



Improving Caregiver Self-Efficacy Through a Dementia Caregiver Support Program

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Background

- Dementia is a complex medical illness that has a large impact on both patients and family caregivers
- Caregivers experience financial, mental, and emotional stress from caring for persons living with dementia (PLWD)
- The Care Ecosystem model is an evidence-based dementia caregiver support program

Methods

- Dyads enrolled in Living with Dementia clinical initiative at UCHHealth Seniors Clinic
- Enrolled over 18-month period
- Care team navigator (CTN) provide monthly telephone contact and as needed phone consultations with dyads
- Caregiver report of Zarit Burden Index (4-item), Patient Health Questionnaire-4, and a Care Ecosystem self-efficacy scale assessed at baseline and 3-month intervals

Table 1: Patient and Caregiver Demographics (N=57)

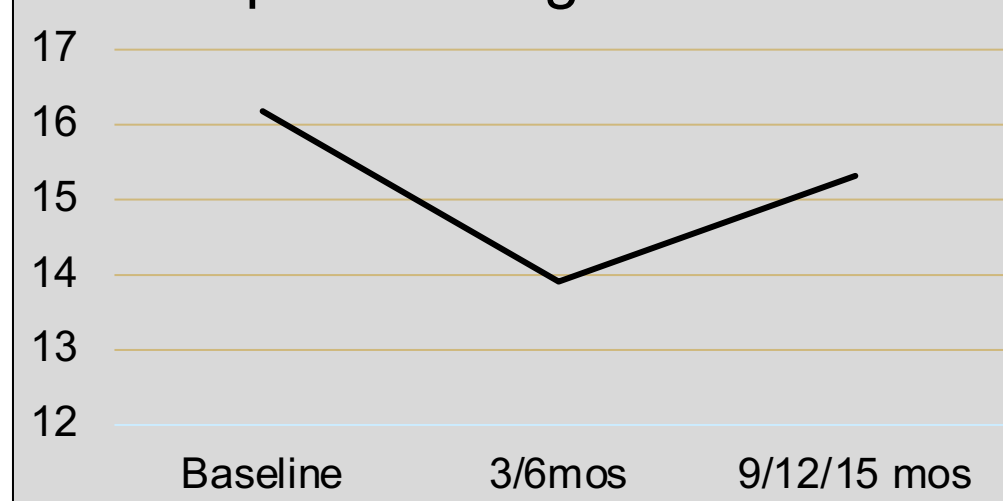
	Person with Dementia (PWD)	Caregiver
	N (%)	N (%)
Age, years (SD)	82.56 (6.5)	67.73 (12.99)
Disease duration, years (SD) at time of enrollment	2.38 (2.39)	N/A
Female sex	35 (61.4%)	44 (77.19%)
Race		
American Indian/Alaska Native	0	1 (1.7%)
Asian	3 (5.3%)	3 (5.3%)
White/Caucasian	44 (77.2%)	43 (78.9%)
Black/African American	6 (10.5%)	6 (10.5%)
Other	3 (5.3%)	1 (1.8%)
Unknown/Refused	1 (1.7%)	1 (1.8%)
Ethnicity		
Hispanic	4 (7%)	5 (9%)
Non-Hispanic	53 (93%)	52 (91%)
Education		
High school or less	17 (30%)	4 (7%)
Bachelor's degree or some college	18 (31.5%)	26 (45.6%)
Post-graduate	22 (38.5%)	27 (47.4%)
Caregiver type		
Spouse or Partner		28 (49.1%)
Child	N/A	26 (45.6%)
Other family member		1 (1.8%)
Friend		2 (3.5%)
Caregiver lives in same household as PWD	N/A	44 (77.2%)
Functional Assessment Staging Test (FAST Stage)		
3 Mild Cognitive Impairment	5 (8.9%)	
4 Mild Dementia	30 (53.6%)	N/A
5 Moderate Dementia	4 (7.14%)	
6 Moderately Severe Dementia	15 (26.79%)	
7 Severe Dementia	2 (3.57%)	

Results

Table 2: Survey Outcomes Divided by Short-term (Up To 6-month Follow-up) and Long-term

