

Memory Care

- Offers treatment and support for families affected by Alzheimer's and other cognitive impairments
 - Other cognitive impairments: Vascular dementia, Frontotemporal dementia, Lewy Body dementia*
- Innovative, community-based model: includes support for the caregiver(s) as much as the patient
- Offers education programs such as Family Caregiver College (series of 6, 2-hour lectures), Caregiver Workshops, Support Groups, Caregiver Library

Dementia Caregiver Interventions

- Multi-dimensional intervention methods:
 - Problem solving, coping skills training, behavior management training, support groups, cognitive-behavioral therapy³
- Some have incorporated adult day care activities, physical exercise, and teaching caregivers how to provide memory training for care recipients²
- Most frequently studied outcome in caregiver intervention studies: depressive symptoms³
- Various interventions have shown reductions in:
 - Symptoms of depression, anxiety, anger, hostility, quality of life, life satisfaction, mood, perceived stress/burden^{2,3}
 - Residential care placement, patient functional status, service utilization^{1,3}
- Interventions with positive effects on various outcome measures included:
 - Involvement of the patient in addition to the caregiver in a structured program, such as teaching the caregiver problem-solving skills in the care of the patient¹
 - More structured and more intensive interventions, especially ones that require active participation of the caregiver¹
- Unsuccessful interventions included:
 - Short educational programs, support groups alone, single interviews, and brief interventions or courses that did not offer long term contact¹

Research Questions

- 1) What resources are most commonly used by caregivers enrolled in MemoryCare and how effective are they at reducing caregiver stress?
- 2) What resources may caregivers be interested in getting more information about?
- 3) What is the association between caregiver stress and (a) the severity of dementia in loved one and (b) caregiver resources used?

Methods

- Developed and administered a survey on resource use among caregivers of family members with dementia (n=17)
- Concurrently administered the Kingston Caregiver Stress Scale (n=17)

Preliminary Results

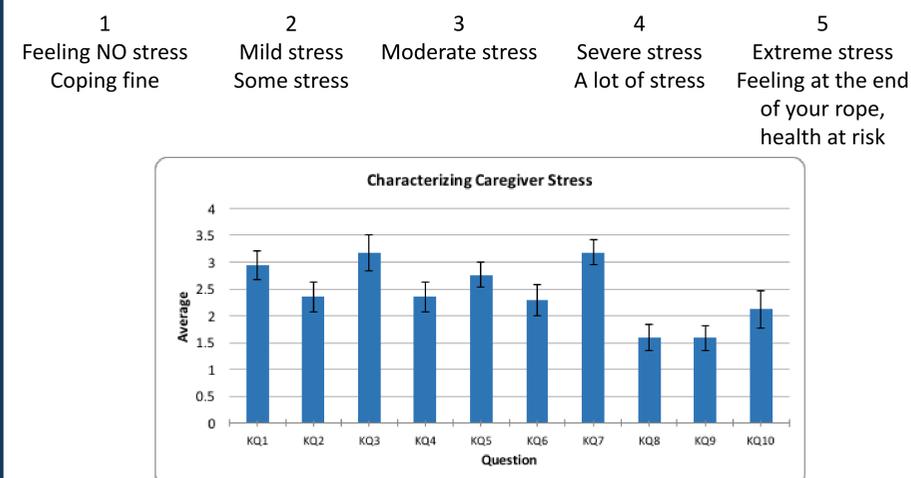


Figure 1: Characterizing Caregiver Stress. Questions with the highest average score on the stress scale were changes in social life (KQ3) and concerns regarding the future care needs of loved one (KQ9).

