



The Effects of a Remote Social Engagement Program in Caregivers of Persons with Dementia: A Case Study Approach

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INTRODUCTION

- Caregivers of persons with dementia are at an increased risk of experiencing negative health outcomes such as loneliness, social isolation, and depression¹⁻²
- Support groups provide educational support and social connections related to caregiver role³⁻⁴
- Social engagement opportunities outside the role of caregiving are limited

PURPOSE

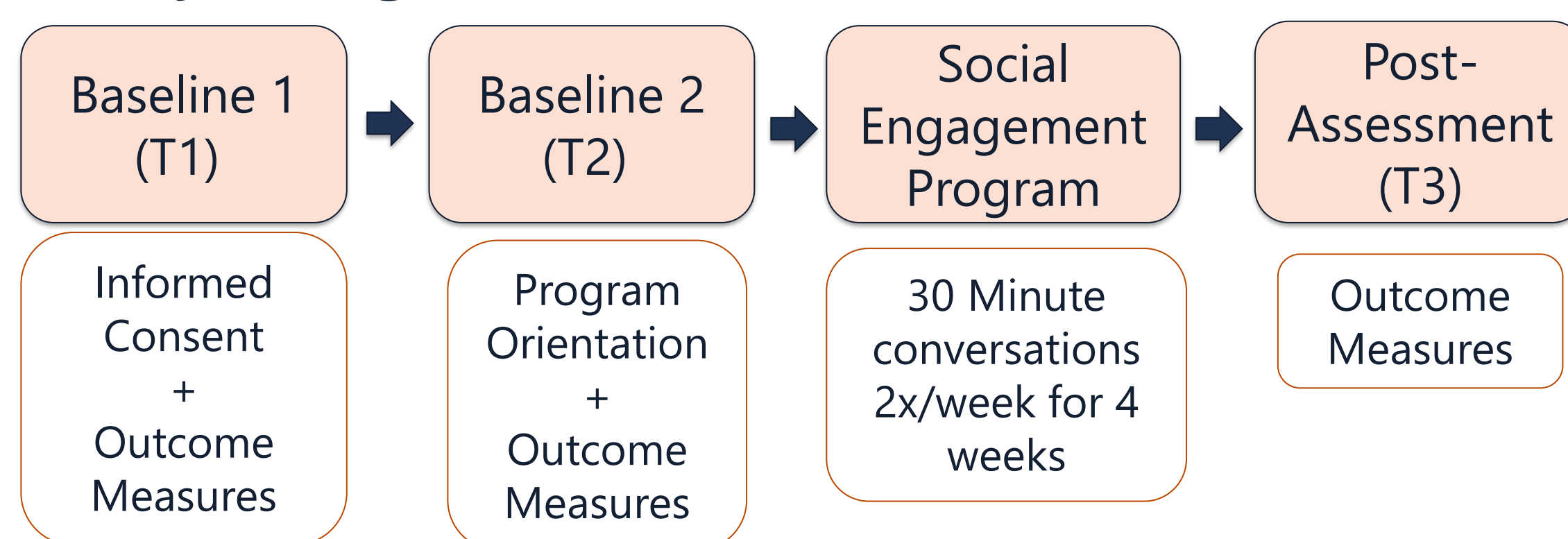
To examine the benefits of a video technology-based social engagement program for older family caregivers of persons with dementia.

METHODS

Participants

Inclusion	Exclusion
<ul style="list-style-type: none"> Over age 60 Laptop/tablet with internet Caring for a relative with dementia for at least 3 months 	<ul style="list-style-type: none"> Diagnosis of: <ul style="list-style-type: none"> Mild cognitive impairment Dementia Other neurologic conditions

Study Design



Program

- Remote events hosted on Zoom
- 30-minute discussions with 3-4 other people
- Various topics across 5 categories *outside the role of caregiving*



