



17-20
Dicembre
2025
Napoli

70° CONGRESSO
NAZIONALE
SIGG
LIBERI E LONGEVI

Università degli
Studi di Napoli
Federico II
Polo Didattico
di **SCAMPIA**



ICare.IT – AvereCura: uno studio longitudinale sul benessere fisico, psicologico, relazionale e lavorativo dei caregiver familiari delle persone con demenza

Francesco Palmese

Department of Medical and Surgical Sciences, Alma Mater Studiorum-University of Bologna, Bologna, Italy.

Department of Primary Health Care, Internal Medicine Unit addressed to Frailty and Aging, AUSL Romagna, Ravenna, Italy

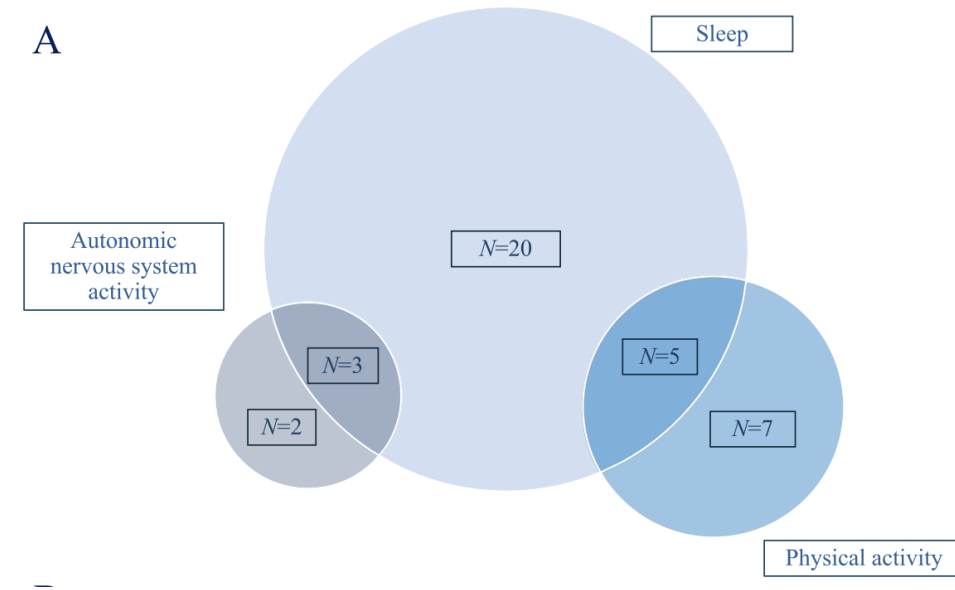


ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA
CAMPUS DI RAVENNA



Background

- Informal caregivers of people with dementia play a crucial role in maintaining autonomy levels and minimizing disease progression of their care-receivers.
- The care and assistance activities may cause high rates of psychological distress and morbidity.
- Digital biomarkers assessed through wearable sensors are increasingly used to assess several outcomes in geriatric care (although their use is still not systematized)
- Few are the evidence on wearable sensors and caregivers, especially those caring people with dementia



