

**Caregivers at a Crossroads:
Bridging the Gap Between
Science and Practice**

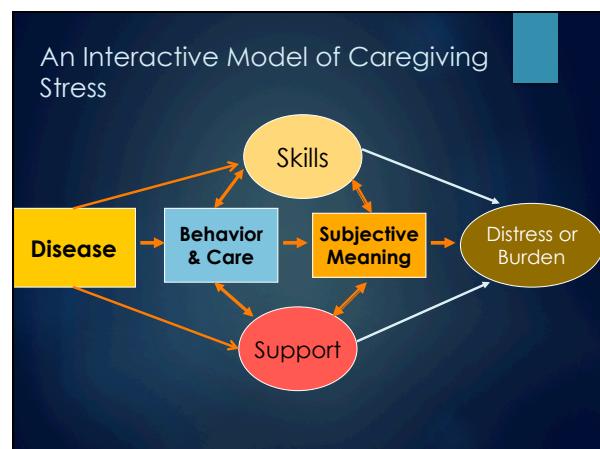
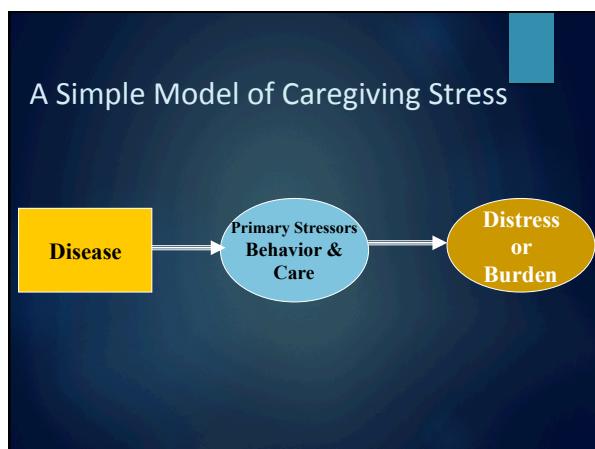
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**Carergivers at a
Crossroads**

- ▶ Foundations of helping caregivers
- ▶ Characteristics of successful interventions
- ▶ Elements of successful interventions
- ▶ Where do we go from here?



The Challenges of Caregiver Stress

- Caregiving is often associated with high levels of stress
- Care stress or burden has multiple components
- Caregivers vary in terms of what they find stressful
- Caregiving may go on for many years

Characteristics of Effective Interventions

- Psychological vs. educational
- Multi-dimensional vs. uni-dimensional
- Flexible, rather than rigidly scripted
 - Intervention addresses the goals that are important to carers
- Family focus
- Targeted treatment at appropriate dosage
- Treatment is often short-term, but caregiving is long-term

Sources: Zarit & Femia, 2009; Gallagher & Koon, 2007.

Elements of Successful Interventions

- ▶ Setting goals
- ▶ Increase understanding
- ▶ Increase skills
- ▶ Increase support
 - ▶ Emotional support
 - ▶ Use of paid help

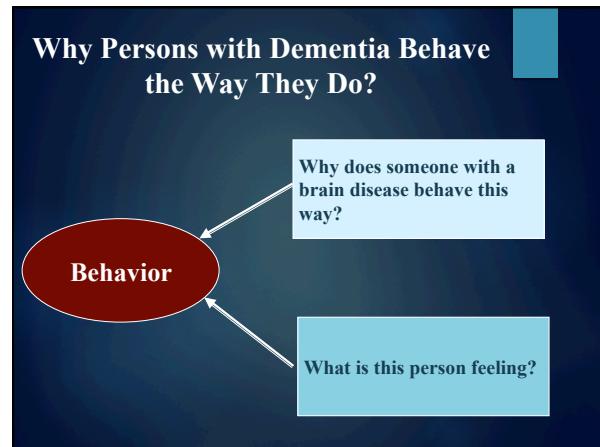
Goal Setting

- ▶ REACH 2 (Belle et al., 2006; Elliott et al., 2010).
 - ▶ Treatment group: Individualized intervention based on a risk appraisal and goal setting
 - ▶ Control group: Educational materials and telephone follow up
- ▶ Outcomes:
 - ▶ Improved self-rated and physical health
 - ▶ Improved mood
 - ▶ Reduced burden
 - ▶ Improves shown across diverse populations

