

# A Proposal for Home-Based Occupational Therapy to Decrease Caregiver Burden



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Alzheimer's  
ORANGE COUNTY

## Alzheimer's Orange County

- Non-profit organization in Orange County serving the dementia population and their caregivers
- Community-based services including caregiver support groups, workshops, memory care, memory screenings, and helpline

**Mission Statement:** To provide hands-on care and support, information, referrals, education and resources for individuals and families in Orange County and surrounding areas who experience memory loss, Alzheimer's and other dementias, while advancing critical research for a cure

## Needs Assessment

- Occupational therapy services
- Funding
- Caregiver resources

## Literature Review

- Cognitive decline in dementia patients causes decreased Activities of Daily Living (ADLs) and increased healthcare costs, burdening patients and their caregivers (Pozzi et al., 2019).
- Reduced rates of missing episodes among patients with dementia have been proven through home-based occupational therapy interventions (Lau et al., 2019).
- Caregivers feel more confident to care for their loved ones when they feel equipped with the proper coping strategies needed to manage their feeling of burden (Hui-Mei Chen et al., 2015).
- Through the opportunity of participating in home-based occupational therapy interventions, strong evidence shows optimized daily functioning for individuals with mild to moderate dementia (Ávila et al., 2018).

## Learning Objectives

- 1) Develop a business plan for home-based occupational therapy services
- 2) Increase administration skills by creating a manual for newly hired occupational therapists in a home-based setting
- 3) Increase understanding in the role of occupational therapy in dementia by creating caregiver resources

## Project Description

**Purpose:** To advocate the need of home-based occupational therapy services for individuals with dementia to decrease caregiver burden

**Business Plan:** Developed a written business plan for the staff introducing the advantages of home-based occupational therapy and the information pertinent to expand services. The business plan includes:

- Reimbursement rates
- Medicare as a fee-for-service insurer
- Salary of an occupational therapist
- Mock budget of the cost of starting up services

**Training Manual:** A manual created for occupational therapists interested in working with the dementia population in a home-based setting. Information in the training manual include:

- Types of dementia
- Home-based evaluations and intervention strategies
- Employee expectations
- Supplies and equipment

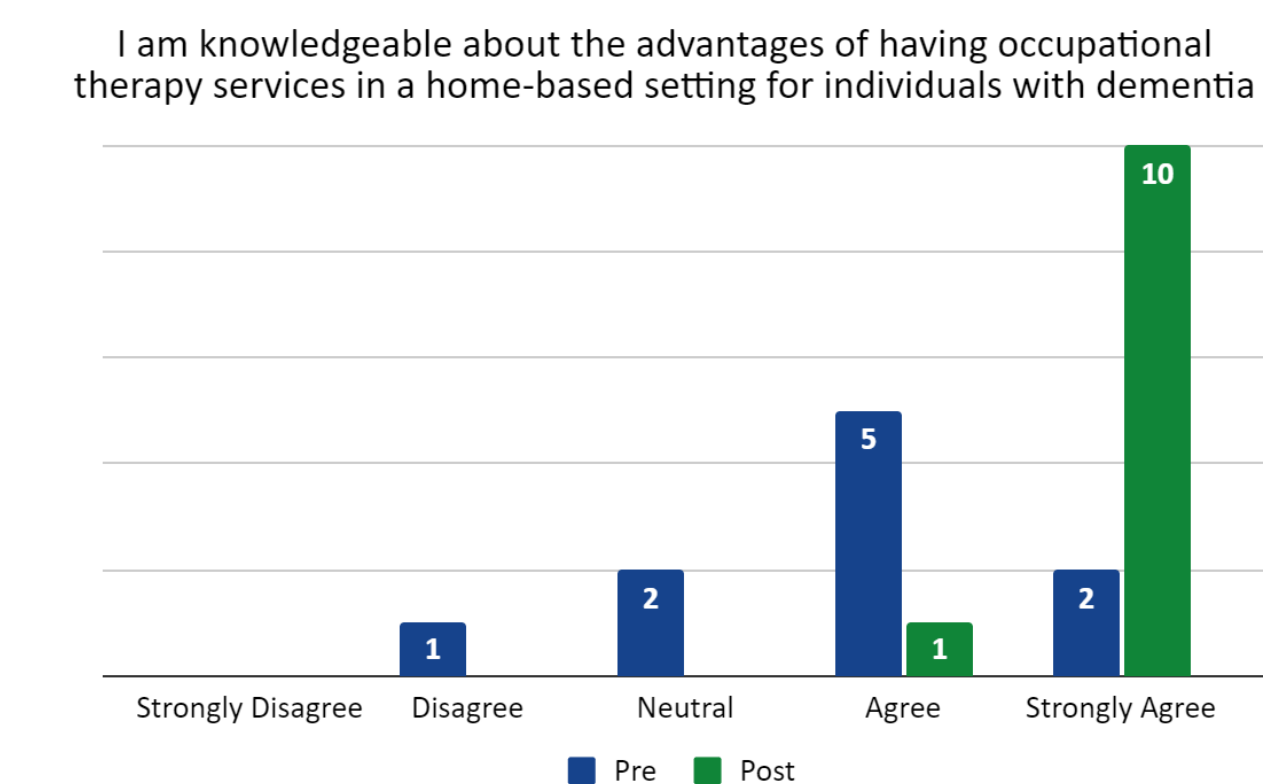
**Caregiver Resources:** Caregiver handouts created to promote the safety of an individual living with dementia in their home and to decrease caregiver burden by increasing their knowledge of home safety. Handouts include:

