

2007 EVIDENCE-BASED ADDGS PROJECT SUMMARIES

California Department of Aging

Full Project Period: 9/30/07-3/30/09

Evidence-Based Research to be Implemented: Savvy Caregiver

Project Summary: The California Department of Aging (CDA), in collaboration with the California Department of Public Health (CDPH), the Alzheimer's Association and the University of Texas, Health Science Center, proposes to implement a Spanish language transformation of the *Savvy Caregiver* program, called "Cuidando Con Respeto" and deliver this program throughout California to better serve the State's ethnically diverse Latino caregivers. The project's goal is to improve the availability of this evidence-based program for Spanish-speaking Alzheimer's caregivers by imbedding it into the State's service delivery network for older adults.

The project's strategy is to transform the *Savvy Caregiver Program* for a low-literacy level, ethnically diverse Spanish-speaking caregiver population that:

1. Yields high caregiver satisfaction;
2. Increases caregiver knowledge; and
3. Reduces caregiver distress.

The culturally relevant training program will be offered through Alzheimer's Association chapters and one of the state's Alzheimer's Disease Research Centers. Products to be developed and disseminated include Spanish and English versions of a trainer manual and a participant manual, an article for submission to a peer-reviewed journal, and a cost assessment methodology outlining estimated costs of project start-up and operating costs.

For more information about this project, contact:

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Minnesota Board on Aging

Full Project Period: 9/30/07-3/30/09

Evidence-Based Research to be Implemented: New York University
Caregiver Intervention (NYUCI)

Project Summary: The Minnesota Board on Aging (MBA) proposes to apply the evidence-based NYUCI in cooperation with the Alzheimer's Association MN/ND Chapter, four Area Agencies on Aging, a county public health agency, medical clinics and a memory disorders clinic. The goal of this evidence-based direct services application is to impact the ability of the caregiver to withstand the difficulties of caregiving and prevent or defer the need for institutionalization of the patient through improving social support and minimizing family conflict.

Primary objectives:

1. Caregiver coaches at 3 rural sites and 1 urban site will apply the NYUCI with 51 families. The intervention consists of 6 counseling sessions (2 individual, 4 family), ad hoc counseling phone calls/in-person visits and participation in dementia caregiver support groups.
2. Members of the NYU Psychological Research and Support team will work with the Minnesota team to adapt the current caregiver coach curriculum to include formal and ad hoc counseling and train implementation site staff, Minnesota caregiver coaches and ADDGS memory care sites.
3. Current ADDGS Memory Care Sites will implement the NYUCI within the scope of their developing sites with 30 spouse caregivers; results will be compared to the original NYUCI study by evaluators.

The outcomes to be achieved include: delay in time to institutionalization; reduced negative impacts of caregiving behaviors; decreased level of depression; enhanced support network composition and effectiveness; caregiver self-efficacy, fidelity and cost effectiveness. Products will include: intervention guidelines, forms, protocols; promotional package; "how-to" manual; evaluation and cost analysis reports.

For more information about this project, contact:

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New Jersey Department of Health and Senior Services

Full Project Period: 9/30/07-3/30/09

Evidence-Based Research to be Implemented: Home Environmental Skill-Building Program (ESP)

Project Summary: The New Jersey Department of Health and Senior Services (NJ-DHSS), in collaboration with the Mercer County Office on Aging (AAA) and Laura N. Gitlin, Thomas Jefferson University, will develop a practical application of the Home Environmental Skill-Building Program (ESP). The goal is to increase the capacity of AAAs to implement ESP for families of people with ADRD, demonstrating the benefits of a home-based program in managing challenging behaviors.

Objectives are:

1. Train and certify Occupational Therapists (OTs) to provide the direct ESP services;
2. Develop linkages with the AAA and local aging services organizations for ESP service delivery;
3. Create assessment tools and marketing materials; and
4. Develop and disseminate a cost assessment methodology for program start-up and operation costs and a “how-to” manual for program replication.

The expected outcomes of this project are:

1. Demonstration of benefits of a home-based program for ADRD caregivers in managing challenging behaviors and creating a safe home environment supportive of persons with ADRD;
2. Reduction of the stress and physical burden of caregivers, decreasing the likelihood of burnout and premature institutionalization of persons with ADRD; and
3. Improvements for the caregiver (less upset with troublesome behaviors, less need for assistance from others, improved mood, and enhanced mastery and self-confidence) and the care recipient (reduced frequency of occurrence of problem behaviors and slowed rate of functional decline).

For more information about this project, contact:

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