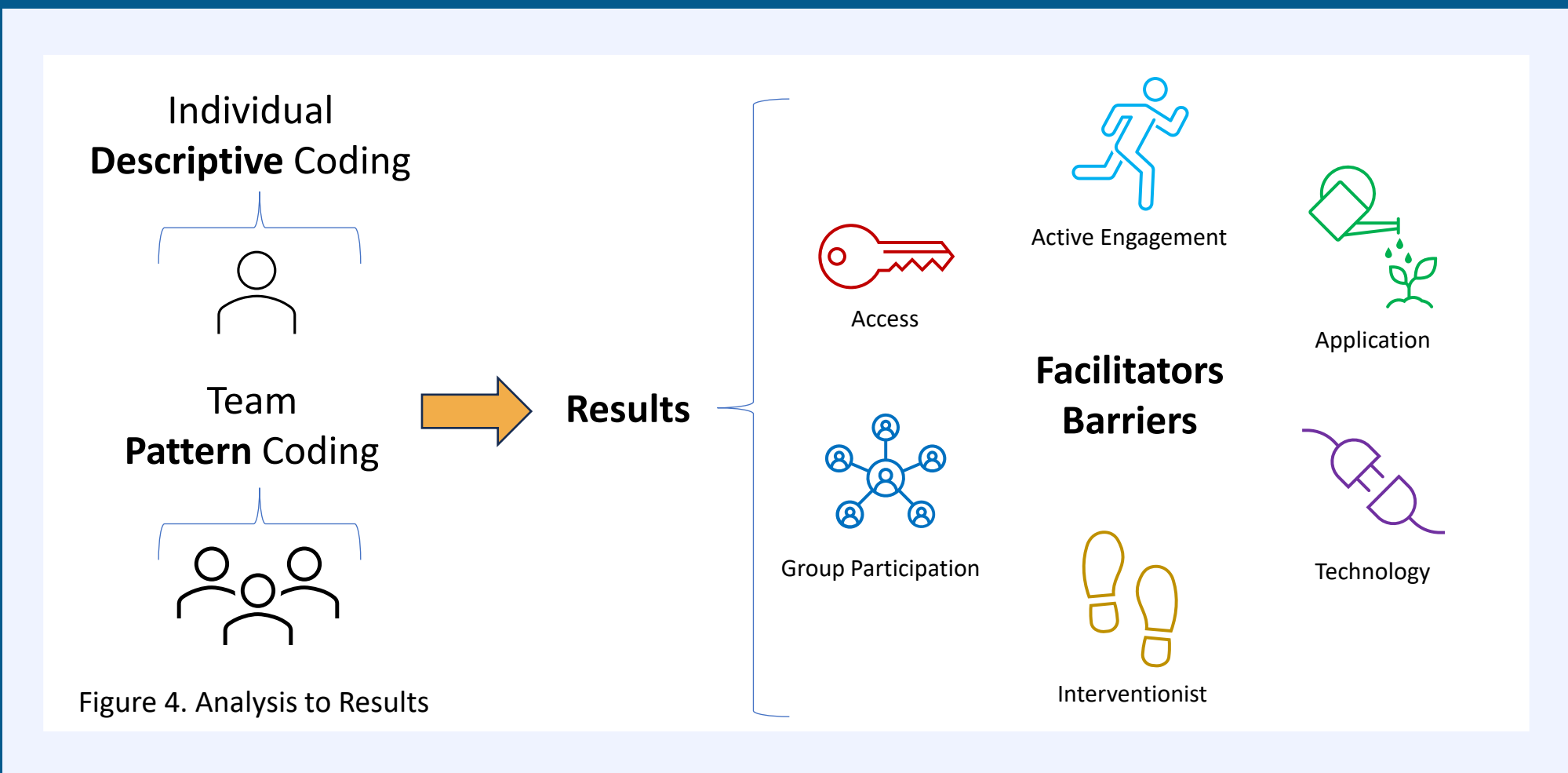
