



REACH VA: Support for Dementia Caregivers

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Long Term Services and Supports, October 24, 2012



VA Defining
HEALTH CARE EXCELLENCE
in the 21st Century

Caregivers

- 65 million people, 29% of U.S. population
- 66% are women
- 60% are employed
- Caregivers report
 - 20 hours per week providing care
 - Fair or poor health (23%)
 - Missing doctor appointments (72%)
 - Poor eating habits (63%)
 - Worse exercise habits (58%)
 - Clinically significant symptoms of depression (40% to 70%)

Dementia Caregivers

- At risk for:
 - Depression (>50% caregivers are depressed)
 - Increased morbidity
 - Financial loss
 - Social isolation
 - Extreme fatigue, stress
 - Anxiety, upset, feeling overwhelmed
 - Increased mortality



REACH VA

Resources for Enhancing Alzheimer's
Caregivers Health

A Resource for Dementia Caregivers and
Organizations

REACH VA Goals

Caregiver

Empower caregiver

- Increase problem solving skills
- Increase coping skills

Improve caregiver's life

- Decrease burden
- Decrease anxiety
- Decrease depression
- Decrease frustrations

Care Recipient

Improve Care Recipient's life

- Improve management of problem behaviors/concerns



REACH VA Intervention

- Active Phase
 - Four individual core sessions over 2-3 months
 - Face to face or by telephone
 - Optional additional sessions based on caregiver need, desires and goal attainment, and Interventionist judgment
- Maintenance Phase
 - Additional problems/stress issues as needed
- Optional Telephone Support Groups - complementary or standalone



Why implement REACH VA?

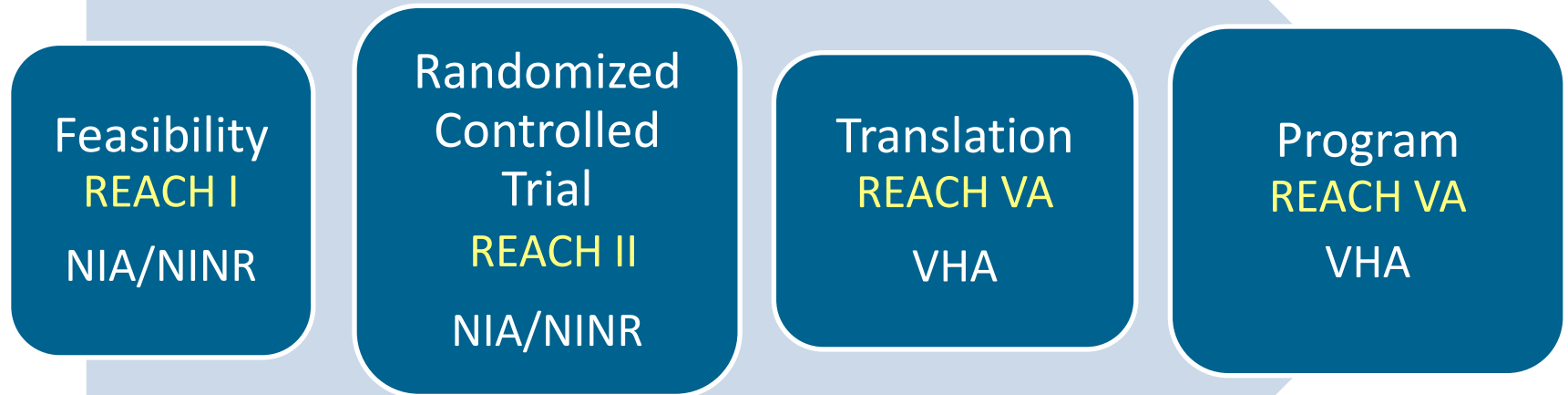
REACH VA Works

- Caregivers Improve in
 - Burden
 - Depression
 - Effect of depression on daily life
 - Troubling patient behaviors
 - Caregiver frustrations (abusive behaviors)
 - Two hours per day decrease in time on duty
 - One hour per day decrease in time providing care



I was able to see how some situations improved dramatically with the program. Other team members ... would comment on the improvement in families receiving this service.
(Interventionist)

REACH VA is Evidence Based





Why does REACH VA work?

