

Feedback From A Sample Of Family Members Of People With Dementia Participating In A Virtual Support Program In Brazil

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INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES
Family care in dementia is marked by a multifactorial burden, in which psychological stress and responsibilities often compromise the caregiver's well-being. Since the 2020 pandemic, online assistance and support models have been used for this population, with promising results regarding the overall well-being of patients and caregivers, reducing the frequency of variables that compromise the quality of life of these individuals. This study evaluates the acceptability and perception of family caregivers regarding a virtual support program linked to a Brazilian reference center in dementia, which sought to analyze its impact on the care journey.	This descriptive study analyzed 29 of 96 caregivers (30.2% adherence) from the GNCC-Support program at HC-FMUSP with 1 to 5 years of follow-up. The post-intervention trajectory was evaluated, encompassing demands for specialized support, pharmacological expenses, and knowledge about dementia. The analysis included routine and quality of life indicators. The results reflect the clinical impact and the participants' satisfaction with the virtual support received.	Promising results were observed in the analysis of a period of 1 to 5 years. A significant shift was observed in the pattern of healthcare system utilization. Before the intervention, 86% required monthly professional support; after joining the program, approximately 55% reported that virtual meetings fully met their routine needs. There was a significant reduction in the need for emergency care, reported by 26 (89.6%) of the participants. Clinically, improvements in patient outcomes were observed, with a reduction in constipation episodes from 17 to 23 stable cases, and in falls from 15 to 20. Economically, 17 caregivers (58.6%) reported a reduction in pharmacotherapy expenses. The perception of support was validated by the participants, of whom 82% identified improvements in routine management and 75% in the overall perception of quality of life. The greater effectiveness and understanding were reflected in overall satisfaction, with an average score of 9.3 and unanimous adherence to the continuity of the online modality.	Data shows that digital support optimizes care management and strengthens the emotional and financial sustainability of the family unit.	Brody H, Donkin M. Family caregivers of people with dementia. Dialogues Clin Neurosci. 2009;11(2):217-228.Leng M, Zhao Y, Xiao H, Li C, Wang Z. Internet-based supportive interventions for family caregivers of people with dementia: systematic review and meta-analysis. J Med Internet Res. 2020;22(9).Mattos EBT, Francisco IC, Pereira GC, Novelli MMPC. Virtual support group for family caregivers of elderly people with dementia in the COVID-19 scenery. Cad Bras Ter Ocup. 2021;29.
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