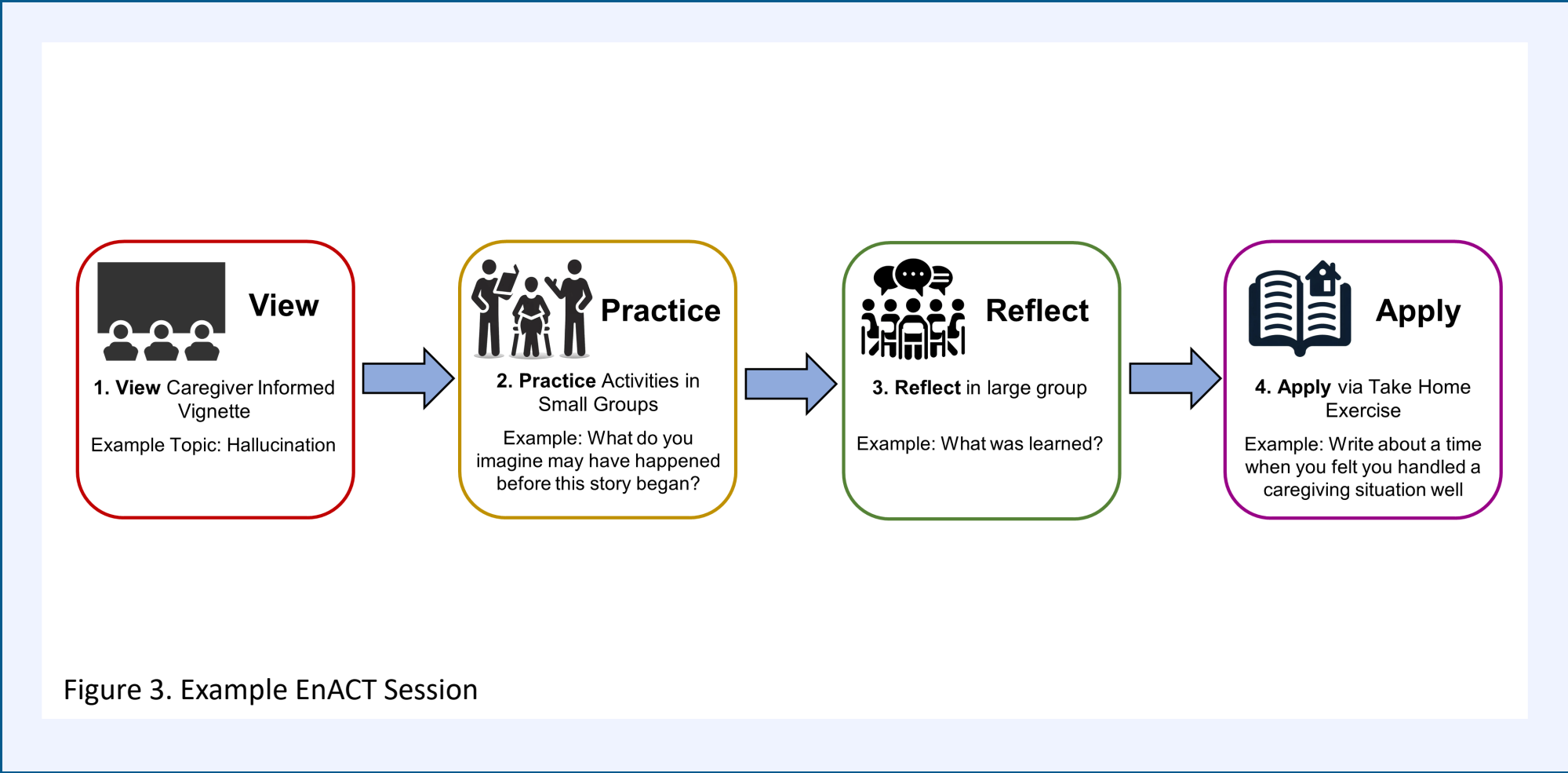
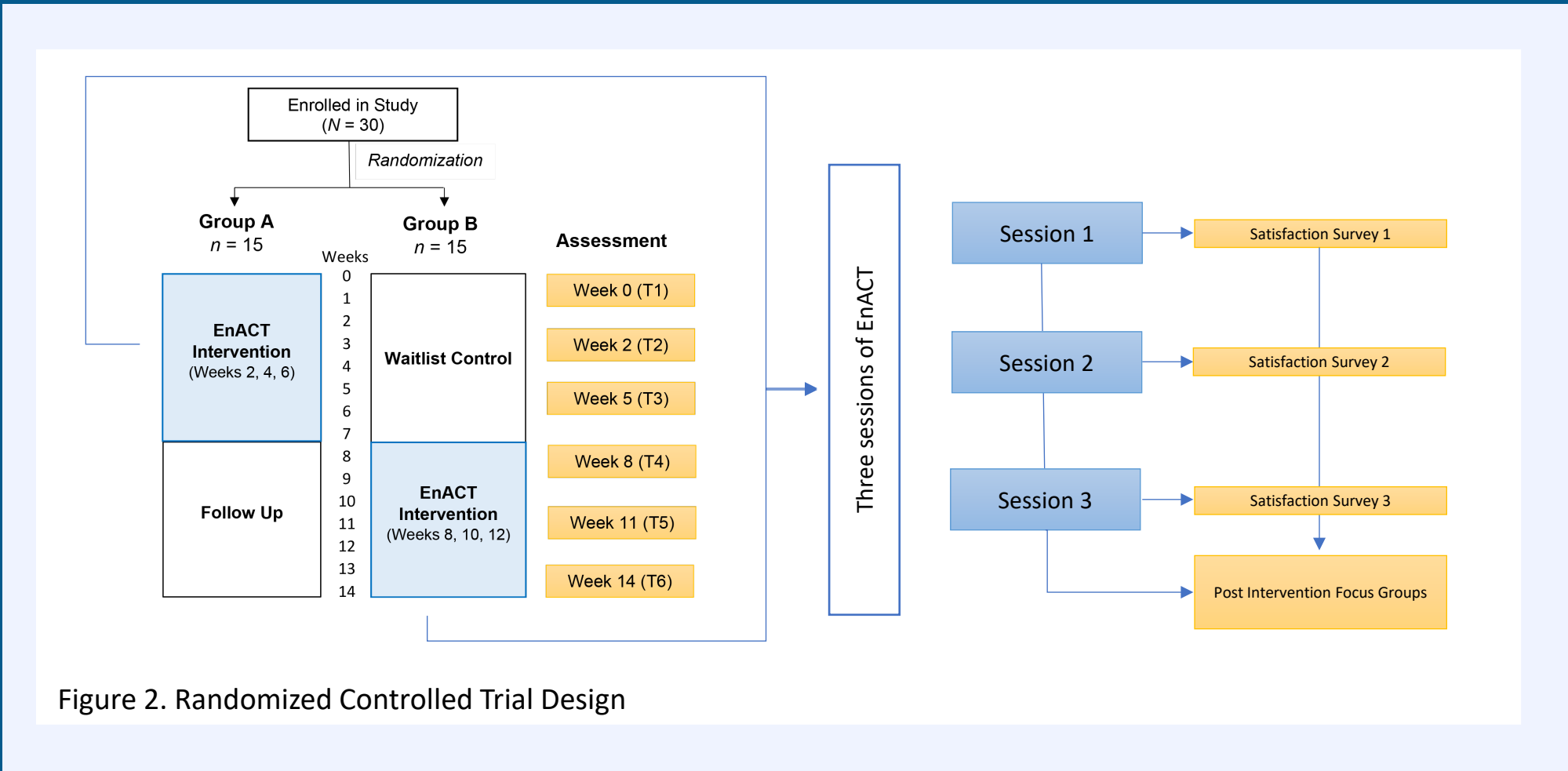