Aim

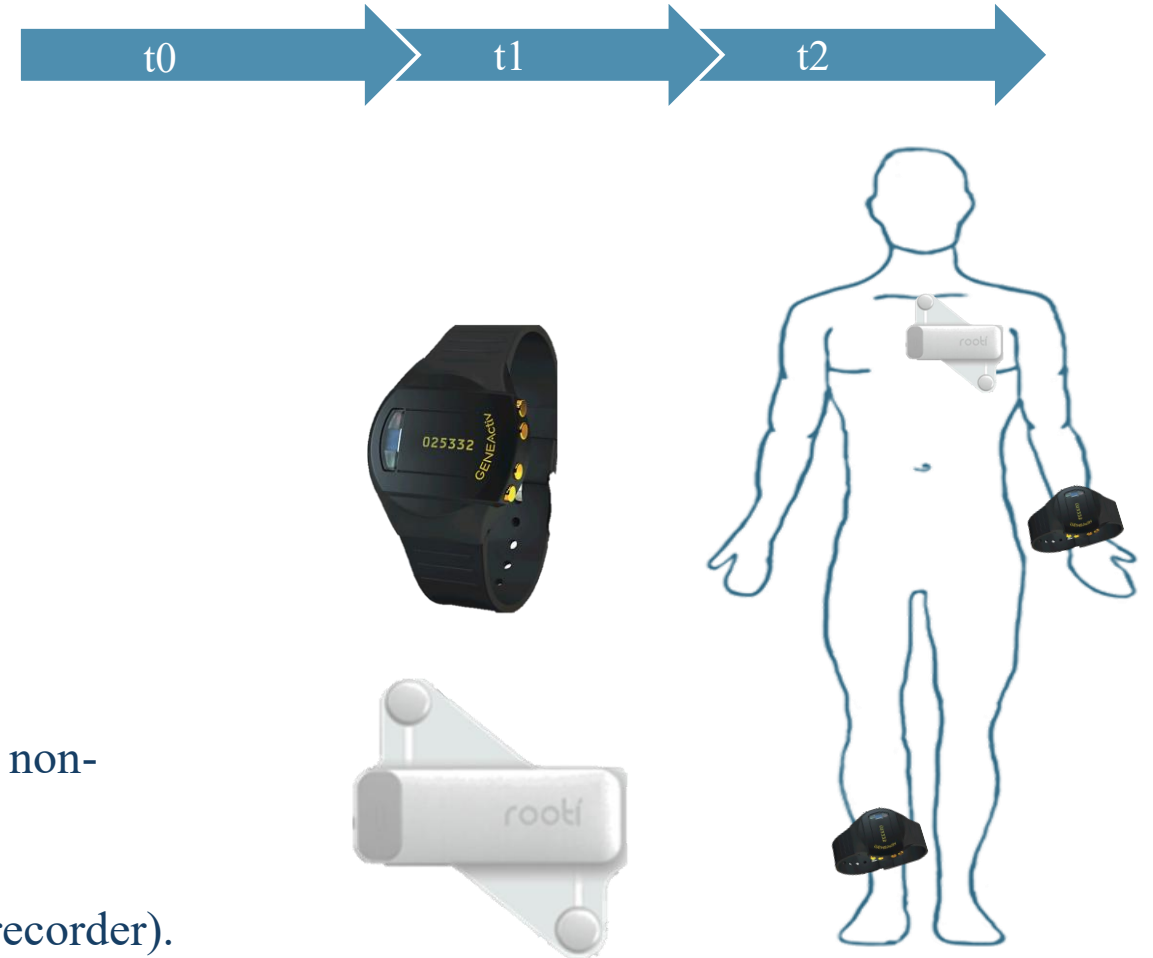
to evaluate cross-sectional and longitudinal associations between objective measures related to sleep, physical activity, autonomic nervous system activity, and subjective measures on burden of care, quality of life, functional status, and well-being in informal caregivers of people with dementia.

Subjective measures

- burden of care (Zarit),
- quality of life (EuroQoL-5D)
- perceived social support (MSPSS)
- anxiety and depression (HADS)
- sleep quality (PSQI)

Objective measures

- sleep and physical activity (3-axial acceleration sensors at the non-dominant wrist and at the contralateral ankle)
- heart rate (chest patch electrocardiographic Holter and event recorder).



Preliminary results

- t0 n = 123 → 90% of participants agreed to complete t1
- 80% women; median age 60 years; 45 hours of care per week
- 83% low social support
- 50% moderate–severe caregiver burden
- 50% anxiety and depressive symptoms: daughters/female spouses
- 60% poor sleep quality: daughters/female spouses
- ↑ burden ↑ anxiety and depression scores
- ↑ burden ↓ quality of the care receiver–caregiver relationship
- Overall experience with the sensors (median 9/10)
- Over 65 years old: higher acceptability

