

Building Skills for Dementia Caregivers Statewide in Michigan



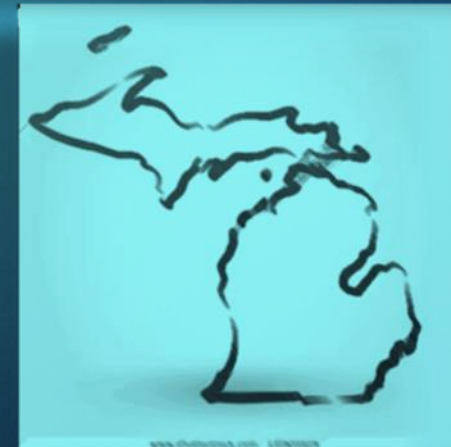
Martha York

Community Education Coordinator
WellWise Services Area Agency on Aging



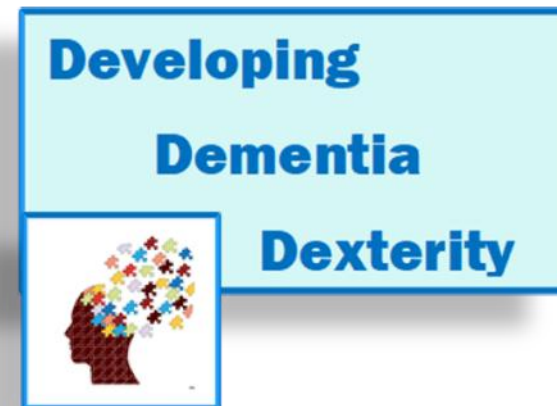
Learning Objectives

- Learn about the content and use of a 3-part dementia caregiving webinar tool created in Michigan.
- See how Michigan Area Agencies on Aging partnered with the State Unit on Aging to create new facilitation tools plus a train the trainer session.



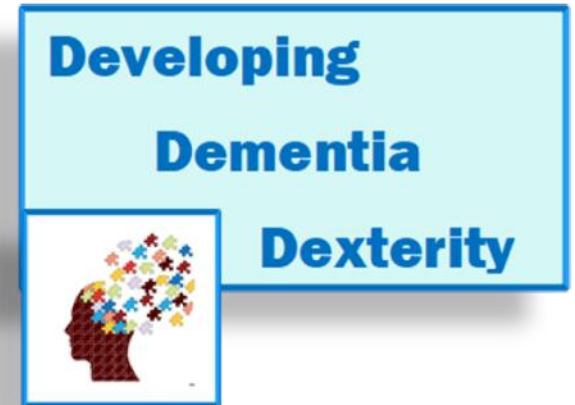
Original ACL Grant Program Design and Implementation

- **2016 – 2020** 3-year funding plus a 1-year no-cost extension
- **“Creating Confident Caregivers”** (6-week Savvy Caregiver Program; met 2 hours per week)
- **“Developing Dementia Dexterity”** (3-part webinar ; met 1.5 hours per week for 3 weeks. More condensed, convenient platform).



Challenges with the Delivery of Dementia Education Series

- CCC as a 6-week, 2-hour in-person series
- DDD as a 3-week, 1.5 hours virtual series
- **2022:** Learned we had to either **stop running DDD** or **modify the existing curriculum** due to new licensure requirements.



Moved the series from State Unit on Aging to the Area Agencies on Aging

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**Aging &
Adult Services Agency**
Department of Health and Human Services



