

Epic Living Alone Plus: An RCT for people aged 60 or older with cognitive decline

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Introduction

- Approximately, 7.2 million people in the US live with Alzheimer's disease and related disorders (ADRD).
 - 65% are community-dwelling
 - 26% of these live alone
- People living alone in the early stages of ADRD (PLA) are less likely to receive a correct dementia diagnosis and to recognize their own limitations, since they can still do many daily activities and make valid decisions.
- To date, few evidence-based interventions have been identified that help PLA overall and positively impact key quality of life outcomes.

Background – EPIC LA Pilot

EPIC LA Pilot was designed to help PLA manage ongoing memory changes, associated stressors and related distress, and prepare for the future.

- Pilot participants after intervention reported:
 - Overall benefit from the intervention (100%)
 - better understanding of memory loss and its effects (100%)
 - feeling more confident in dealing with problems related to memory loss (100%)
 - the intervention made their life easier (100%)
 - being better prepared to take care of their future care needs (100%)
 - improvement in their emotional well-being (86%)
 - Improvement in their communication skills (86%)
- Additional post-intervention feedback:
 - Felt “less alone”, and
 - better able to relate with others who were in a similar situation
 - the individual session felt “powerful” in helping them understand their preferences for future care and be better prepared to handle future care needs.

These findings informed the enhancements for an updated program, EPIC LA+, that is designed to address the lack of effective technology-enabled interventions that improve PLA's psychological well-being and other QoL indicators.