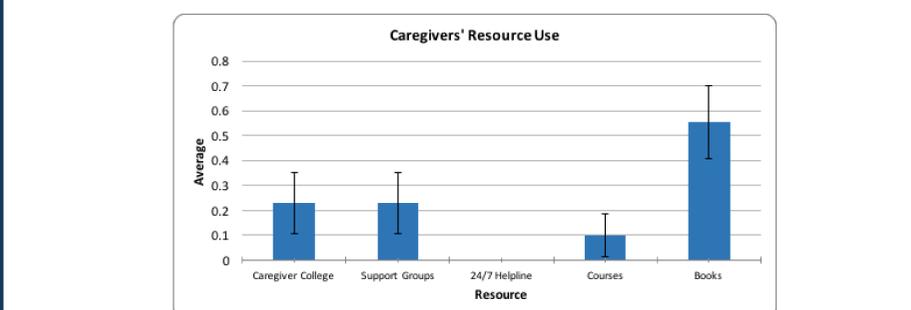


Figure 2: Caregiver Resource Use. The resource with the greatest average use were Books on Caregiving (CRS_5a). The Alzheimer's Association 24/7 Helpline (CRS_3a) was not used by any caregivers sampled.

Preliminary Results

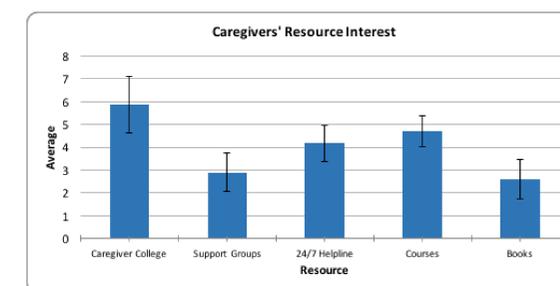


Figure 3: Caregiver Resource Interest. Caregivers were most interested in participating in Caregiver College, while they were least interested in information regarding Support Groups.

Caregiver Resources Survey

1. Have you participated in Caregiver College at MemoryCare?
 - a. Yes
 - b. No
 - c. If yes, how effective would you say it was at helping to reduce stress associated with caregiving? (1 = not effective; 10 = extremely effective)
 - d. If no, how interested are you in participating in Caregiver College? (1 = not interested at all; 10 = extremely interested)
2. Have you participated in any Support Groups for Caregivers?
 - a. Yes (where?) _____
 - b. No
 - c. If yes, how effective would you say it was at helping to reduce stress associated with caregiving? (1 = not effective; 10 = extremely effective)
 - d. If no, how interested are you in participating in Support Groups? (1 = not interested at all; 10 = extremely interested)
3. Have you used the Alzheimer's Association 24/7 Helpline?
 - a. Yes
 - b. No
 - c. If yes, how effective would you say it was at helping to reduce stress associated with caregiving? (1 = not effective; 10 = extremely effective)
 - d. If no, how interested are you in getting more information about the Helpline? (1 = not interested at all; 10 = extremely interested)
4. Have you participated in any Caregiver training courses or workshops (online or in person)?
 - a. Yes (which one(s)) _____
 - b. No
 - c. If yes, how effective would you say it was at helping to reduce stress associated with caregiving? (1 = not effective; 10 = extremely effective)
 - d. If no, how interested are you in participating in Caregiver training courses or workshops? (1 = not interested; 10 = extremely interested)
5. Have you read any books on Caregiving?
 - a. Yes (favorites?) _____
 - b. No
 - c. If yes, how effective would you say it was at helping to reduce stress associated with caregiving? (1 = not effective; 10 = extremely effective)
 - d. If no, how interested are you in learning more about books available to caregivers? (1 = not interested at all; 10 = extremely interested)

Any additional comments about helpful resources?

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- [1] Brodaty, H., Green, A. and Koschera, A. (2003), Meta-Analysis of Psychosocial Interventions for Caregivers of People with Dementia. *Journal of the American Geriatrics Society*, 51: 657-664. doi:10.1034/j.1600-0579.2003.00210.x
- [2] Pinquart, M., & Sörensen, S. (2006). Helping caregivers of persons with dementia: Which interventions work and how large are their effects? *International Psychogeriatrics*, 18(4), 577-595. doi:10.1017/S1041610206003462
- [3] Schulz, R., O'Brien A., Czaja S., et al. Dementia Caregiver Intervention Research: In Search of Clinical Significance. *Gerontologist*2002; 42 (5): 589-602. doi: 10.1093/geront/42.5.589

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