Diagram



Results

Twelve iSupport adaptations were identified and examined using the Cultural Adaptation Process framework (Domenech-Rodriguez, 2011). Most of the studies used a co-design approach involving usually adult female informal carers and health or social care professionals to adapt iSupport, except one UK study which focused on adapting the iSupport for young carers. Suggestions and preferences for website additional features differ across the countries. However, most countries suggested adapting the language, content, and design of iSupport to better reflect the local culture and adding an integrated carer network, as presented in Table 1. Besides that, other suggestions were to add educational videos, search functions, ability to change website font and background colours.

Table 1. Suggestions for changes

Study	Local recommendation for changes to the website			
	Language	Content	Design	Integrated Carer Network
Australia (English) Xiao, et al (2021)				✓
Australia (Chinese) Xiao, et al (2022)		✓		
Brazil Monteiro, et al (2022)	✓	✓	✓	
Greece Efthymiou, et al (2022)		✓		✓
India Baruah, et al (2020) & (2021)		✓		✓
Indonesia Turana, et al (2023)	✓	✓	✓	✓
Portugal Teles, et al (2021a) & (2021b)	✓	✓	✓	✓
Spain Molinari-Ulate, et al (2023)	✓	✓	✓	
Switzerland Messina, et al (2022)				✓
UK Masterson-Algar, et al (2023)	✓	✓	✓	✓

Implications

iSupport is a versatile instrument adaptable for family carers living in different settings across the world. Informal carers should be involved early in the adaptation process to ensure iSupport can meet their needs.

Acknowledgement

The main author (Tara Sani) would like to thank HOPE Foundation for Research on Ageing for their scholarship.