- How to help your loved one safely get up from a fall
- Assistive devices and adaptive equipment for home safety
- Tools and activities for agitation and anxiety
- Caregiver breathing techniques

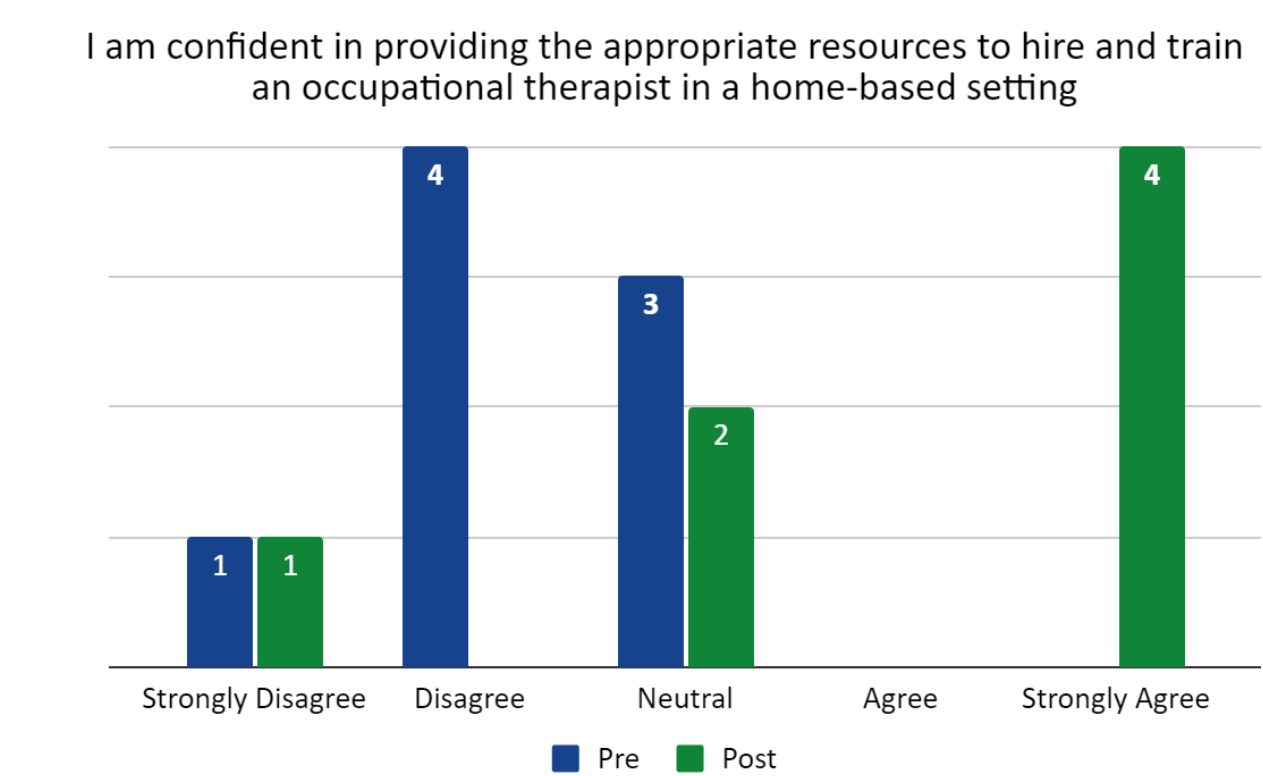
## Evaluation & Outcomes

- Pre-test and post-test surveys
- Likert scale questions
- Evaluation of knowledge and confidence levels