Outcome Measures

Domain	Scales
Social	Family Caregiver Identity Scale
	UCLA Loneliness Scale
	Friendship Scale
Emotional	Zarit Burden Interview
	Perceived Stress Scale
	Quality of Life Scale
Cognitive	Cognitive Self-Assessment Scale

PARTICIPANT 1

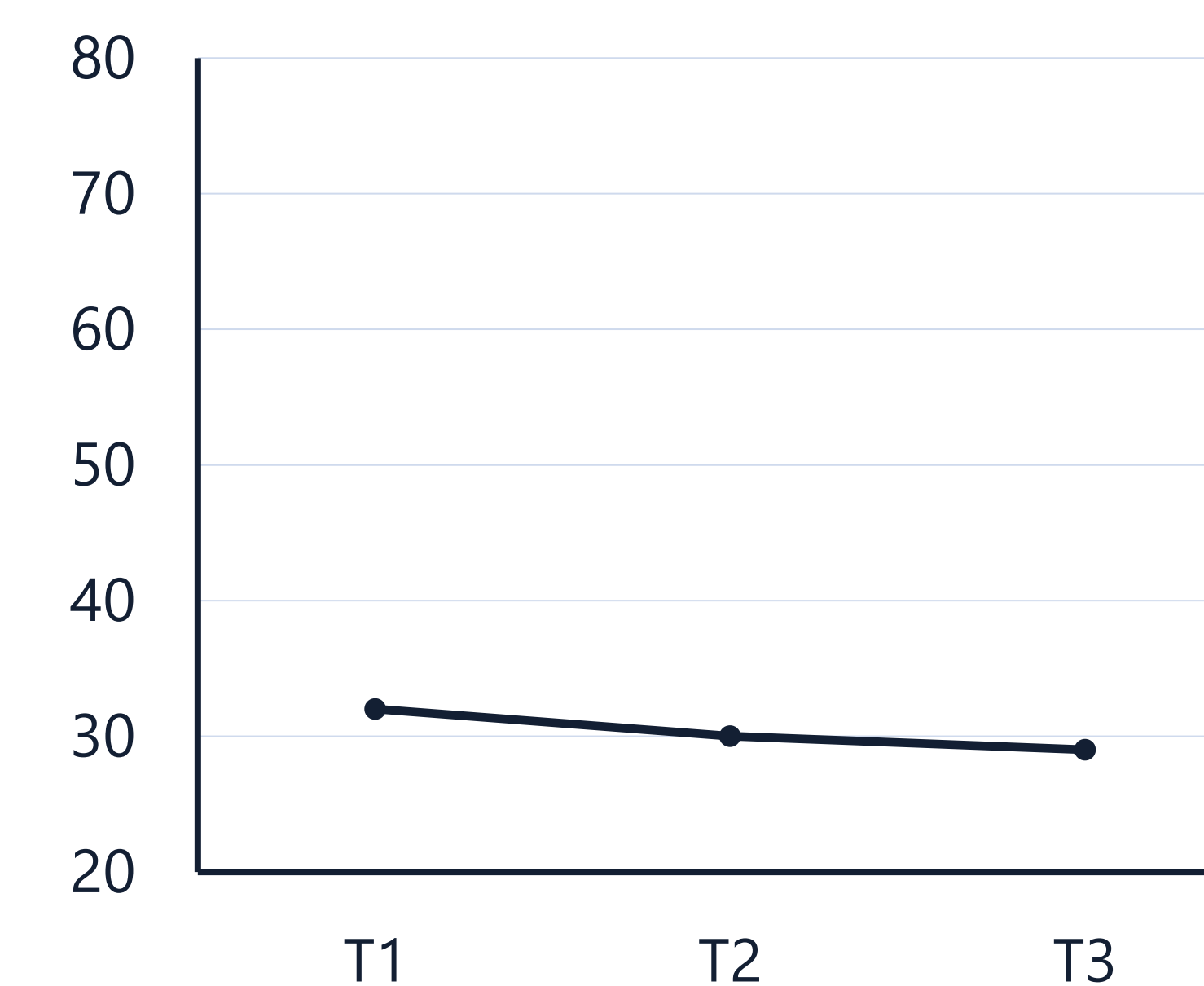


Age: 62
Sex: Female
Care Recipient: Parent/In-Law
Contact Per Week: Everyday

Events

Number of Events Attended	6/8
Topic Enjoyment	5/5
Discussion Engagement	5/5
Discussion Connection	5/5

