



A Program for Caregivers of the Middle-to-Late Alzheimer's Population

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Site Description

- Alzheimer's Los Angeles (LA) is a 501(c)(3) nonprofit organization
- Provides services such as group support, one-on-one consultations, and workshops
- Their mission is to "improve the lives of local 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 LA, 2020)

Needs Assessment

- Development of resources to support the middle to late Alzheimer's disease population
- Increase awareness of occupational therapy (OT) in dementia care

Literature Review

- The most prominent needs of people with middle-to-late-stage dementia include managing psychological distress, participation in daily activities, and accessing health information and resources (Kerpershoek et al., 2017)
- There is strong evidence for OT in effectively treating people with dementia but there is a lack of intervention strategies for the more severe stages of the disease (Kerpershoek et al., 2017)
- Safety and home modifications are emphasized in the later stages of dementia (Struckmeyer & Pickens, 2015)
- Caregiver training programs are effective in preparing caregivers to assist people with dementia in their daily activities (Marx et al., 2019)

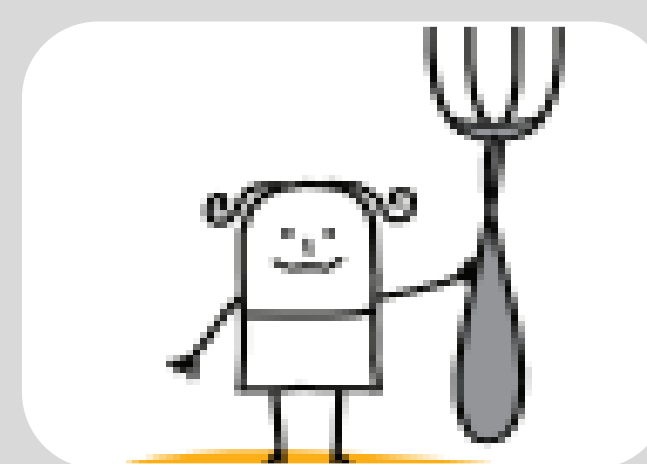
Learning Objectives

- Increased knowledge of the challenges faced by the middle to late Alzheimer's population and their caregivers
- Increased program development skills by creating three OT-based caregiver workshops
- Delivered an in-service to the Alzheimer's LA staff on OT's role in dementia care and the outcomes of the program

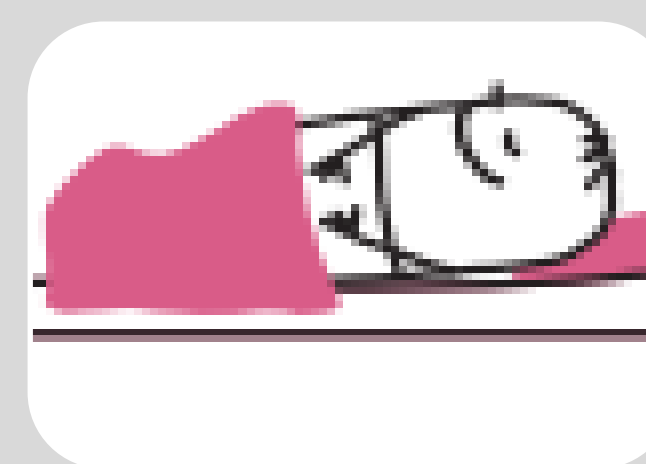
Project Description

- The doctorate student developed workshops for caregivers to address the occupational challenges that are common in the middle-to-late-stage dementia population
- The workshops provided education and OT-based strategies based to assist a person with dementia during the occupations of eating, sleep, and bathing/showering
- one-hour workshops, one time a week, for three weeks

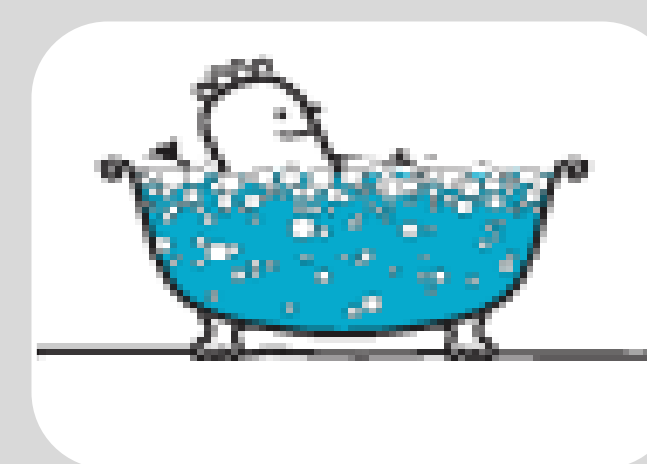
Workshop Topics



A Guide for Care: Ways to Improve Mealtime



A Guide for Care: Improving Sleep for You and Your Loved One



A Guide for Care: Skills and Strategies for Bathing and Showering

Program Objectives:

- Increase caregiver knowledge and skills
- Increase caregiver self-confidence
- Decrease caregiver stress levels
- Increase awareness of OT's role in dementia care

Evaluation

- Surveys were distributed before and after each workshop and the results were analyzed using JASP to determine if program objectives were met
 - Eating: 19 responses
 - Sleep: 16 responses
 - Bathing/Showering: 14 responses
- A survey was administered to the Alzheimer's LA staff (n = 5) to gain their perspective on the value and impact of the program on caregivers

Project Outcomes



- Participants reported **increased** knowledge, **increased** self-confidence, and **decreased** stress levels when supporting a person with dementia during eating, sleeping, and bathing/showering
- The entire Alzheimer's LA staff agreed that the workshop series is a valuable resource for the caregiver population

Scholarly Deliverables

- 3 PowerPoint presentation slides with facilitator guides
- 3 workshop recordings
- Workshop survey templates
- Marketing flyer
- Staff in-service presentation
- Staff survey template



Discussion & Implications

- Results demonstrated a significant change in knowledge and confidence levels after attending all three workshops (p<0.05) due to the opportunities to learn OT-based intervention strategies
- Stress levels should be reevaluated to determine the true impact of the program
- Delivering workshops online posed both benefits and limitations
- Caregiver education is essential in OT practice to promote occupational engagement, overall wellbeing, and quality of life for people with dementia and their caregivers

Acknowledgments

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References available upon request