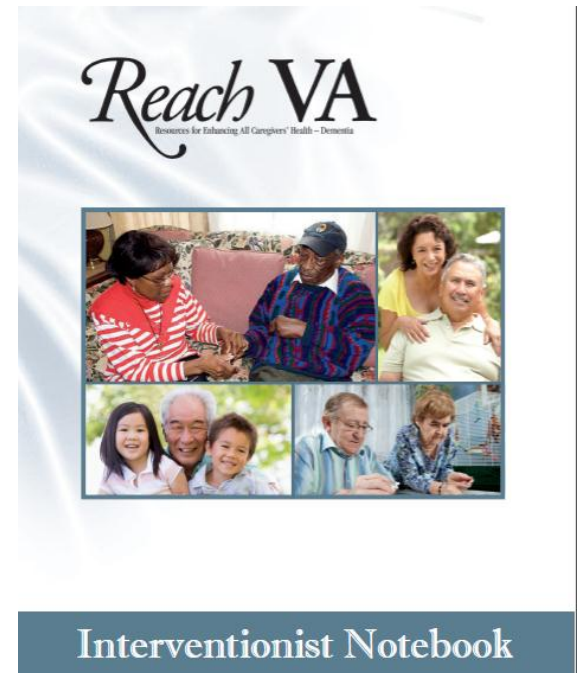
REACH VA is Standardized

- Protocol driven
- Provides education, skills building, support
- Risk areas that many caregivers experience:
 - Safety
 - Emotional well being
 - Self-care/healthy behaviors
 - Social support
 - Patient problem behaviors/
caregiver concerns



REACH is Structured

- Simple to use
- Scripts, guidelines and talking points
- Grab and go materials
 - Caregiver Notebook
 - Interventionist Notebook
- Scripts are
 - Used as guides for interaction
 - Provide key vocabulary



REACH VA Caregiver Notebook

- For each caregiver
- Educational material (care recipient's condition, safety in the home)
- Stress and coping topics (health, well-being)
- Behavior/Issue topics
- Resource for now and after intervention ended



CAREGIVER NOTEBOOK - EXCELLENT! (Interventionist)

The Caregiver Notebook that is supplied. I could refer back to it. Other home aides saw it and said everyone (CG) should have one. (Caregiver)

Caregiver Notebook Behavioral Topics

- Activities
- Bathing
- Combativeness
- Communication
- Confusion
- Dental Care
- Depression (patient)
- Dressing
- Driving
- Early Stage Dementia
- Eating
- Environment
- Feelings (patient)
- Grief
- Hallucinations/Delusions
- Holidays (patient)
- Hospitalization
- Incontinence
- Medications
- Nutrition
- Repeated Questions
- Safety
- Sexuality (patient)
- Shadowing
- Sleeping
- Sundowning
- Telling the Patient/Others
- Traveling
- Visiting
- Wandering

Caregiver Notebook

Stress and Coping Topics

- Adult Day Care
- Asking for Help
- Communicating
- Depression (Caregiver)
- Early Stage Dementia
- Feelings (Caregiver)
- Financial/Legal Issues
- Getting Help (Resources)
- Grief
- Healthy Lifestyle Holidays (Caregiver)
- Making New Friends
- Positive Thinking
- Problem Solving
- Sexuality (Caregiver)
- Stress/Relaxation
- Visiting

REACH is Targeted

- Risk appraisal allows caregiving dyad concerns to be addressed
- Drives and customizes intervention
 - Identify major areas of high and moderate risk and alerts
 - Guide discussions and negotiate problem areas to address
 - Re-evaluate areas of risk periodically throughout intervention



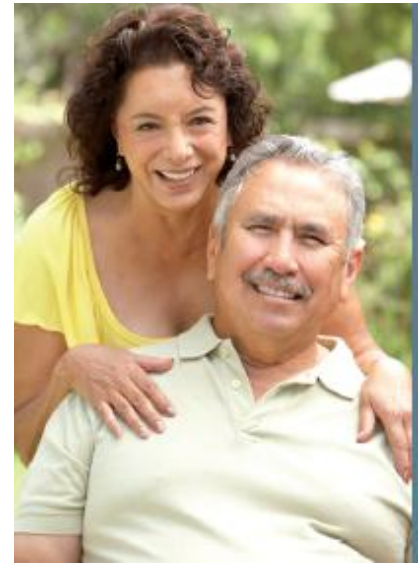
I really liked that you were able to tailor it to the CG's needs so that it was not rigid in that sense. With the help of the risk priority inventory you were able to tailor it to their needs and that was great. (Interventionist)

