Background: Dementia is a progressive, degenerative disease that affects memory and cognition, causing changes in behavior, mood, and daily functioning. The source for this information is the National Institute on Aging (NIA) website.

Hypothesis: An psycho-social intervention (“Caring Means Sharing”) will increase family caregivers’ knowledge and will improve family caregiver involvement in the decision-making and problem-solving process. Consequently, family caregiver satisfaction with the dementia care provided for their loved ones in a nursing home will be improved.

Methods

- Project Design: One group – “pre-post” design
- Sample group: Family caregivers of individuals with dementia in a long-term care facility. The educational component consisted of 4 teaching sessions covering 11 topics focused on dementia. The educational component consisted of the observation of 2-4 therapeutic activities facilitated by family caregiver suggestions/comments.
- Significance

Results: Family Caregiver Knowledge

- Family Caregivers Given Questionnaire Pre/Postprogram regarding dementia process and care (16 are elderly, 14 are middle-aged) questionnaire.
- Improvement was seen in 38% of the questions by residents.
- Improvements in family caregiver satisfaction in this pilot project were achieved at low cost and may be applied to larger populations of family caregivers and likely should be continued and reinforced with all family caregivers over time to maintain gains.

Conclusions

- Use of the “Caring Means Sharing” model resulted in significant improvements in family caregiver knowledge and satisfaction with family nursing care.
- The model improvements in family caregiver levels of anxiety and satisfaction in this pilot project were achieved at low cost and may be applied to larger populations of family caregivers and likely should be continued and reinforced with all family caregivers over time to maintain gains.

Significance

- Improvement in General Care for Dementia
- Improvement seen in all 7 Major Areas of Satisfaction:
  - Communication Techniques
  - Admission
  - Geriatric Nurse Practitioners
  - Depression
  - Skin care
  - Incontinence
  - Rights and abuse
- Improvement Of Institutionalized Dementia family (≥ 60 years of age, n=20) residents and long-term care staff satisfaction.

Results: Family Caregiver Satisfaction

- A 21 question satisfaction survey was administered Pre/Postprogram regarding 7 major constructs of nursing facility care – Admission, Resident Activities, Physical Environment, Safety and Security, Meals and Food.
- Improvement seen in all 7 Major Areas of Satisfaction:
  - Satisfaction with Therapeutic Recreational Activities
  - Satisfaction with Resident’s Privacy and Autonomy
  - Satisfaction with Safety and Security of Facility
  - Satisfaction with Staff Caregiving

Participant Characteristics (Continued)

- Highest Educational Level of Participants:
  - Elementary School 9%
  - High School 31%
  - College 38%
  - Advanced Degree 21%
- # Years Caring for Dementia Family Members
  - Less than 1 year 18%
  - 1 year – 5 years 48%
  - 5 years -10 years 17%
  - > 10 years 17%
- Most educational Level of Participants: Bachelor's Degree

Contact Information

Anna Kimelfeld DNP, ANP, RN
Metropolitan Jewish Health System; Elderplan Health Plan – Brooklyn, New York , USA

No Disclosures

For Any Authors