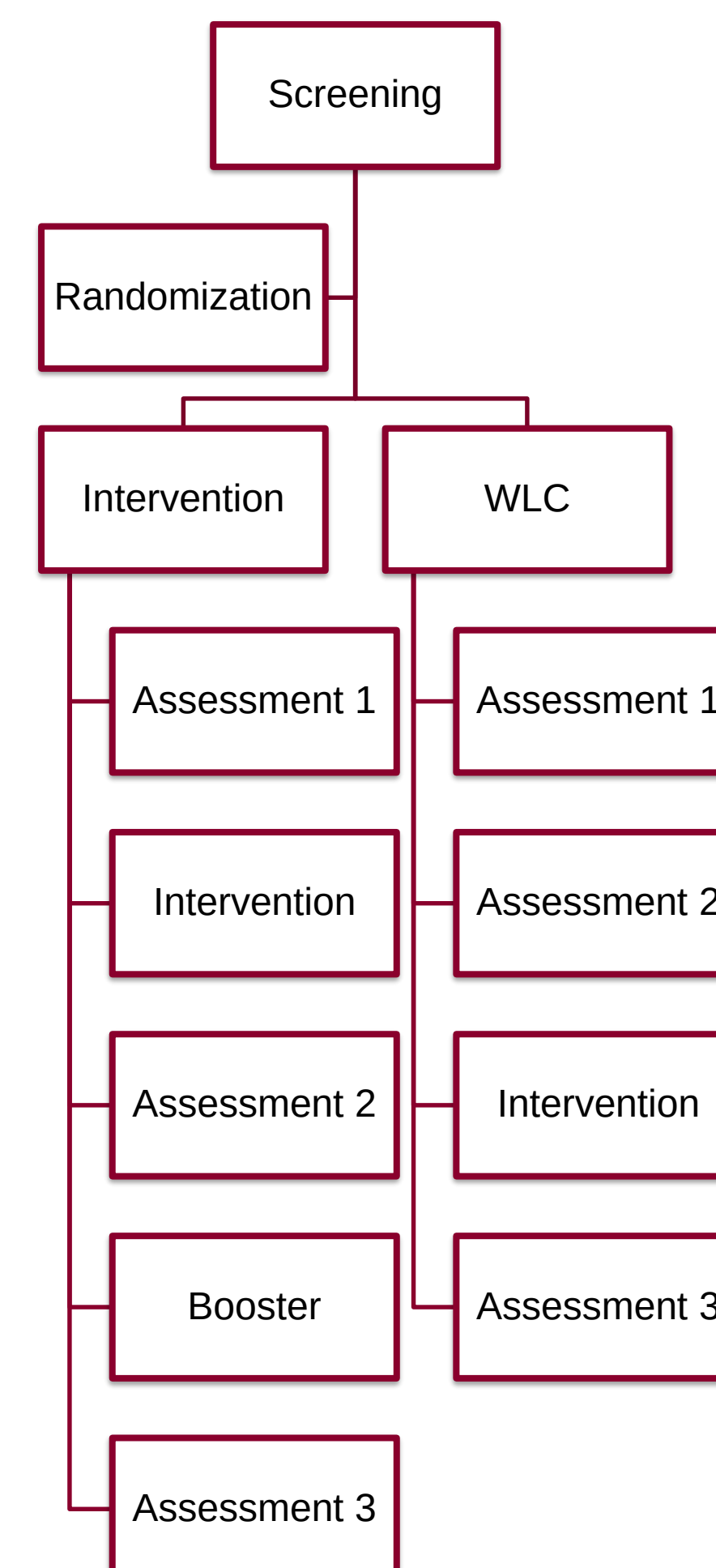
Methods EPIC LA+

Study Details

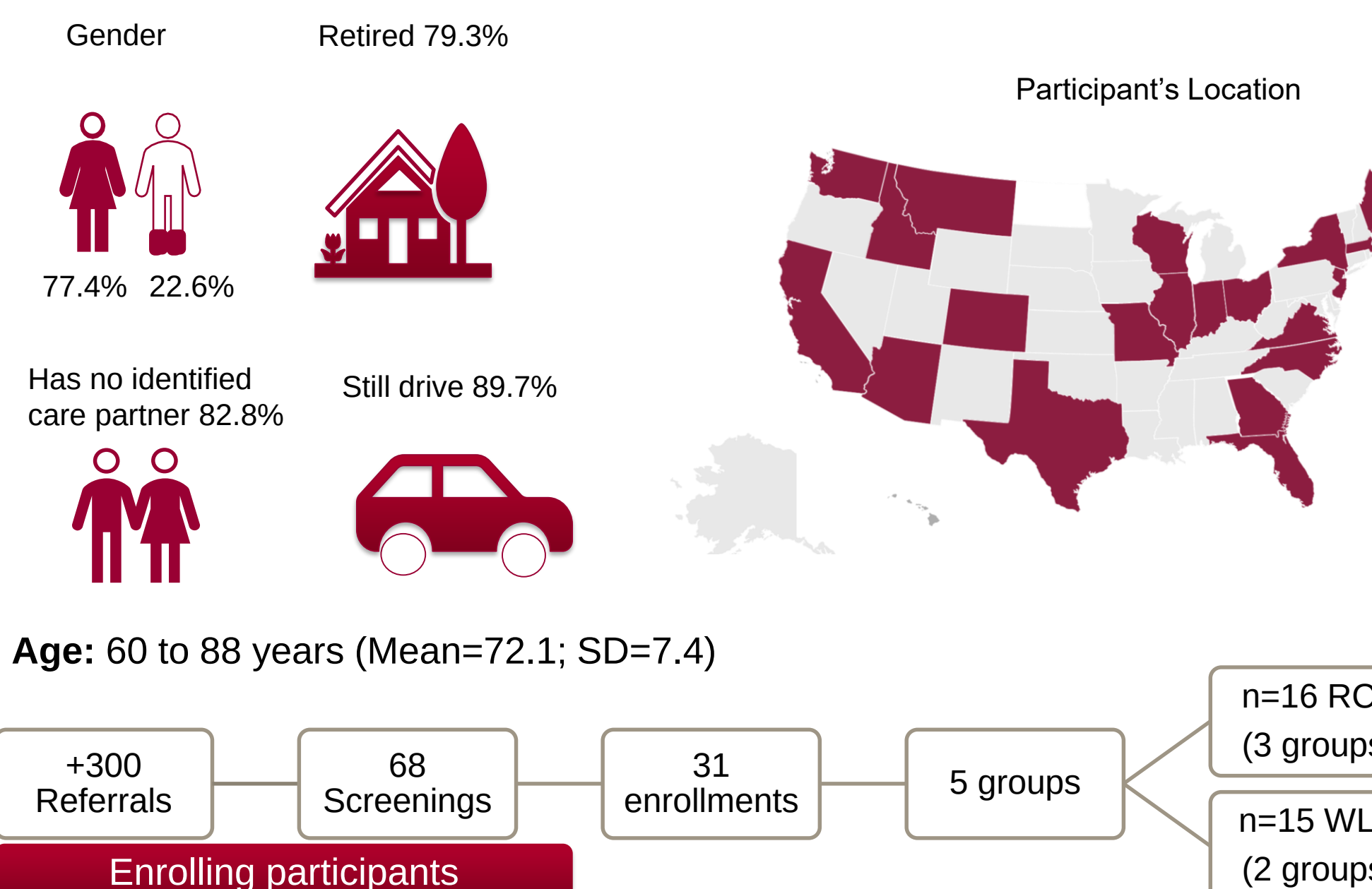
- Study Design:** RCT
- Setting:** Zoom
- Study Duration:** 6 months
- Intervention Duration:** 7 weeks
- Group Session Duration:** 2h 30 min
- Individual Session Duration:** 90 min
- Assessments:** Baseline, post-intervention, and 6 months

EPIC LA+	Provides education on memory changes associated with ADRD;
	teaches mood management, communication, and stress reduction skills;
	helps clarify care values and preferences for future care tasks; and
	develops an individualized care plan for the future.

