

A Guide for Care: Online Resources for Caregivers of People with Dementia

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Site Description

- 501(c)(3) nonprofit, donor-supported organization
- Provides services to greater Los Angeles and includes East LA, San Bernardino, and Riverside.
- **Mission:** To improve the lives of families affected by Alzheimer's and dementia by increasing awareness, delivering effective programs and services, providing compassionate support, and advocating for quality care and a cure (Alzheimer's Los Angeles, 2020).

Identified Needs

1. Development and implementation of online caregiver training resources.
2. Improving caregiver efficacy by developing resources for support.

Literature Review

- Caring for a person with dementia (PWD) is a challenging role due to the demands of care and has become more difficult because of COVID-19 (Hopwood et al., 2018; Fauth et al., 2015).
- COVID-19 increased the demands of care, causing a decline in physical activity, increasing engagement in behavioral and psychological symptoms, and a decline in functional independence in ADLs for PwD (Machado et al., 2020; Miller et al., 2013; Kilnova et al., 2019).
- Access to resources and services have shifted online due to COVID-19 restrictions (Cohen et al., 2020).
- Technology has become a vital service delivery model to provide support to caregivers (Heejung, 2015).
- Using online resources and virtual services have indicated lower levels of perceived stress, increased skills, knowledge, and self-efficacy for a caregiver of a PwD (Heejung, 2015; Hopwood et al., 2018; Kilnova et al., 2019).

Learning Objectives

1. Increased understanding of role of OT in ADL training in dementia care.
2. Increased program development skills by developing online caregiver training resources that incorporate OT principles.
3. Increased professional skills to disseminate information by hosting online caregiver training workshops.

Project Description

- **Purpose:** Develop online caregiver training resources that utilize occupational therapy principles for caregivers of PwD to increase their knowledge and self-efficacy in their role as a caregiver.
- Workshops incorporated information on strategies and skills to perform daily activities, environmental modifications, activity simplification, virtual skills practice opportunities, and clips from caregiver training videos.

