

Rural Dementia Caregiver Project



WHAT IS THE PURPOSE OF THIS PROJECT?

This project seeks to improve the well-being of rural caregivers of loved ones with dementia through an online 6-week workshop called **Building Better Caregivers (BBC)**.

This project will compare 2 groups as part of a study:

- Group A will receive the BBC workshop immediately
- Group B will receive 2 phone calls from study staff and a resource packet. They will have the option to do the BBC workshop when the study ends

Both groups will receive up to \$80 for completing 4 surveys.

WHO IS CONDUCTING THIS PROJECT?

The University of California San Francisco (UCSF) is conducting this project and collaborating with community-based organizations serving rural communities in many states.

WHERE IS THIS PROJECT TAKING PLACE?

Online/Nationwide

WHAT DO YOU MEAN BY RURAL?

Rural can mean several things, but for this project by rural we mean any caregiver that self-identifies as living in a rural area (answers 'yes' to the question – do you live in a rural area?) or has a zip code that is a RUCA (Rural-Urban Commuting Area) defined rural zip code.

WHAT DO CAREGIVERS RECEIVE AS PART OF BBC?

- Participation in 6-week online self-management and skills-building workshop at no charge
- Social support from other caregivers and 2 trained facilitators

WHO IS THE TARGET POPULATION FOR BBC?

Family caregivers (or informal caregivers) of adults living with dementia who are....

- Living in a rural area
- 18 years old or older
- Able to read and write in English
- Able to access the internet
- Providing care for at least 10 hours per week. By care we mean assistance with dressing, meals, driving, medications, appointments, finances, or similar support

WHY SHOULD I PROMOTE BBC TO MY CONTACTS?

- Online small group program – maximizes convenience by being accessible from home at times caregiver selects
- Highly interactive – provides social support, reduces isolation through shared experiences/postings/messages
- Caregivers learn to better manage their stress, burden, and burnout, as well as caregiving skills
- Caregivers receive a workbook to keep

IS BBC SUCCESSFUL?

This workshop was effective in the Veterans Affairs (VA) health care system. Participants reported decreased stress, depression, pain, and burden, as well as increased self-efficacy and self-care activities. The VA now offers BBC to all veterans caregivers. We now want to test it among non-VA rural dementia caregivers.

HOW IS BBC DIFFERENT FROM OTHER CAREGIVER PROGRAMS?

- Other caregiver programs are delivered in-person or at set times of day. This can reduce access for caregivers who live far away, cannot leave loved ones alone, or cannot have long daytime appointments
- Some programs do not include peer social interactions
- The format of BBC makes it ideal for many rural caregivers. It is accessible at home, day or night, and provides desired peer support

WHAT IS THE COST TO MY AGENCY?

None. UCSF received a grant from the NIH for this project.

DOES MY AGENCY NEED A LICENSE FOR BBC?

No. UCSF has the license necessary for this project.

WHAT IS MY ROLE IN THE PROJECT?

Spread the word to rural dementia caregivers and your contacts. For example, post information on flyers, websites, newsletters, etc. UCSF will give you the materials.

DO I NEED TO ENROLL CAREGIVERS INTO BBC?

No. The research team will do the recruitment and enrollment. Just spread the word!

For more information email: veronica.yank@ucsf.edu or jasmine.santoyo-olsson@ucsf.edu