Study Design



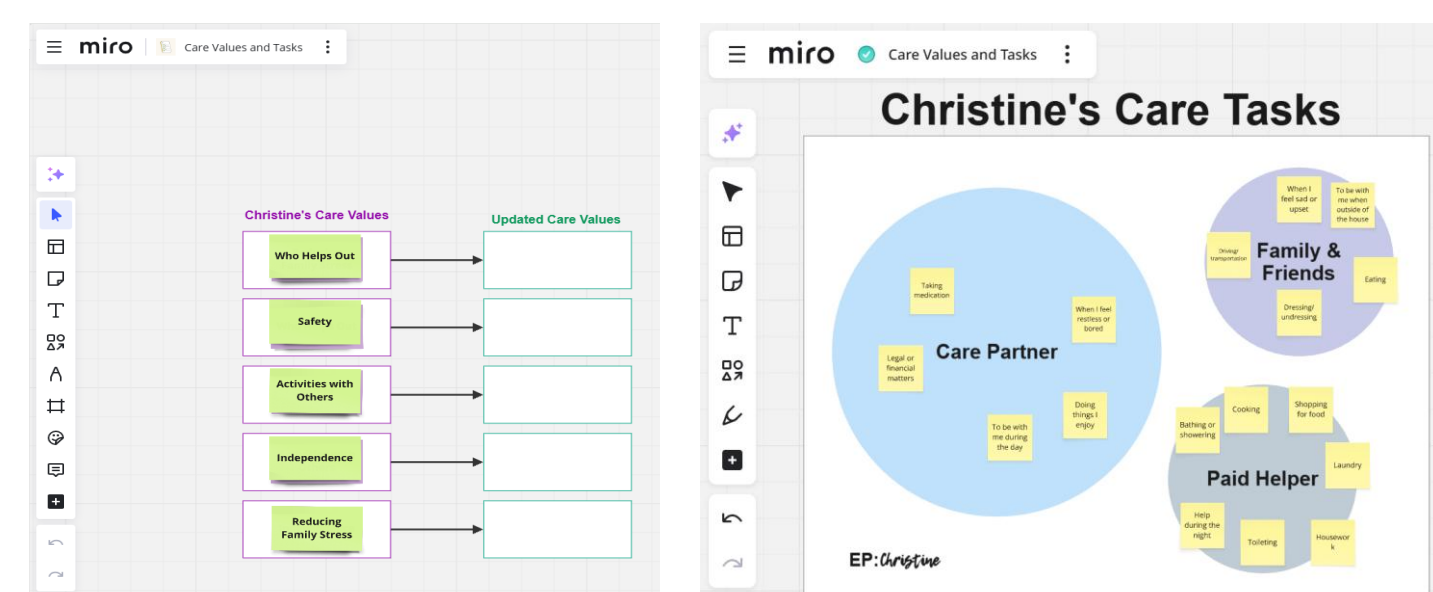
EPIC LA+ Participant's Characteristics



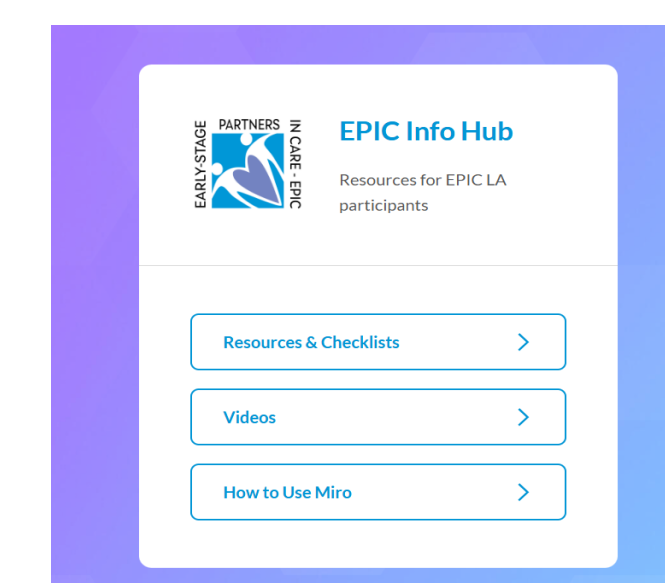
Conclusions

Findings from the EPIC LA pilot were very promising, indicating that participants benefited in multiple ways including feeling better prepared for the future. The pilot has helped guide EPIC LA+ trial; and, while the new RCT is just beginning, a **93% retention rate** and the ability to reach and enroll participants across multiple states are promising indicators of future success.

Technology Enhancements



Miro is the real-time participant's personal space to work on Care Tasks and Care Values together with the EPIC LA Coach.



Carrd.co is a micro website with resources for the participant.

Acknowledgements

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More Information, Collaborations & Participation



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