Program Description

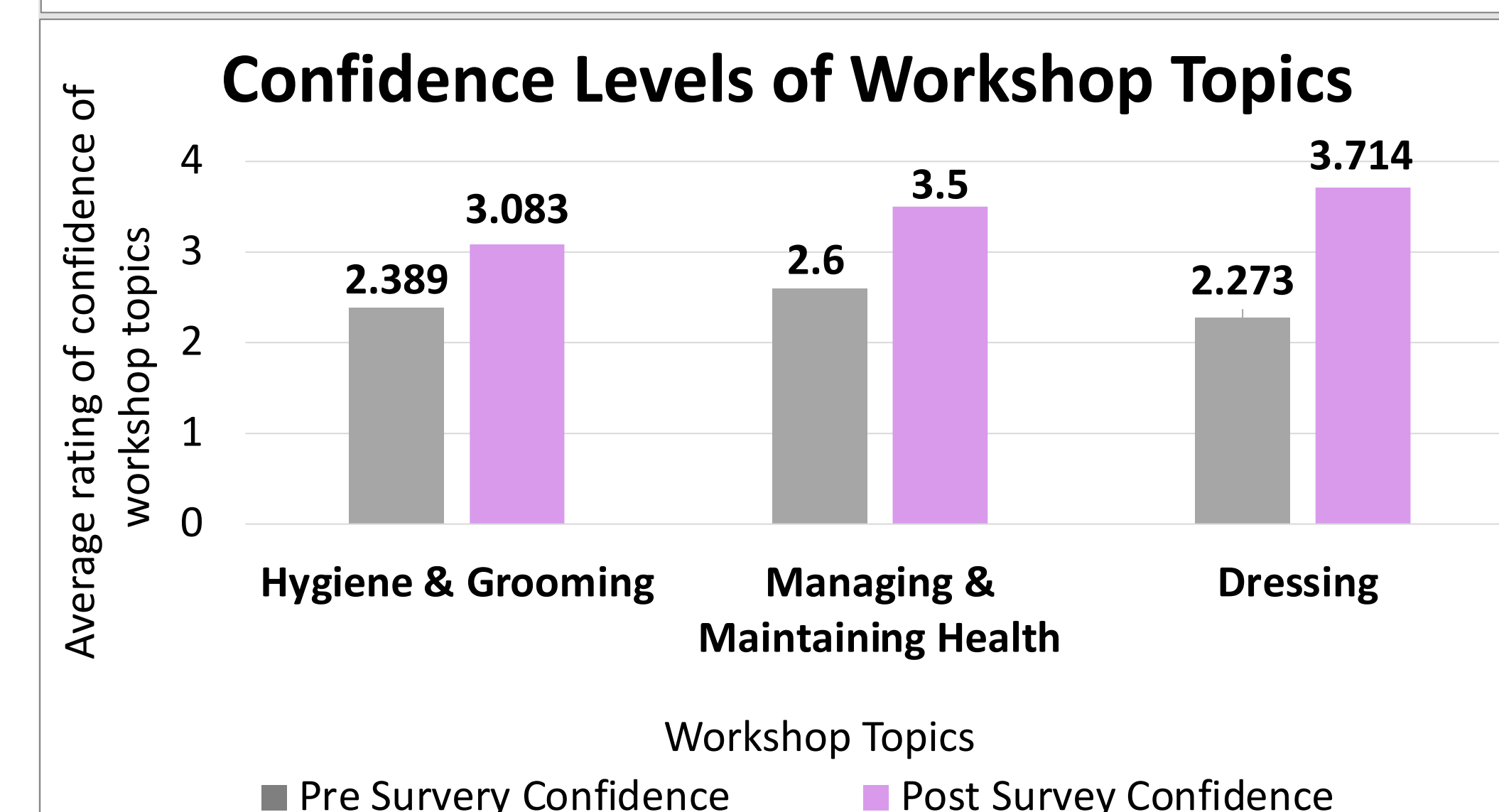
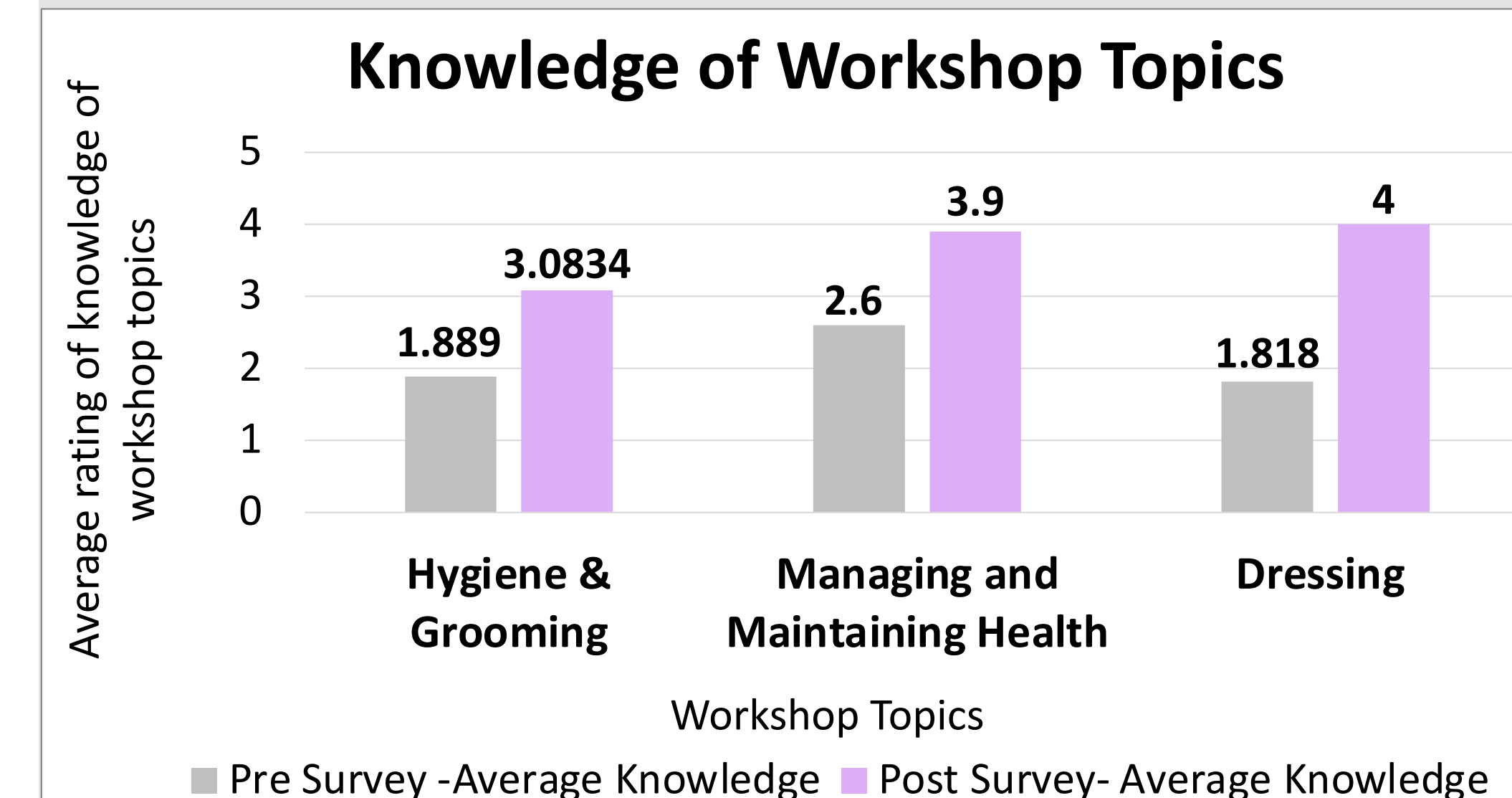
- **Program:** A Guide for Care
- **Program Objectives:** Caregivers will
 - Gain knowledge and skills to assist a PwD in ADLs and IADLs.
 - Have reduced feelings of burnout after attending the workshops.
 - Increase their self-efficacy in their role as a caregiver.
- **Workshop Topics**
 - Learn Skills and Strategies for Hygiene and Grooming
 - How to Help a Person with Dementia Manage and Maintain their Health
 - Dressing a Person with Dementia

