

Adapting iSupport

Brief information sheet

Thank you very much for your interest in the iSupport tool and its different versions. We are aware that these versions might need to be further adapted to suit the needs of other particular groups of adult and/or young carers.

We welcome any adaptations, and we would love to hear from any research group or organisation that is thinking about carrying one out. Please get in touch (see contact details below).

If you do carry out an adaptation we would appreciate it if you acknowledged our work by adding the following sentence (or similar) to your version:

This version of iSupport is based on [name of iSupport version that you are adapting (e.g., iSupport for Young People)], a version developed by [XXX et al.]

Important things to consider:

The process you follow to carry out your particular adaptation will depend on the characteristics of your target group. However, here are some general co-design methodological recommendations that you might want to consider:

- Start the process by carefully defining your target group, its characteristics and identified needs.
- Carry out a review of other support tools currently available for your target group.
- Recruit relevant participants
 - 5-10 people that belong to the target group
 - 5-10 professionals with experience of working closely with the target group
- Think carefully about how you will collect participants' feedback. Consider time and effort and offer a wide range of ways in which feedback can be provided. For example:
 - Written – tailored made workbook
 - Spoken – face to face online or in person 1-1 conversations
 - Group discussions (in person/online)
- Make sure the individual feedback is followed up by group discussions. For example, in the form of a co-design participatory workshop.
- Complete two rounds of feedback. In other words, allow participants to provide feedback on the original version and also on an initial pilot version produced as part of that feedback.

Whether you are a researcher, health professional, a carer or a person living with dementia we would love to hear from you.

Below is a list of relevant publications with more information on the different versions of iSupport:

[iSupport for Young Carers: An Adaptation of an e-Health Intervention for Young Dementia Carers](#)

Masterson-Algar P, Egan K, Flynn G, Hughes G, Spector A, Stott J, Windle G. *Int J Environ Res Public Health*. 2022; 20(1):127. doi:10.3390/ijerph20010127

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