

Development and feasibility of the CARE app to improve dementia awareness, research engagement, and service knowledge among ethnically diverse communities



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INTRODUCTION

Dementia disproportionately affects Black and Asian communities in the UK, yet barriers to information, support, and research participation remain. The CARE app is a co-designed, culturally tailored digital intervention developed to improve dementia awareness, research understanding, and knowledge of support services among diverse ethnic communities. The project stems from the existing CARE Network which longitudinally explores the health and wellbeing of individuals from ethnically diverse communities and faith groups.

METHODS RESULTS CONCLUSIONS REFERENCES

Study design: Mixed-methods feasibility study.

Intervention and app development based on:

- Co-development Public and Patient Involvement (PPI) sessions with adults from diverse ethnic communities guide the app's cultural relevance, design, and content.
- Ongoing Scoping Review
- CARE Network data analysis

Feasibility study: 50 adults aged ≥40 years from diverse ethnic communities will complete a 4-week educational intervention delivered through the CARE app.

Outcomes: Feasibility and usability of the app will be assessed through:

- Modules completion and interaction with the app
- Focus groups, System usability, likert scales
- Pre-post dementia knowledge questionnaires

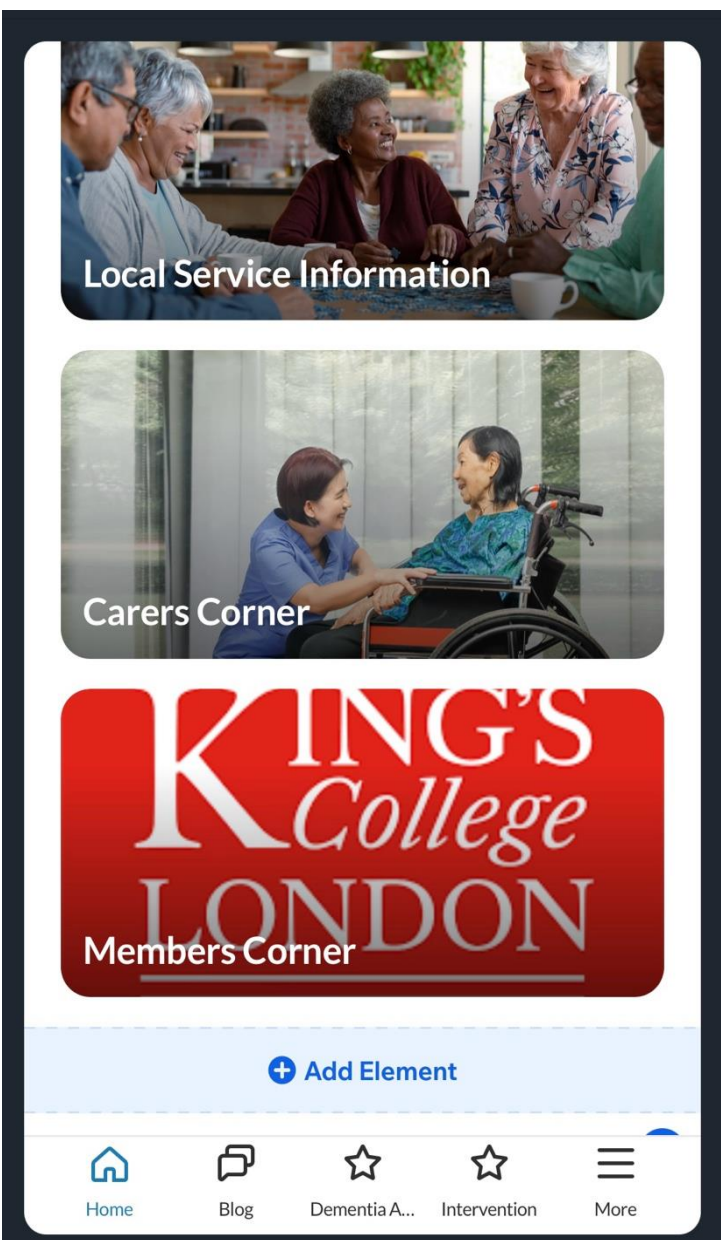
CARE Network QR



Co-development PPI sessions

Sessions feedback (n=30 volunteers)

- Practical educational information
- Multilingual content/resources
- Carer support information and lived experience stories
- Cultural and faith considerations to me integrated throughout the app content



