

Use of Technology, Evidence, and Key Stakeholder Engagement to Evolve an Evidence-based Dementia Caregiving Intervention: REACH4Care



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Background

- Evidence-based programs are not typically adapted to provider capabilities and the needs and preferences of diverse caregivers while maintaining the efficacy demonstrated in clinical trials.
- Stakeholder engagement through a co-design process ensures the intervention will better respond to caregiver’s needs and allow caregivers to access the content in formats that are most useful and usable for them.
- Common evidence-based program adaptations include:
 - Format – program length/number of contacts
 - Delivery – virtual delivery
 - Cultural adaptations
- Other options for adaptation include:
 - Merging two evidence-based programs
 - Technology enhancements
 - Incorporating key stakeholder engagement input
- Consensus-building is needed on the methodological process of evolving evidence-based caregiver programs using new technology, evidence, and stakeholder engagement.

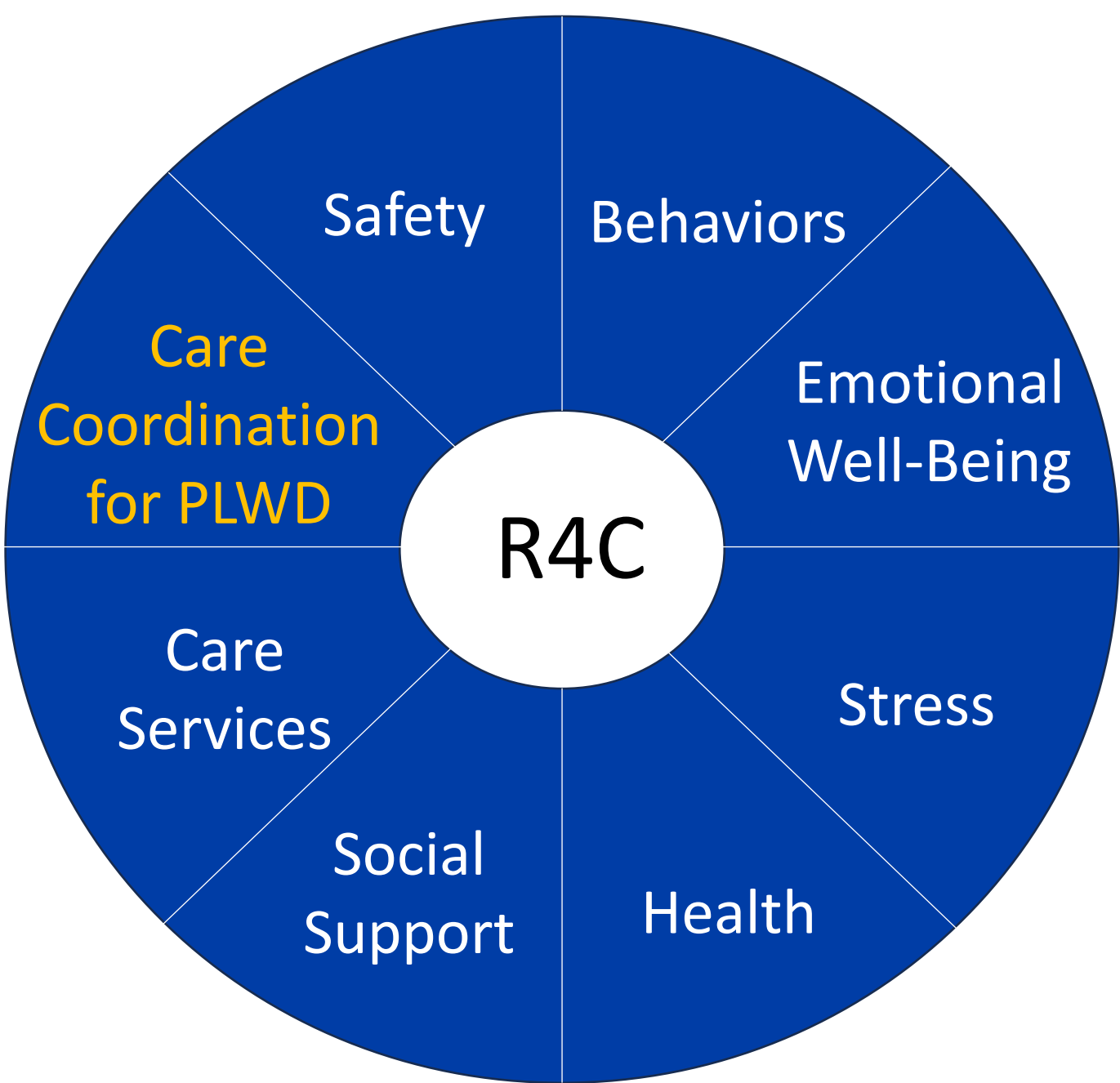
Methods

- Systematic review of **REACH-TX and GamePlan4Care**, two evidence-supported adaptations of Resources for Enhancing Alzheimer’s Caregiver Health II (REACH II)
 - REACH-TX- in-person adaptation implemented in a community-based organization
 - GamePlan4Care- web-based adaptation in a health system
- Feedback of both interventions came from
 - Caregiver survey and website utilization data
 - Focus group findings from individuals who delivered REACH-TX
- Feedback focused on content and features preferred by dementia caregivers
- **A next-generation intervention was created, REACH4Care (R4C)**
- A prototype of the REACH4Care intervention was presented to an advisory committee that included dementia caregivers and a representative of a community-based organization.

