

Appendix 1:**Search Strategy**

PICO Framework used to develop systematic review

- P (Participants): Unpaid carers aged 65 and over for individuals (adults; aged 40+) with learning disabilities (LD) who are in a mutual care relationship i.e., the individual with LD is also assuming a caring role for the ageing carer, within the UK.
- I (Intervention): Any intervention that supports mutual caring
- C (Controls): Any non-mutual caring interventions or no interventions for the participant group.
- O (Outcomes): *Primary Outcome:*

Knowledge synthesis of the impact of mutual caring on the physical and mental wellbeing of both ageing carers for individuals with learning disabilities as well as individuals with LD who have assumed a caring role, within the United Kingdom including:

1. Physiological impact (e.g. rate of co-morbid disease onsets, rate and/or progression of age related physiological issues such as arthritis or joint replacements, changes in blood pressure and/or blood glucose level)
2. Psychological impact (e.g. mental wellbeing including stress, depression, financial worries, fear of the future and anxiety. These can be self-reported or measured using psychological assessment tools such as the Warwick-Edinburgh mental wellbeing scale (WEMWBS) and the Hospital Anxiety & Depression scale (HAD))
3. Social impact (e.g. social isolation, lack of new friendships and/or sense of belonging and/or independence)

Secondary Outcomes:

Knowledge synthesis of the interventions available to support mutual caring, including the facilitators and barriers affecting access, and the outcomes for service users, including:

1. Physiological support (e.g. any reported changes in age-related disease or physiological issues, blood pressure and/or blood glucose level, provision of external support e.g., walking aids, support workers, physical rehabilitation.)
2. Psychological support (e.g. any reported changes in mental wellbeing including stress, depression, financial worries, fear of the future, anxiety and perception of care providers. These can be self-reported or measured using psychological assessment tools)
3. Social support (e.g. any reported changes in social isolation, friendships and/or sense of belonging and/or independence).

Facilitators and barriers to accessing interventions may include: availability of interventions, awareness of available resources, how services and service providers are perceived, trust of the service user in the service provider, concerns regarding the care needs being met, concerns that care will be transferred outside of the home, issues with finance or transport.

Search Terms

- Line 1: carer* OR caregiver OR care-giver OR "care giver" OR care-provider OR "care provider"
AND
- Line 2: UK OR United Kingdom OR England OR Wales OR Scotland OR Northern Ireland
AND
- Line 3: intellectual disabilit* OR learning disabilit*
AND
- Line 4: aging OR ageing OR older OR old
AND
- Line 5: mutual* OR reciprocal OR co-car* OR "cocar*" OR codependen* OR co-dependen*
AND
- Line 6: intervention OR support