

Appendix 1

Search Strategy

PICO Framework used to develop systematic review

- P (Participants): Unpaid ageing carers (65+ years old)* for people with LD in the UK
- I (Intervention): Any interventions addressing physical and mental wellbeing of ageing carers for people with LD
- C (Controls): No intervention
- O (Outcomes): Primary Outcome: Identifying the physical and/or mental health wellbeing needs of ageing carers of individuals with LD e.g., physiological needs (e.g. age-related disease onsets, age related physiological issues such as arthritis or joint replacements, raised blood pressure and raised blood glucose level), Psychological needs (e.g. poor mental wellbeing including stress, depression, financial worries, fear of the future and anxiety), Social needs (e.g. social isolation, lack of new friendships, sense of belonging)

Secondary Outcomes:

Identifying interventions available to address the needs identified in the primary outcomes, including the facilitators and barriers affecting access, and the outcomes for service users, including personal, social, wellbeing, and health-related outcomes. Facilitators and barriers to accessing interventions may include: availability of interventions, awareness of available resources, concerns regarding the care needs of the individual they are caring for, provision of respite, finances and transport.

*Further criteria will be set in the advanced search terms to participants aged 65 and over and 80+.

Search terms

- o Line 1: carer* OR caregiver OR care-giver OR "care giver" OR care-provider OR "care provider"
AND
- o Line 2: UK OR United Kingdom OR England OR Wales OR Scotland OR Northern Ireland
AND
- o Line 3: intellectual disabilit* OR learning disabilit*
AND
- o Line 4: aging OR ageing OR older OR old
AND
- o Line 5: wellbeing OR well-being OR "mental health" OR "physical health"
AND
- o Line 6: intervention OR support