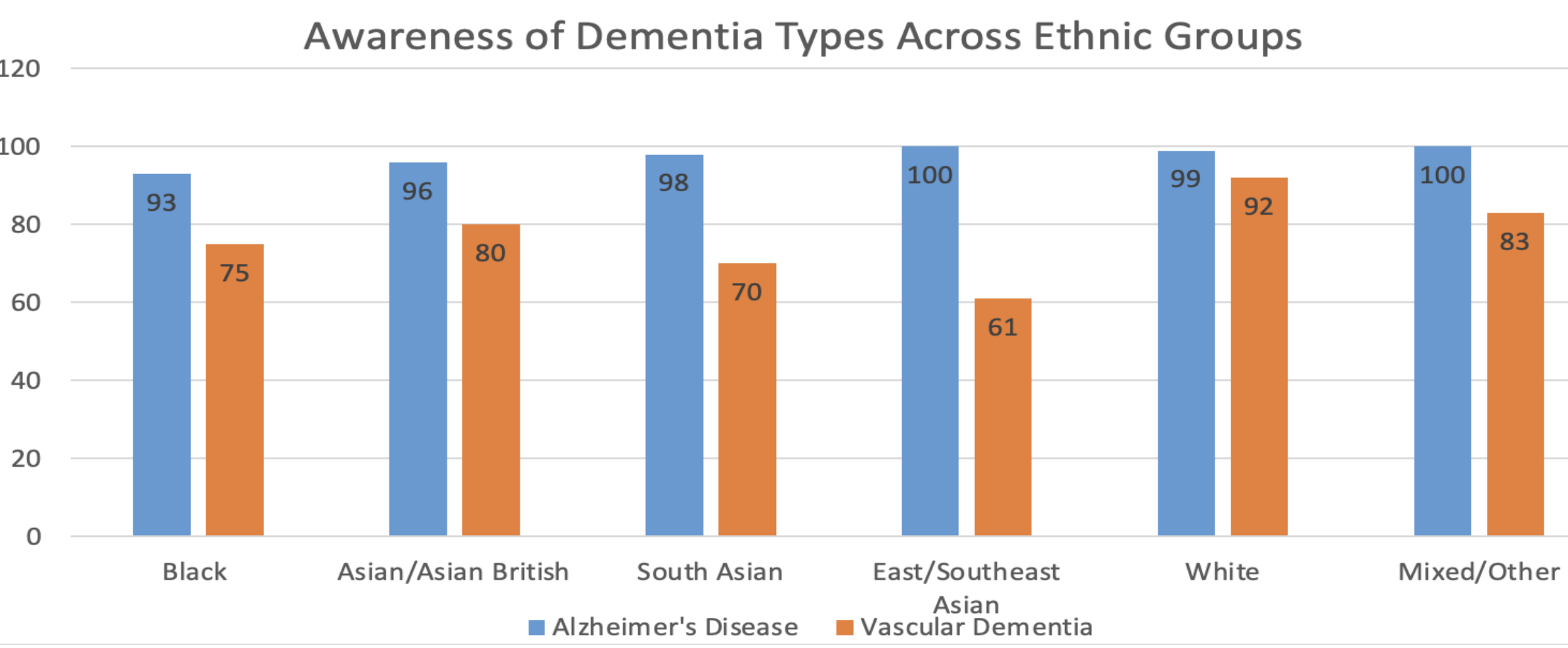
Evidence-informed development

Scoping review: How effective are digital interventions in improving dementia knowledge and awareness across diverse ethnic communities.



Only 6 eligible studies were identified, highlighting the limited evidence available to inform culturally tailored digital dementia interventions for ethnically diverse communities.

CARE Network data: Exploring dementia awareness and research understanding across diverse ethnic communities (n=462). Participants demonstrated significantly greater awareness of Alzheimer's disease than vascular dementia across ethnic groups (p = .002).



The CARE app has been co-developed with ethnically diverse communities to ensure cultural relevance, acceptability, and accessibility. Preliminary findings demonstrate important disparities in dementia awareness and highlight the limited evidence available to support culturally tailored digital interventions. These findings reinforce the need for community-informed approaches to improve dementia knowledge and engagement with research.

The upcoming feasibility study will evaluate the CARE app's usability, acceptability, and potential to improve dementia awareness, informing future implementation and scalability across diverse communities.

KEY TAKES

- Limited evidence** base highlights the need for culturally tailored digital dementia interventions.
- CARE Network data (n = 462)** demonstrated differences in dementia awareness
- Community co-development** ensured the CARE app reflects the needs and preferences of ethnically diverse communities.
- The feasibility study** will evaluate the CARE app's acceptability, usability, and potential to improve dementia awareness and support future implementation.

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