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Author: Nan Greenwood Raymond Smith

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Highlights

- Older carers play a vital role in supporting others, often spouses with dementia.
 - Being an older carer does not necessarily have a negative impact .
 - More research is needed to determine if older and younger carers' experiences differ.
 - Exploration of the experiences of older carer and cared-for dyads is needed.
 - Including older carers in research may enhance study design and relevance.
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The oldest carers: a narrative review and synthesis of the experiences of carers aged over 75 years

Nan Greenwood* and Raymond Smith

Faculty of Health, Social Care and Education, St George's University of London and Kingston
University, London, UK

*Corresponding author

Dr Nan Greenwood

Faculty of Health and Social Care Sciences,

St George's University of London,

Cranmer Terrace,

London UK

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