

Personalized Goal Attainment in the Dementia Care (D-CARE) Study



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Goal attainment, a patient-centered outcome, was comparable between health-system and community-based dementia care, with over half of care partners achieving personalized care goals.

INTRODUCTION	METHODS	RESULTS	TABLE & FIGURE																														
Personalized goal attainment may capture benefits of dementia care interventions not reflected in traditional outcome measures. We examined attainment of individualized care partner-set goals for dementia care in the D-CARE trial. - D-CARE was an 18M, 3-arm, pragmatic RCT at 4 U.S. sites (Jun 2019-Aug 2023). Interventions: - Health system-based dementia care (HSDC) delivered by advanced practice providers (n=1016) - Community-based dementia care (CBDC) delivered telephonically by a social worker, nurse, or therapist (n=1016)	- Care partners set personalized goals with trained interventionists at baseline; usual care did not include goal setting. - Goal attainment was rated at 6M using a 3-level scale: less-than-expected, expected, or greater-than-expected. - At follow-up, care partners could set a second goal with attainment assessed at 18M. - Intervention effects were evaluated using cumulative logit models with an interaction term to assess heterogeneity by site. - Odds ratios (ORs) compare HSDC with CBDC, with OR>1 indicating higher odds of attainment in HSDC.	- The first 1004 care partner-care recipient dyads assigned to interventions were eligible for goal attainment scaling. 850 set a goal and 614 (72%) rated attainment at 6M (HSDC n=333; CBDC n=281). - Care partners: 75% female, 75% White, mean age 65 (SD12.5), 46% spouses, 47% adult children, 77% lived with care recipient. - Goal attainment at 6M (meeting/exceeding goals) was similar between arms (HSDC 55% vs. CBDC 59%; OR 0.80 [97.5% CI 0.54–1.20]). 26% of care partners in both arms exceeded their goals. - Goal attainment varied by site; one favored HSDC (OR 9.28 [2.35–36.6]) and one favored CBDC (OR 0.10 [0.02–0.40]). - No differences in 18M attainment.	<table><tr><th>Most Common Care Partner Goals</th><th>N=850 N (%)</th></tr><tr><td>Keep the person I care for out of the hospital or emergency department</td><td>170 (20.0)</td></tr><tr><td>Help the person I care for be physically active</td><td>159 (18.7)</td></tr><tr><td>Better understanding of what to expect in caring for someone with dementia</td><td>145 (17.1)</td></tr><tr><td>Help the person I care for keep his or her mind stimulated</td><td>119 (14.0)</td></tr><tr><td>Keep the person I care for living at home or move to supportive setting</td><td>104 (12.2)</td></tr><tr><td>Maintain my own (care partner's) health</td><td>93 (10.9)</td></tr><tr><td>Help person I care for avoid accidents (falls, household hazards, getting lost)</td><td>76 (8.9)</td></tr><tr><td>Have legal/financial/end of life plans in order</td><td>72 (8.5)</td></tr></table> Goal Attainment by Intervention <table><caption>Goal Attainment by Intervention Data</caption><tr><th>Category</th><th>HSDC (n=333)</th><th>CBDC (n=281)</th></tr><tr><td>Less than expected</td><td>149</td><td>115</td></tr><tr><td>Expected</td><td>98</td><td>92</td></tr><tr><td>Greater than expected</td><td>86</td><td>74</td></tr></table> Percent attaining at least this level: Less than expected (100/100), Expected (55/59), Greater than expected (26/26) The Dementia Care Study is funded by the Patient-Centered Outcomes Research Institute (PCS-2017C1-6534) Contact: Lee-Jennings@ou.edu ALZHEIMER'S ASSOCIATION AAIC 26	Most Common Care Partner Goals	N=850 N (%)	Keep the person I care for out of the hospital or emergency department	170 (20.0)	Help the person I care for be physically active	159 (18.7)	Better understanding of what to expect in caring for someone with dementia	145 (17.1)	Help the person I care for keep his or her mind stimulated	119 (14.0)	Keep the person I care for living at home or move to supportive setting	104 (12.2)	Maintain my own (care partner's) health	93 (10.9)	Help person I care for avoid accidents (falls, household hazards, getting lost)	76 (8.9)	Have legal/financial/end of life plans in order	72 (8.5)	Category	HSDC (n=333)	CBDC (n=281)	Less than expected	149	115	Expected	98	92	Greater than expected	86	74
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