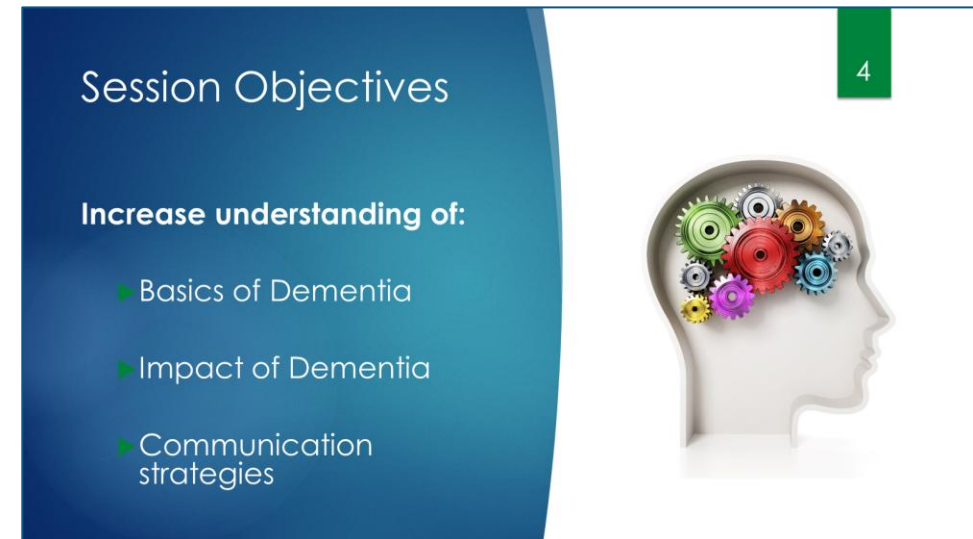
AREA AGENCIES ON AGING
ASSOCIATION OF MICHIGAN



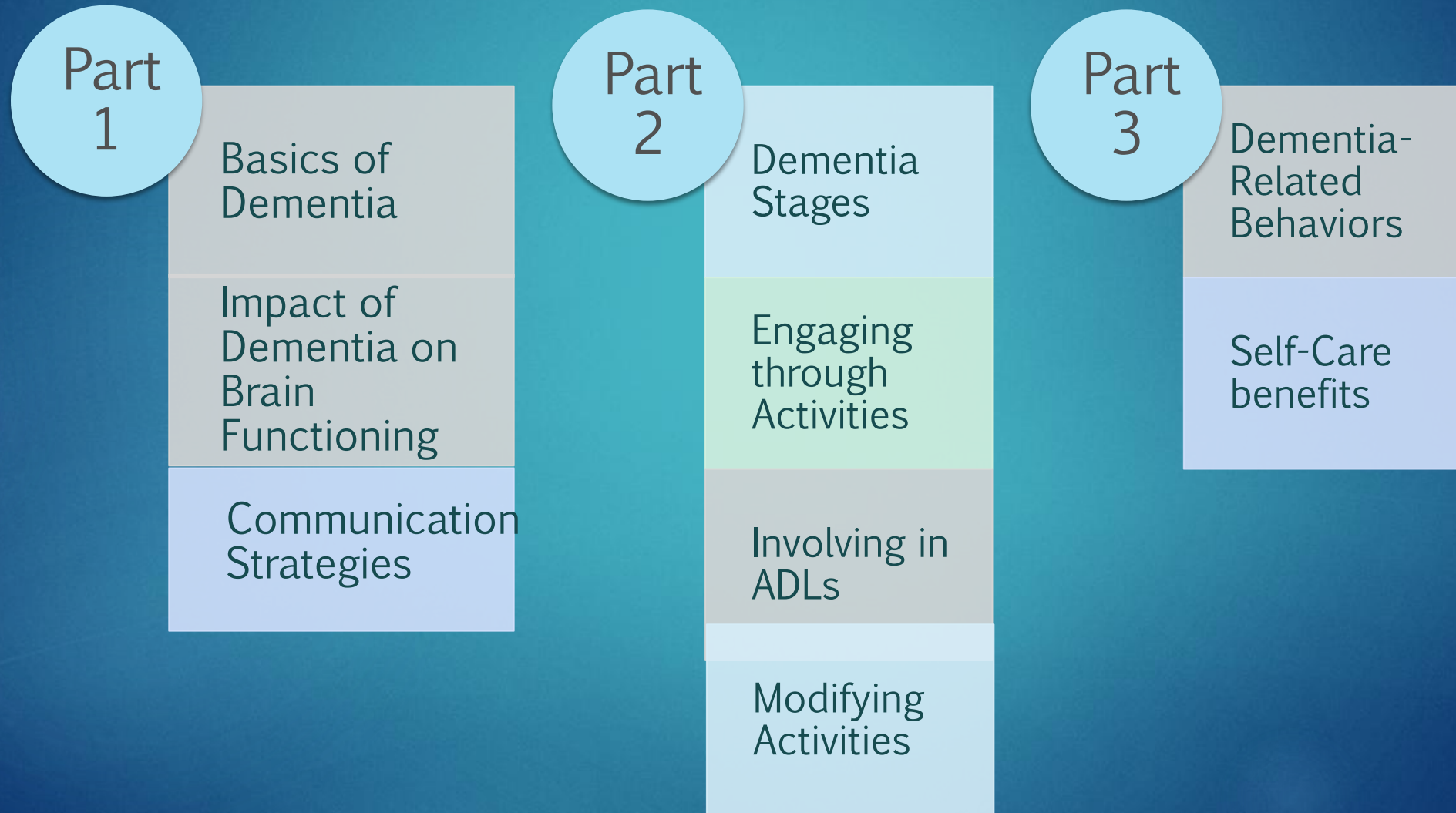
- State Unit on Aging doesn't "run programs"
- AAAs already experienced in running EBPs through Title I Caregiver Supports and Education through Title III E
- Statewide Collaborative of AAA Program Coordinators Existed