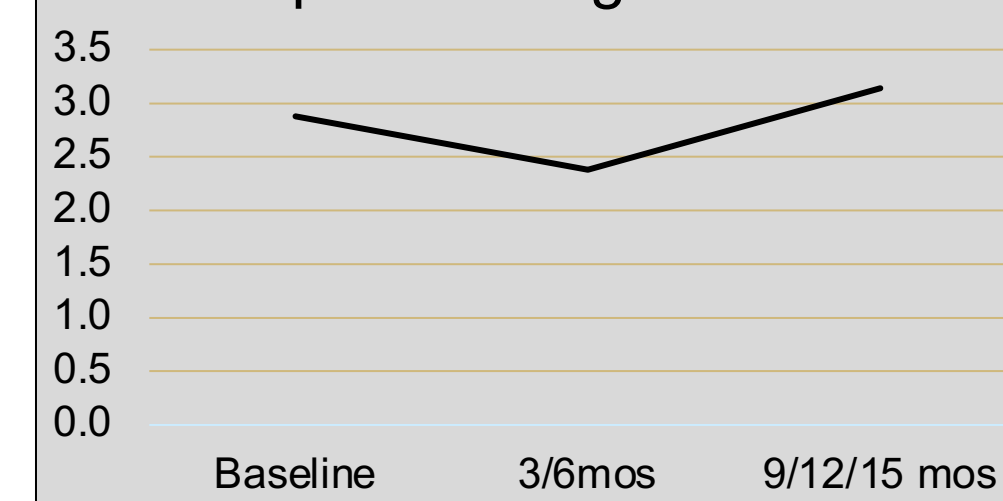
SHORT-TERM (N=25)	Baseline	3/6 mos	Effect size	
Assessment	Mean (SD)	Mean (SD)	(Cohen's D)	p-value
ZBI (Burden) Score	15.04 (6.3)	14.5 (7.9)	-0.038	0.7995
PHQ-4 Total Score	3.11 (3.2)	2.74 (2.6)	-0.065	0.6841
Self-efficacy Score	10.24 (3.1)	12.0 (2.5)	0.3034	0.0336
LONG-TERM (N=32)	Baseline	9/12/15 mos	Effect size	
Assessment	Mean (SD)	Mean (SD)	(Cohen's D)	p-value
ZBI (Burden) Score	16.18 (7.5)	15.32 (7.5)	-0.091	0.4754
PHQ-4 Total Score	2.88 (2.8)	3.14 (3.0)	0.0831	0.5207
Self-efficacy Score	9.88 (3.2)	12.16 (2.6)	0.3877	0.0018

Graph 1: Caregiver Burden



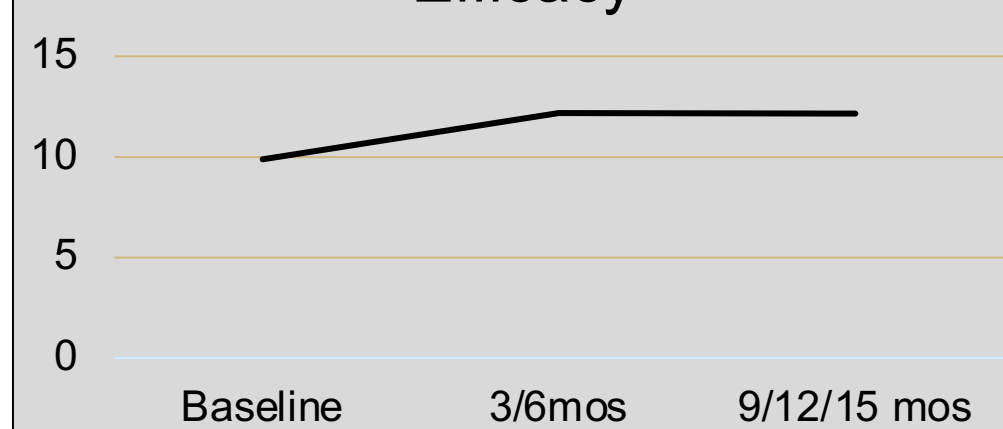
Graph 1: Caregiver burden as measured by ZBI over time. Higher scores imply increased symptoms of burden.

Graph 2: Caregiver Mood



Graph 2: Caregiver mood as measured by PHQ-4 over time. Higher scores imply increased symptoms of depression and anxiety.

Graph 3: Caregiver Self-Efficacy



Graph 3: Caregiver self-efficacy as measured by Care Ecosystem self-efficacy scale over time. Higher scores imply increased feelings of self-efficacy.

Conclusions

- Sustained a significant improvement in caregiver self-efficacy (Graph 3)
- No significant changes in caregiver burden (Graph 1)
- No significant changes in mood symptoms (Graph 2)
- PHQ-4 may not be the best tool to evaluate mood changes. Low baseline values.
- May have contribution from COVID-19 pandemic

Implications

- The LWD caregiver support program helps caregivers feel more equipped
- Need continued development of the program to sustain caregiver self-efficacy, improve mood, and decrease burden
- As the program scales, need to ensure that quality of impact does not decline

Acknowledgements

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