"Caregiving for someone experiencing ESRD and dialysis treatment can be challenging.

The ECARIS project has enabled me to obtain new information and skills – helping me to manage my levels of stress.

For me, knowledge is powerful and because ECARIS supports me in learning more about ESRD and dialysis treatment, alongside the different aspects of caregiving, I feel more confident about my new role and my overall understanding about my father's condition."

The ECARIS Project focuses on supporting family caregivers and professionals working with the caregivers of patients with kidney disease at the terminal stage.

Through developing educational activity programmes on topics such as nutrition, administration of medicines and physical activity, the ECARIS project is helping caregivers manage their care situations.

The project has also conducted a large amount of research – carrying out interviews and focus groups which enable caregivers to share their emotions and feelings whilst also being supported by others in their situation.