



EMPOWERING CAREGIVERS: NURTURING KNOWLEDGE AND CONFIDENCE

Kevin David Meza, OTD/s

Faculty Mentor: Dr. Valerie Cromwell Perry, OTD, OTR/L, CNS

Site Mentor: Christine Weaver, MAS, OTR/L, CLCP, CBIS, C/NDT

Neuropraxis

- A nonprofit specializing in brain and spinal cord injury rehabilitation.
- **Services:** In-home and community-based rehabilitation, vestibular rehabilitation therapy (VRT), and pain management, delivered by physical therapists, occupational therapists, speech therapists, case managers, and recreational therapists.
- Tailored interventions target physical, cognitive, and communicative challenges, with flexible payment plans accommodating private insurance and workers' compensation that extends services statewide to support individuals with TBIs across all regions of California.

Summary of Needs Assessment

1. Caregiver training.
2. Caregiver education.
3. Streamlined care plan.

Literature Review

- Limited opportunities for caregiver training and outdated studies (Jones et al., 2023).
- Caregivers face challenges during the transition from post-acute care to home/community settings (Kreitzer et al., 2020).
- Caregivers encounter unexpected behaviors from individuals with TBI and struggle with sustaining their own occupations (Coffey et al., 2017; Devi et al., 2020; Ikiugi et al., 2023; Torregrossa et al., 2023).

Project Objectives

- Create and implement an educational program that increases caregiver knowledge and self-efficacy for individuals with traumatic brain injuries.
- Develop educational strategies for caregivers to alleviate caregiver burden.
- Evaluate the educational program to determine its effectiveness to increase caregiver knowledge and self-efficacy.

Project Description

Purpose: To create an educational program for caregivers of individuals with traumatic brain injuries. This three part program will provide caregivers with a better understanding of medical terms and how behaviors, relationships, and stress change after a brain injury.

Includes:

- Psychology and psychosocial insights, behavioral management tools, and self-care ideas for caregivers.
- Caregiver strategies to manage challenging behaviors effectively.
- Once a week for 30-40 minutes.

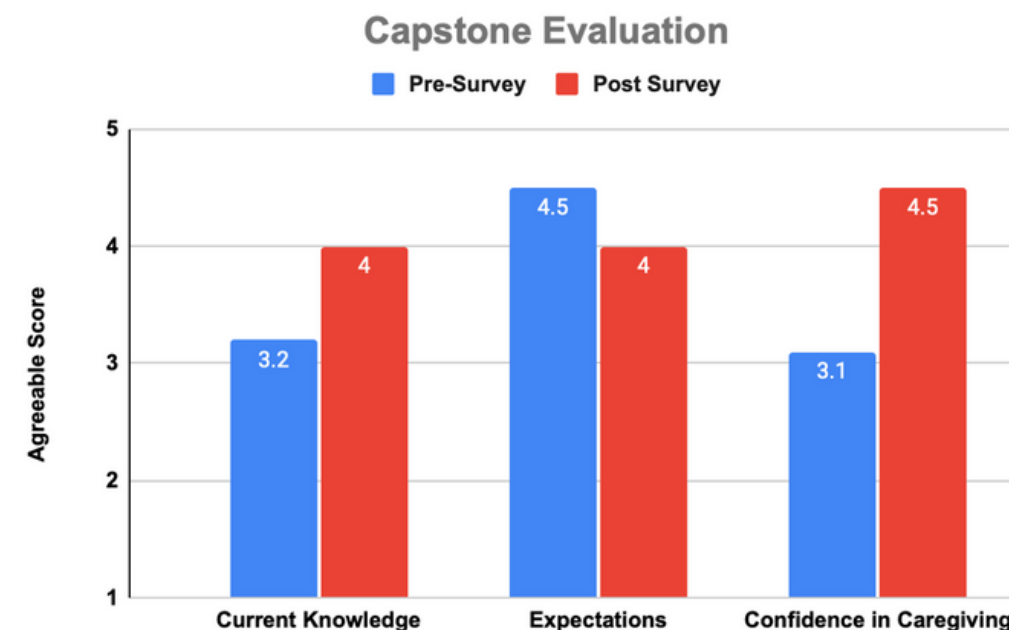
Evaluation and Project Outcomes

Evaluation method: self-authored pre and post-survey after each presentation.

- Seven participants.

- Although there was a marginal decline observed in caregiver expectations, there was a significant benefit noted in caregiver knowledge and confidence after the presentations (see Figure 1).
- 57% of caregivers experienced high knowledge enhancement, with the same percentage learning new information from the curriculum.
- 71% of caregivers expressed a very high likelihood of applying the strategies presented to their daily lives.
- The program offered a supportive environment where caregivers could share their experiences and express their concerns freely.

Figure 1
Summary of Means for the Agreeable Scores of the Capstone Evaluation



Note. The capstone evaluation graph used a Likert Scale to determine the curriculum's agreeable score before and after each presentation (1=Very Low, 5=Very High).

Implications

- This capstone project offers tailored health promotion strategies for caregivers of individuals with TBI, enhancing their understanding and confidence in caregiving while optimizing caregiving practices.
- By providing comprehensive support and self-care strategies for caregivers, this project reinforces the importance of tailored educational programs in supporting caregiver proficiency and improving care quality for individuals with TBI.

Scholarly Deliverables & References

- Includes an educational curriculum, educational strategies, and references.
- Scan the QR code below to access material