Interventions’ Feedback

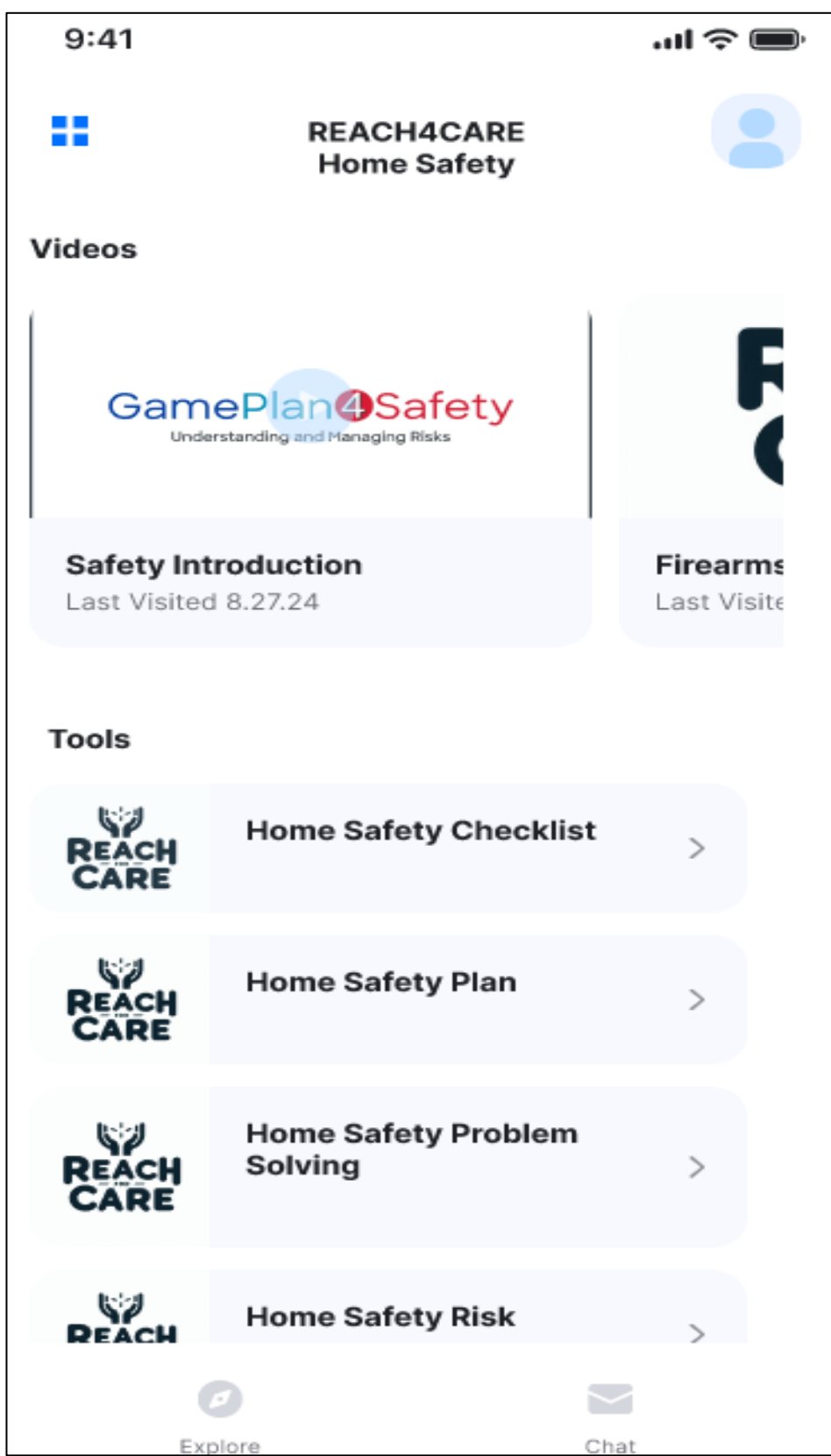
REACH-TX Intervention Delivery Staff Feedback
A Caregiver’s Notebook, the REACH-TX primary delivery tool, could be improved through expanded content
Unit cost of delivering one-on-one, in-person therapeutic sessions in a program is high
GamePlan4Care User Experience Feedback
The Dementia Care Navigator was a source of emotional support and encouragement
Caregivers had limited time to engage in the intervention due to competing demands
Having information presented in multiple formats was helpful
Have more asynchronous options

R4C Topic Areas



*Care Coordination for PLWD includes content related to the care transition needs of the PLWD after hospitalization

R4C App Mockup



R4C Guide Book Mockup



Results

- R4C combines multiple adaptations of REACH II into a multimodal intervention that provides comprehensive dementia caregiving education, skills-training and tools that are easily accessible
- R4C includes a new content domain, Care Coordination for the PLWD
- The R4C Guide Book is a user-friendly, hard copy of educational materials, skill-training tools, and exercises for each topic
- QR codes in R4C Guide Book link to video demonstrations of therapeutic content, exercises, and tools in housed in the R4C App
- A Dementia Care Navigator assists caregivers in prioritizing comprehensive caregiving support content using standard risk assessments

Conclusions and Next Steps

- R4C presents a pragmatic approach to evolving evidence-based dementia caregiving programs into a new, contemporary program that better meets caregivers’ needs and preferences
- R4C is grounded in prior evidence and the application of technology while also shaped by input from key stakeholders
- The resulting program is designed to be feasible for implementation by health systems and community-based organizations
- A qualitative, structured focus group study of R4C is being conducted to obtain feedback on content, format, program delivery methods, integration of Guide Book and App, and support from Dementia Care Navigator
- R4C represents one path to the translation of multiple evidence-based interventions into a single, next-generation approach to supporting family caregivers. Additional discussion and consensus-building are needed on this topic.