Evaluation

- **Training Videos:**
 - Total viewer count of Alzheimer's Los Angeles (ALZLA) YouTube and Facebook accounts within a 5-week timeframe of being published during the DCE.
- **Workshops:**
 - Surveys were distributed before and after each workshop and incorporated Likert scale questions.
 - Survey results were analyzed on JASP for descriptive and frequency statistics.

Project Outcomes

- **Caregiver Training Video Results:**
 - Total number of combined views on YouTube and Facebook; Hygiene and Grooming = 97, Skin Protection and Bed Positioning = 105, and Dressing = 127.
- **A Guide for Care Workshop Results:**



- **Ratings increased** in questions of knowledge and confidence for all topics after attending the workshops.
- Participants indicated they **will likely have reduced feelings of stress and difficulty** when assisting in care for a PwD in all workshop topics.

Scholarly Deliverables

- **3 caregiver training video scripts**
- **3 online caregiver training videos**
 - Hygiene and grooming



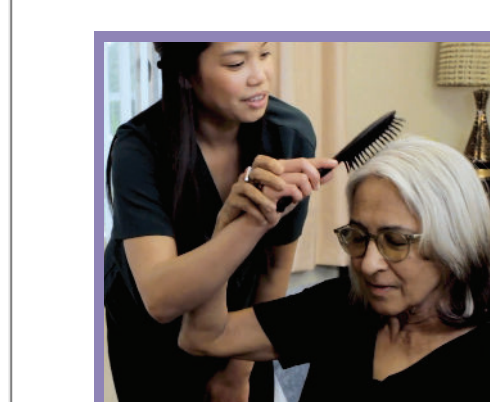
- Skin Protection and Bed Positioning



- Dressing



- **A Guide for Care Workshop PowerPoints**
 - Hygiene and Grooming
 - Managing & Maintaining Health
 - Dressing
- **A Guide for Care workshop survey templates.**



Supporting Daily Activities for Someone with Alzheimer's

Learn skills and strategies that can help you better support your family member with Alzheimer's disease or another dementia. Participants will be able to attend all or some of the classes during the specified dates. All virtual classes will be taught by an Occupational Therapy intern.

June 7 • 7-8PM

• Learn Skills and Strategies for Hygiene and Grooming

June 10 • 7-8PM

• How to Help Your Loved One Manage & Maintain their Health

June 16 • 7-8PM

• Dressing a Person with Dementia

For Questions and to RSVP, contact:

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Workshops will be held via webinar. Computer and internet access required.

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A Guide for Care: Hygiene & Grooming

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References available upon request