Significant Changes Made

- New name: **Dementia Caregiving Series**
- Brighter, more appealing colors & graphics
- More fluidly organized
- Updated content
- Greater ADA formatting
- Detailed facilitation notes for continuity and ease of presenting



Updated Dementia Caregiving Series Content:



Detailed Facilitation Notes

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Comprehension

- ▶ Less able to understand abstract concepts:
 - ▶ Time
 - ▶ Distance
 - ▶ Handling money
 - ▶ How to use familiar objects
 - ▶ Relationships

Our lives are filled with abstract concepts: time, money, space, distance, relationships, words, and symbols.

Loss of the concept of time, for example, produces the anxious, repetitive question, “when is lunch?” Another example: if you tell your person at 10:00 in the morning “We have a doctor’s appointment this afternoon at 2:00” and you turn around and they have their coat on, it’s because they might not understand that the appointment is 4 hours later.

Understanding distance or things that occur out of their line of sight may confuse your person. For example, you ask them to go to another room to find an item but by the time they get there, they have no idea what they are looking for or even which room they are supposed to be in.

We agree that a twenty-dollar bill is more valuable than a one-dollar bill, even though they appear similar.

How people are related to one another is also an abstract concept, so they might not recognize or understand who that unfamiliar cousin is and they may feel wary or suspicious because an explanation of who they are and how they are related to you

Engage in Daily Activities

REMEMBER: It’s not about the outcome of the task; it’s about involving the person in familiar routines

Common Daily Tasks:

- ▶ Showering or bathing
- ▶ Getting dressed; grooming
- ▶ Preparing and eating meals
- ▶ Exercising
- ▶ Doing Laundry
- ▶ Shopping
- ▶ Going to the doctor
- ▶ Housecleaning or yardwork
- ▶ Pet care



Dealing with Dementia: A Caregivers Guide, Rosalynn Carter Institute for Caregivers

SAY: Remember, it’s not about the outcome of the task; its about involving the person in familiar routines. The GOAL is to help the person feel connected and involved. Remember, this will help give them a sense of purpose and normalcy. Consider ways to include them with these common daily tasks

(read bullet points)

Completing these tasks may take longer and may require more supervision and involvement from you but helps to enrich their lives.

Challenges Faced & Lessons Learned:

Process took longer than expected

- Obtain permission for updated content use
- Reach agreement between numerous content stakeholders on what to maintain, update, or eliminate
- Negotiate opinions on design and formatting and keep in alignment with State Unit on Aging requirements
- Consider storage and accessibility of new presentation tools
- Needed a Train the Trainer for continuity and “fidelity” in delivery



Innovations:

- Less costly
- User-friendly with condensed time-frame & virtual format
- Customizable delivery options
- Co-branding as AAAs
- Also able to add facilitator's agency logo & contact info
- Versatile: benefits informal supports, care home or ALF staff, agency staff education, community outreach

Impact/Outcomes

- ▶ **96%** - more informed about the impact of dementia
- ▶ **89%** - learned skills to communicate more effectively
- ▶ **81%** - feel more confident in their ability as a caregiver
- ▶ **83%** - recognize the importance of self care and learned skills to reduce caregiver stress
- ▶ **92%** - the leader encouraged them to try new skills
- ▶ **100%** - explained the content in a way that was easy to understand
- ▶ **100%** - kept the session on schedule
- ▶ **100%** - would recommend this program to others

Caregiver Feedback:

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“...the teacher was very encouraging... Would highly recommend this course.”