Risks, Treatments, and Outcomes

Caregiving Risk	Intervention	Outcomes
Gun	Remove access	Increased safety
Wandering	Secure doors, develop safe paths, ID bracelet	Decreased or safer wandering
Depression	Refer to counseling, medication	Increased energy
No help from family	Practice assertive communication and strategies to ask for help	Increased support from family, CG satisfaction with support, decreased risk of abuse

REACH VA Focuses on Critical Skills to Empower the Caregiver

- Core evidence based components
 - Problem solving
 - Positive thinking/mood management
 - Stress reduction

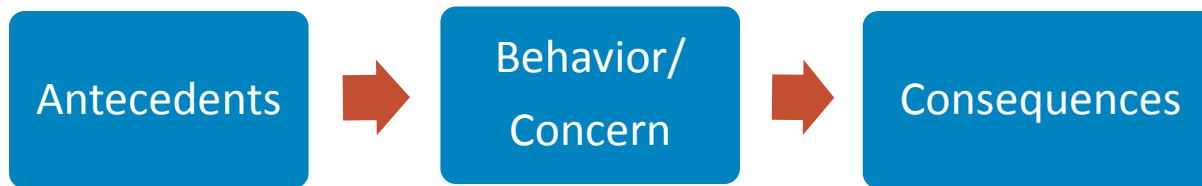


What I liked best was talking about ways to solve problems. (Caregiver)

I could see things I was doing wrong and she taught me how to do things better. (Caregiver)

Problem Solving Steps

- Determine/define/operationalize behavior/issue using ABC Process



- Assess previous attempts to address
- Set goals
- Develop Target Behavior/Issue Plan
- Review and troubleshoot plan

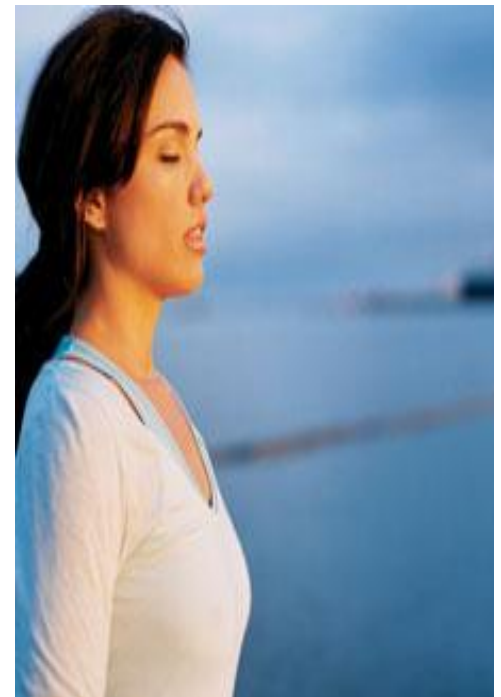
Mood Management

- Managing the relationship between thoughts and feelings when the problem cannot be changed
 - Identify the situation
 - Identify current thoughts
 - Recognize current emotions/feelings
 - Challenge/replace unhelpful thoughts
 - Match milder feelings to milder thoughts



Stress Management

- Stress Management/Relaxation Exercises
 - Signal Breath
 - Music
 - Stretching or Guided Imagery
 - Pleasant Events



Telephone Support Groups

- Complementary or stand alone
- Monthly one hour sessions
- Closed or open group membership
- Topics
 - Taking Care of Yourself
 - Problem Solving
 - Communicating with Your Loved One
 - Stress Management
 - Communicating with Health Care Providers
 - How to Access Community Resources
 - Other topics as desired from Caregiver Notebook

Memphis Caregiver Center Services

Materials

Training

Certification

Coaching

Evaluation

REACH VA Dementia Training

- Training materials shipped to the site
- Live Meeting webinars and telephone
 - 3 hours of training for interventionists
 - 2 hours for group leaders
- Certification

Contact Us

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