UCLA Loneliness Scale



Program Benefits

"I really enjoyed meeting those people we had... I think we had a lot of fun"
"Someone who is looking for someone to talk to... I would definitely say participate in this program"

Suggestions for Improvement

"I wish I could get the emails of a couple of the people that were in the program because I just had, I felt a connection"

PARTICIPANT 2

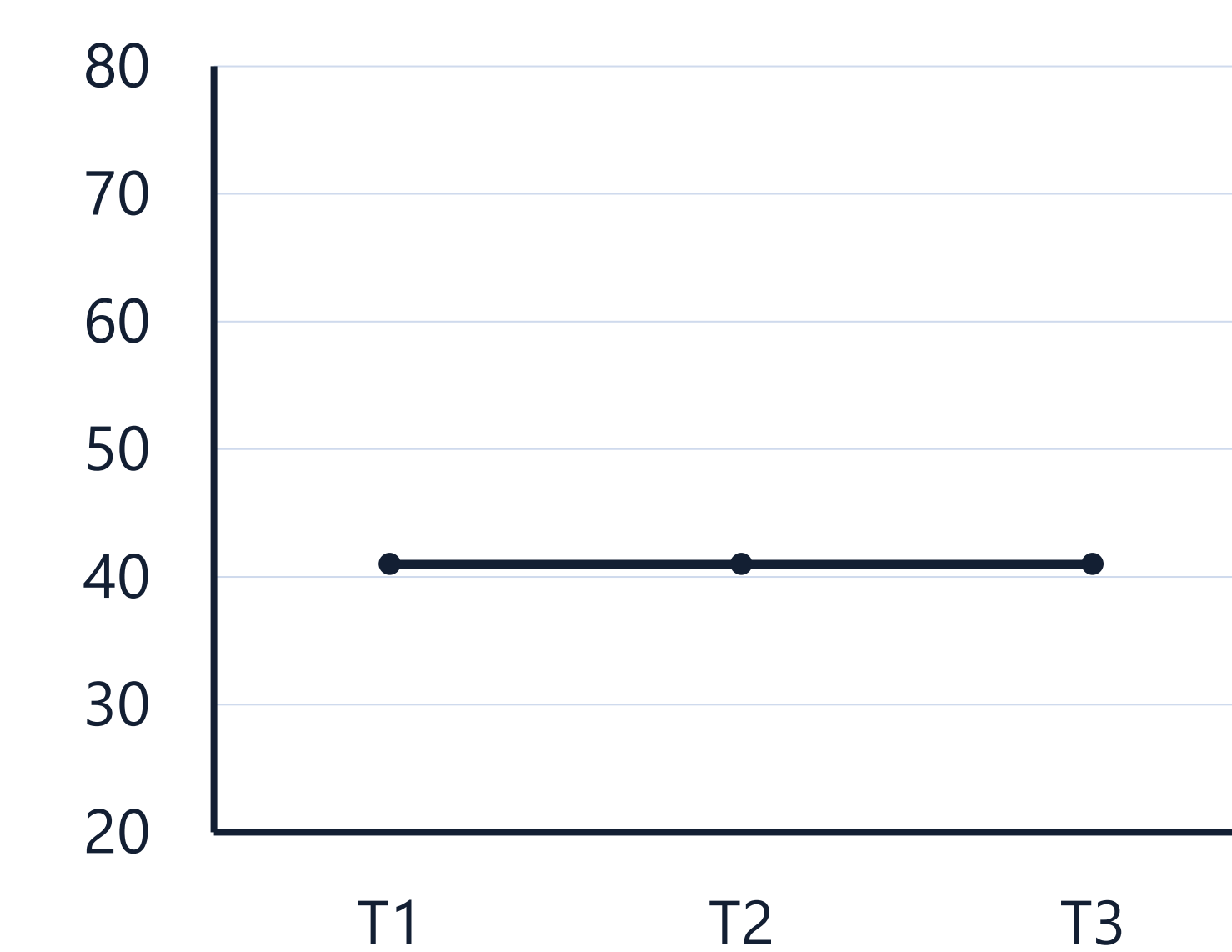


Age: 76
Sex: Female
Care Recipient: Spouse