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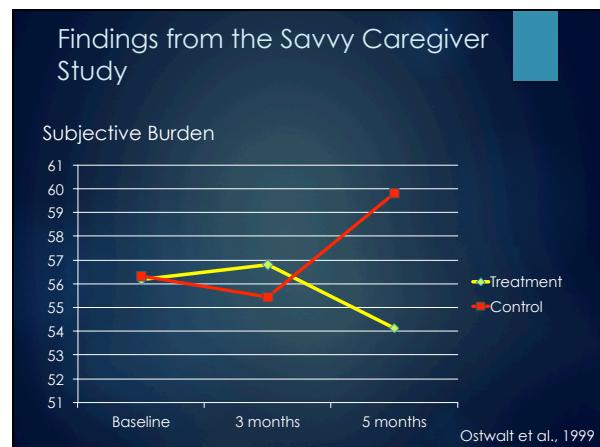
Zarit & Femia, 2010



Hepburn – The Savvy Caregiver

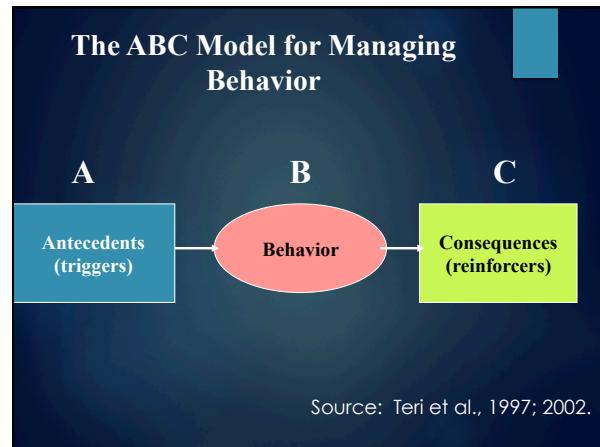
- ▶ Training for the role of caregiver
- ▶ Belief clarification
- ▶ Role clarification
- ▶ Coaching—mastery
- ▶ Involvement of other family members

Hepburn et al., 2006; Ostwalt et al., 1999.



Elements of Successful Interventions

- 1. Goal setting
- 2. Information
- 3. Skill building
 - ▶ ABCs of behavior management
 - ▶ Problem solving



Problem solving

- 1. Identify the probem (e.g., ABCs)
- 2. Generate a solution (no censoring!)
- 3. Choose a solution--pros and cons
- 4. Rehearse solutions
- 5. Implement and *evaluate*

Zarit & Zarit, 2007

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Goals of Family Interventions

- ▶ Increase everyone's understanding of the person with dementia and caregiver
- ▶ Increase emotional support to the caregiver
- ▶ Increase help to the caregiver and the person with dementia
- ▶ Decrease conflict over care issues

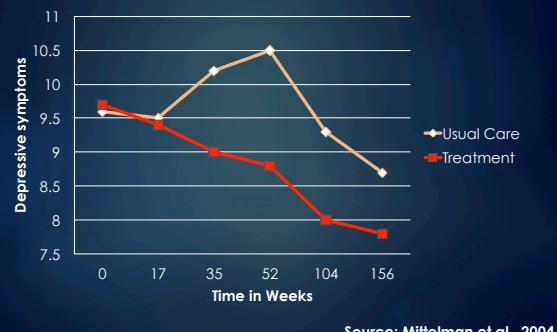
Zarit & Zarit, 2007

Mittelman NYU Intervention

- ▶ Interventions
 - ▶ Improve caregiver's skills
 - ▶ Mobilize naturally occurring support in the family
 - ▶ Continued access to counselors
 - ▶ Support groups for maintenance
- ▶ Flexible—content of sessions was determined by the needs of the caregiver

Mittelman et al., 2004

Depression Scores Over 3 Years



Elements of Successful Interventions

1. Goal setting
2. Information
3. Skill building
4. Family focus
5. Increase support
 - ▶ Emotional support
 - ▶ Family help
 - ▶ Use of paid help



Conclusions

- ▶ We now have many empirically-validated treatments to lower feelings of burden and distress and support carers' health and well-being
- ▶ The challenge is to build a system of care that provides people with the help they need now
- ▶ And during the long course of their relative's illness