

Dementia Care Navigators Provide Specific Caregiver Support and Coordination in Seniors Clinic

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Background

- Informal caregiving of a person with dementia (PWD) requires a myriad of skills and supports.
- The CareEcosystem model involves telephonic caregiver support by a trained care team navigator (CTN).
- To understand the real-world needs of caregivers of PWD, we evaluated dementia-related topics and types of referrals for caregiver support, as documented by a CTN.

Methods

- UCHealth Seniors Clinic care adaptation of CareEcosystem with CTN as an integrated primary care team member
- Qualitative content analysis of 491 CTN notes with 66 dyads from September 2018 to March 2020
- Used a team-based, iterative deductive coding into eight dementia education or support topics
- The frequency of dementia topic and frequency and type of clinical care coordination or community referrals were calculated.

Results

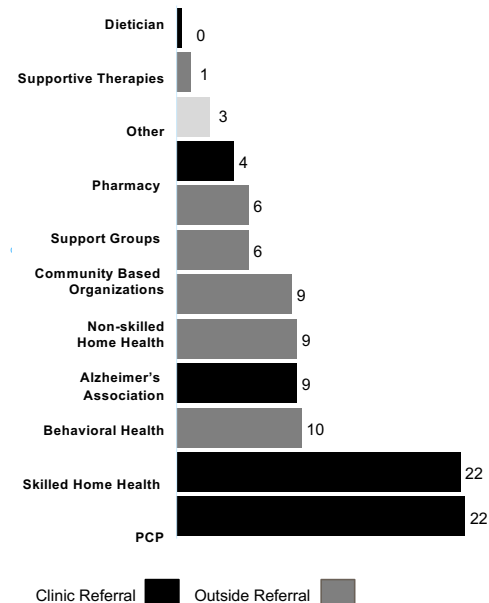
- Sixty-six dyads were enrolled in the dementia caregiver support program.
- Mean age of PWD (SD) was 83.4 (7.0) years and 68% were women.
- Mean age of caregiver (SD) was 68.6 (13.1) years and 71% were women.

CONVERSATION TOPIC FREQUENCY

| Conversation topic | N | % |
|---------------------------------|-----|-----|
| Caregiver Wellbeing | 293 | 60% |
| Behavior Management | 247 | 51% |
| Specific Referral Assistance | 197 | 40% |
| Dementia Education | 162 | 33% |
| Long-term Services and Supports | 156 | 32% |
| ADLs/IADLs Management | 148 | 30% |
| Safety | 91 | 19% |
| Future Planning | 41 | 8% |
| Bereavement | 4 | 1% |
| Social Determinants of Health | 4 | 1% |

^a Percent of CTN notes that conversation topic is present

SPECIFIC REFERRAL ASSISTANCE



Conclusions

- Caregiver support conversations within an integrated dementia caregiver support program discussed multiple needs
- The most frequent topics addressing caregiver wellbeing and dementia behavior management.

Implications

- Interprofessional programs that include a dedicated dementia care navigator within geriatric primary care can support dyads with specific dementia education and coordination with other primary care and community-based needs.

Disclosures

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