Contact Per Week: 0-10 hr

Events

Number of Events Attended	7/8
Topic Enjoyment	4.4/5
Discussion Engagement	4.6/5
Discussion Connection	4.6/5

UCLA Loneliness Scale



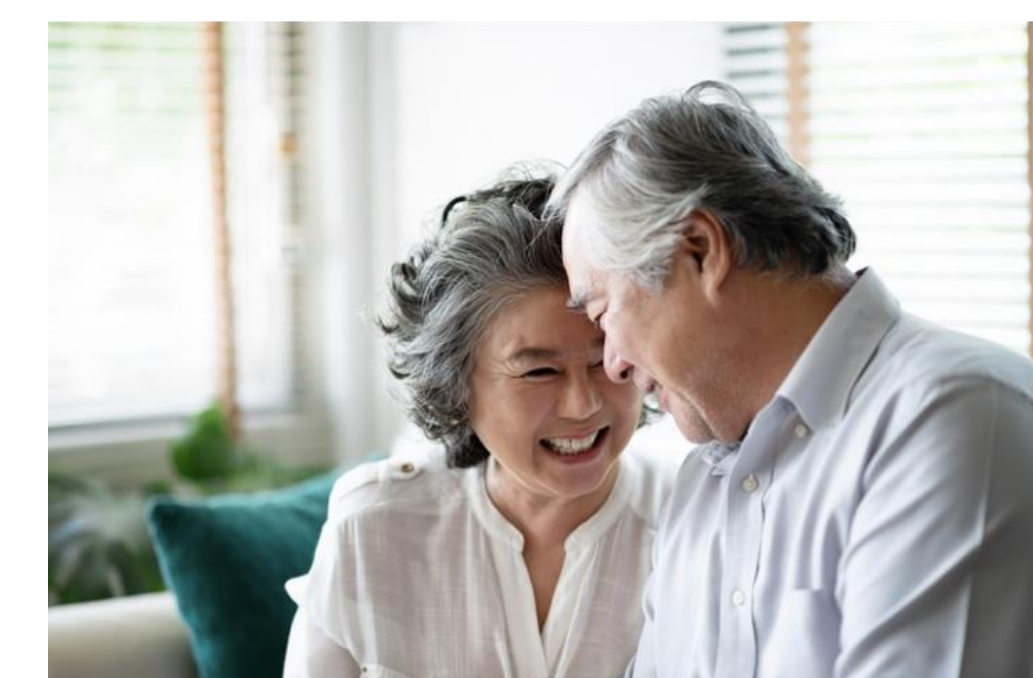
Program Benefits

"It was interesting to hear different stories about their life"
"It was helpful in the sense that it kept me engaged with other people"

Suggestions for Improvement

"Some of the times were difficult"
"It would have been nice to have something in the early evening"

