

## Formal Carers Perspectives towards Providing Care for Older People with Dementia in Residential Aged Care Facilities in Sri Lanka

DMV Ariyaratne<sup>1#</sup>, NA Wickramarathne<sup>1</sup>, HMSDB Herath<sup>1</sup>, HSMSK Wijesiri<sup>1</sup>, and S Rathnayake<sup>2</sup>

<sup>1</sup>Department of Nursing and Midwifery, Faculty of Allied Health Sciences, General Sir John Kotelawala Defence University, Sri Lanka

<sup>2</sup>Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya, Sri Lanka

#vinaliariyaratne2001@gmail.com

Formal carers in residential aged care facilities (RACF) provide care to dementia patients, aiming to improve their quality of life and promote independence. However, they may encounter challenges and barriers in their work. This exploratory qualitative study investigated the experiences of formal carers in RACF in Sri Lanka, identified the carers' needs, barriers and challenges, and explored strategies to enhance person-centered care provision for older individuals with dementia living in RACF. Formal carers caring for older people with dementia in RACF in the Kesbewa area of Colombo District, Sri Lanka were purposively selected. Data was collected, until data saturation, through in-depth interviews with 12 formal carers who had experience in providing care for people with dementia for at least six months. The data was analyzed using thematic analysis. The results consisted of 5 main themes: (1) psychological distress due to lack of emotional support and time constraints during the provision of care, (2) boundaries encountered by formal carers during care provision of dementia residents at a RACF, (3) educational and other supportive needs of formal carers to improve care provision of dementia residents at a RACF, (4) positive resilience and fulfillment of formal carers in dementia care, and (5) improving quality of care by addressing carers' working conditions and environment of the facility. The study highlights the need for comprehensive support systems and training programs for Sri Lankan formal carers to improve the quality of care for older dementia patients.

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