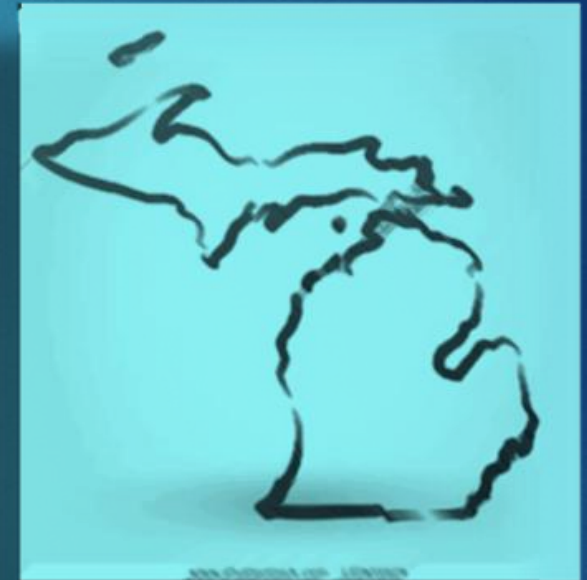
“I learned what I should expect when the time comes.”

“Lots of practical ideas that caregivers truly need. I was impressed by how much was packed into 3 short sessions, but also appreciated that, as it is so hard for caregivers to find time to receive the vital info shared!”

Return on Investment for AAA Collaboration

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- Reaching more people (including rural)
- Shared best –practices
- Broader array of person-centered options
- Eliminates transportation and weather barriers
- Richer data collection
- Co-Branding leads to greater AAA recognition





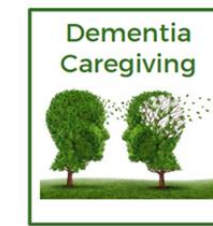
Train the Trainer:

Key Component for Consistency

Sustainability and Replicability

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- Facilitation tools are easy to use
- Staff time efficiency – easy to deliver
- Materials sent electronically; cost savings
- Marketing – co-branded flyer, sample social media posts and press releases
- Funding through Title III-E



ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

Attend a virtual workshop series for help!

This Dementia Caregiving series is 3-session webinar for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Learn how to:

- Understand basic information about dementia and its impact on brain function
- Communicate more effectively with someone who has dementia
- Recognize stages of dementia
- Provide meaningful daily activities based on your loved one's interests and abilities
- Better understand and address dementia-related behaviors
- Create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support



DEMENTIA CAREGIVING WORKSHOP VIA ZOOM

Tuesday Afternoons Feb. 20 & 27, March 5, 2024 1:00 pm – 3:30 pm
TO REGISTER: call (517)592-1974 or email livingwellprograms@wellwiseservices.org

Tuesday Evenings March 29, April 2 & 9, 2024 5:00-6:30pm
TO REGISTER: call (517)592-1974 or email livingwellprograms@wellwiseservices.org

This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports





A STATEWIDE INITIATIVE SUPPORTING CAREGIVERS ACROSS MICHIGAN



MI VIRTUAL CAREGIVER SUPPORT GROUPS



Below are four virtual support group options (General, Dementia, and Kinship) for you to join. These support groups will discuss issues, challenges, and concerns that caregivers face. These groups are informal and provide dialogue along with peer support. Participants will be able to reflect and connect with others in a similar situation.

DEMENTIA CAREGIVER SUPPORT GROUP

First Wednesday of the month from 5:00 p.m. - 6:30 p.m.

Zoom Meeting Link:
Meeting ID: 876 5118 1524



RELATIVES RAISING RELATIVE'S CHILDREN - (KINSHIP) CAREGIVER SUPPORT GROUP

Second Thursday of the month from 10:00 a.m. - 11:30 a.m.

Zoom Meeting Link:
Meeting ID: 876 5118 1524



GENERAL CAREGIVER SUPPORT GROUP

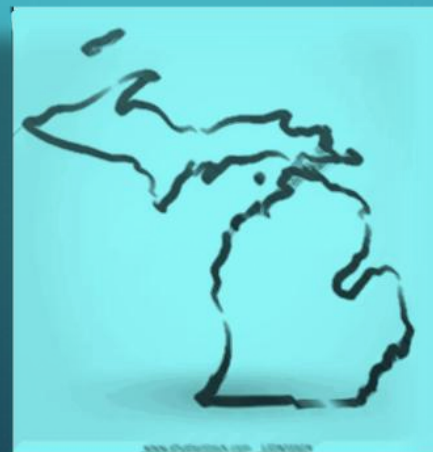
First Monday of the month from 5:30 p.m. - 7:00 p.m.

Zoom Meeting Link:
Meeting ID: 876 5118 1524



Thank you for your attendance today!

Best wishes to you all as you build skills for Dementia Caregivers in your regions



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