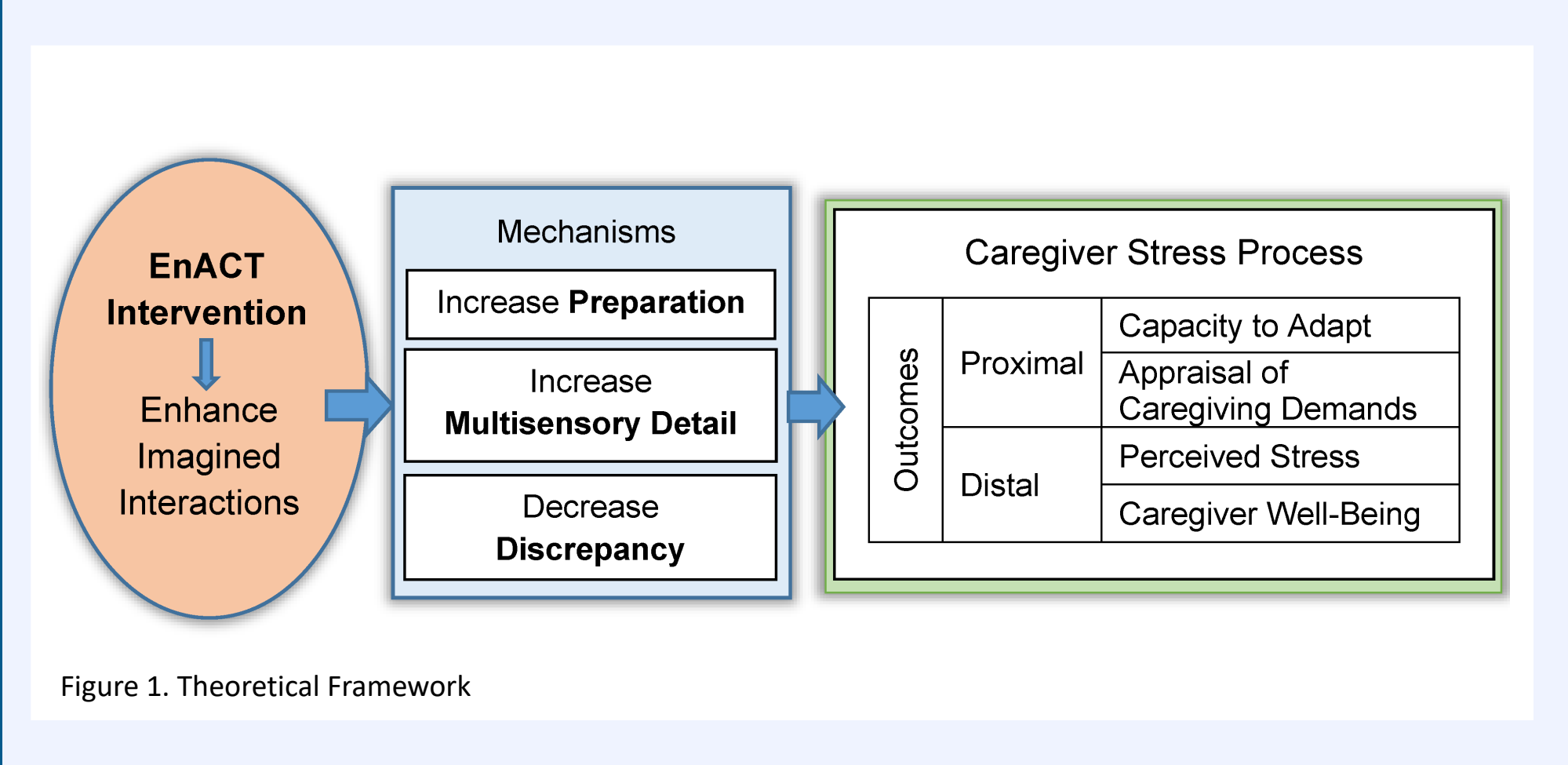