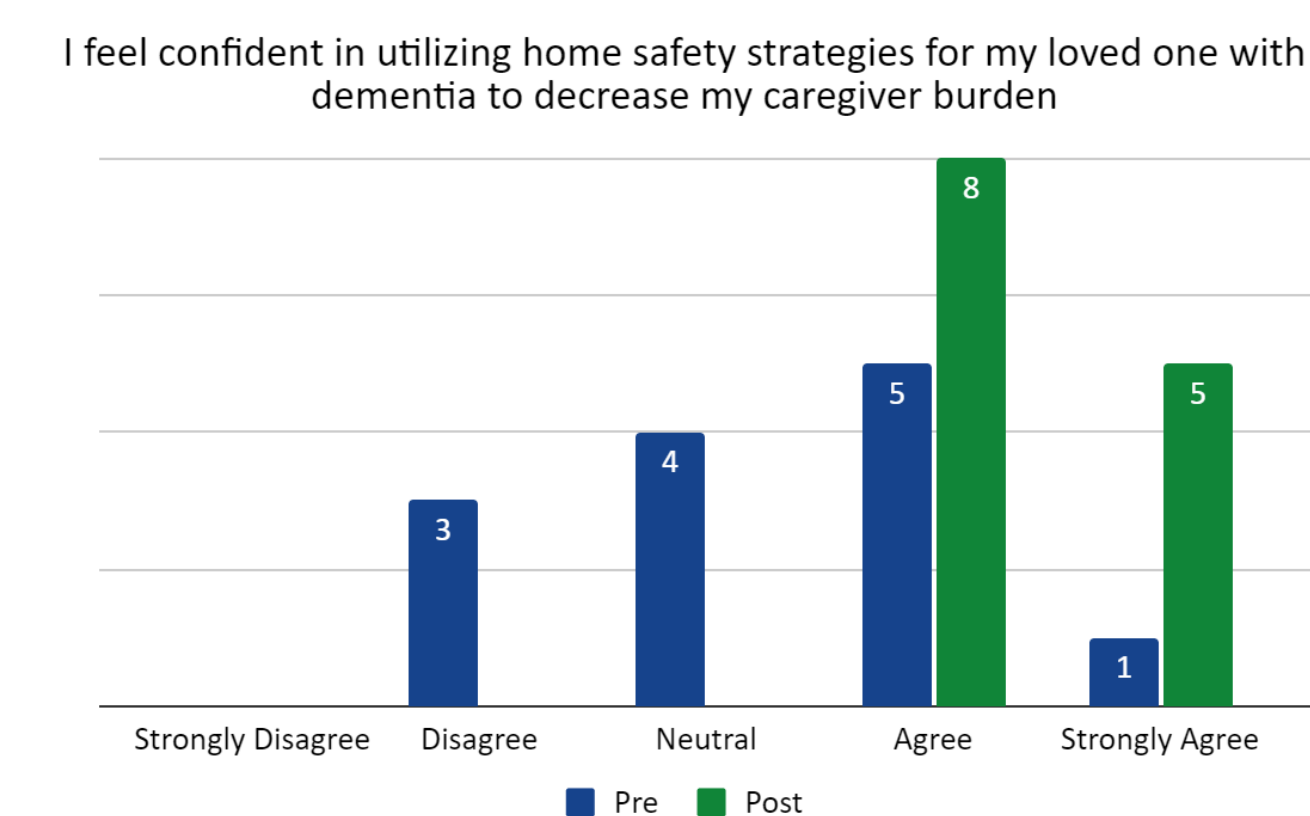
Business Plan: Staff Results



Training Manual: Staff Results

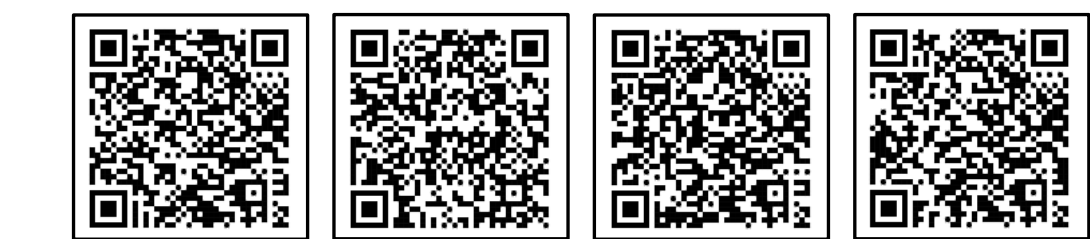


Caregiver Resources: Caregiver Results



## Summary of Deliverables

- 55-page business plan proposal about home-based occupational therapy
- 23-page training manual for future occupational therapists hired
- Four caregiver resources on home safety and coping strategies to reduce caregiver burden – QR codes below



## Implications

- Research supports providing home-based services for the dementia population
- Possible expansion of services can lead to an increase in career opportunities for the profession
- Recommendations provided can potentially decrease caregiver burden and improve the quality of life for individuals living with dementia

## Future Directions

- Implement the business plan in effect to expand services
- Hire occupational therapists
- Apply for a grant to fund services

## Acknowledgements

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\*References available upon request