Facilitators and Barriers to Dementia Caregiver Participation in the Enhancing Active Caregiver Training (EnACT) Intervention

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Graphical Abstract



Active engagement fostered group participation, connection, sharing, and the desire for more.

Introduction

Impact – Outcomes for caregivers improve when active engagement is incorporated into training and support groups

Background – Active engagement facilitates application of knowledge and skills

EnACT – promotes active engagement through arts-based techniques

Purpose – Identify facilitators and barriers to participating in EnACT

Methods

Design -

- Randomized waitlist-controlled pilot study

Data –

- Post-session satisfaction surveys
- Six post-RCT focus groups

Analysis –

- Descriptive coding
- Pattern Coding

Results

Strengths

Easy to Access
“if this were an in-person group, I don’t think I would have done it”

Interventionist
“positive attitude and caring demeanor of facilitator”

Opportunity to Share
“sharing of stories from other caregivers”
“so relevant to my current situation”
“more comfortable to talk about that scenario rather than our own issues”

Active Engagement
“I hadn’t done that in a support group ever, and the exercises were unique”
“I liked the activities...that was fun.”

Interactions & Group Participation
“the exchanges with the participants”
“group participation”
“I really appreciated the humor...just to be able to laugh with each other was really nice too”
“All the good interaction by the other caregivers was very validating and supportive”

Refinements

No suggestions
“No suggestions”

Check the quality of streaming access
“zoom issues”

Enough time
“I don’t think 3 sessions of 1 hour each is enough time”
“would like a little more time”

Facilitator explained to the group the reason for the activity
“maybe asking more questions. I always learn so much from others”

Ask for suggestions of issues to be discussed
“more tips and tools as opposed to a script”

Application to Caregiving

Theme	Quote
Increased Patience	“It gave me the courage to really not overreact or to actually listen to the person I was taking care of and made a huge difference”
Fostered Understanding	“I took the opportunity to be mindful on my mom as a person whose reality is her own”
Evaluate the Situation	“I find myself taking a step back and trying to evaluate before acting”
Explore Options	“It gave me some new ideas to try”

“...when I found myself in a moment where my head was exploding and I didn’t know what to do about it, that was like the script came into my head, not the words of the script, but just the experience that I had had in the group. And I said, “I need to really listen carefully at what he’s saying.”.... I was all of a sudden filled with compassion and understanding, and all of these negative feelings went away...”

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