PARTICIPANT 3

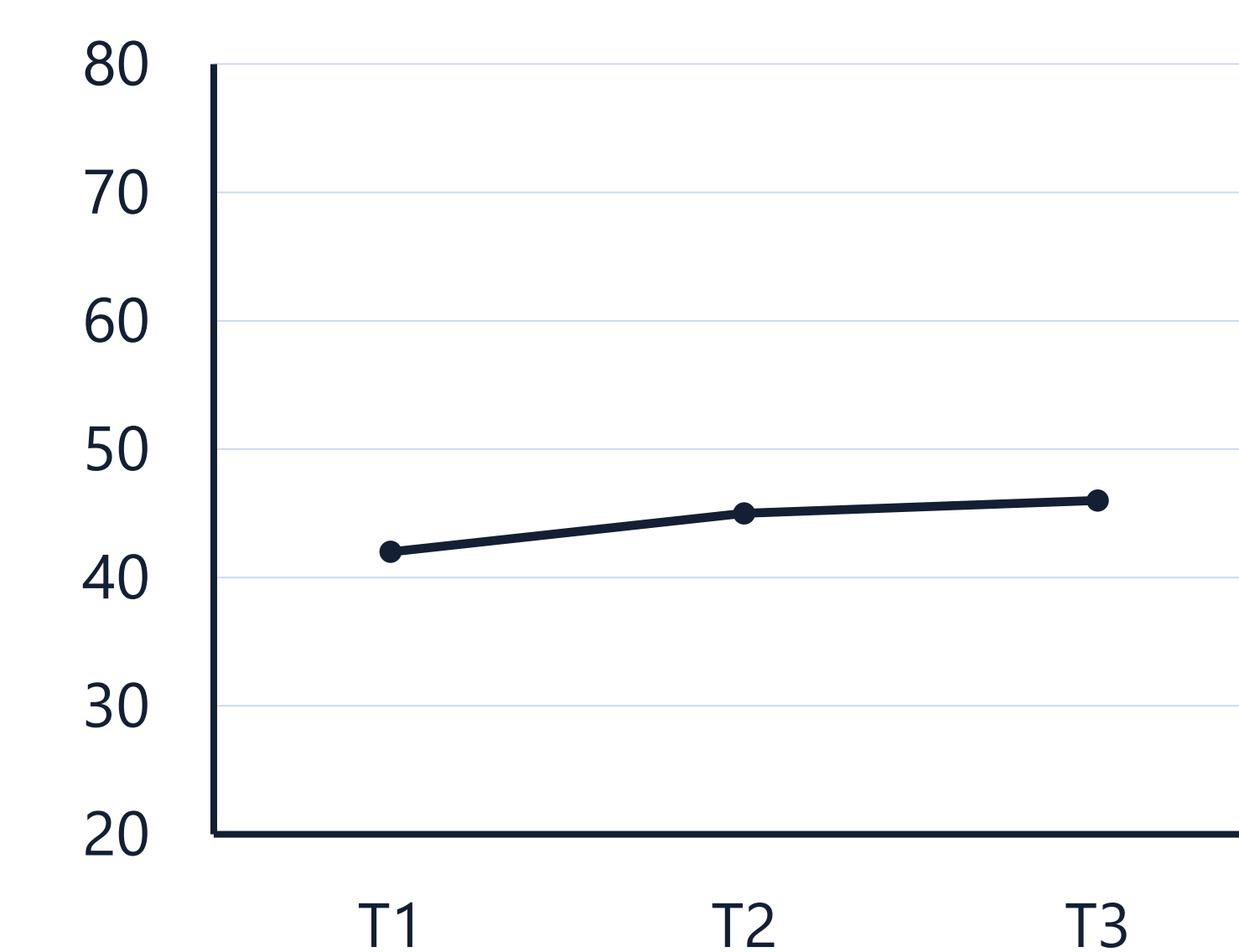


Age: 75
Sex: Male
Care Recipient: Spouse
Contact Per Week: Everyday

Events

Number of Events Attended	7/8
Topic Enjoyment	3.6/5
Discussion Engagement	4.1/5
Discussion Connection	3.9/5

UCLA Loneliness Scale



Program Benefits

"It was good change of pace. Because I'm stuck at home. It gave me something else to do"
"It was nice, just the awesome people from the outside world"

Suggestions for Improvement

"I thought there'd be more input about caregivers and things they need to know"

CONCLUSIONS

- The social engagement program enhanced social interactions amongst caregivers
- Participants enjoyed the program overall
- It is feasible to deliver this program to caregivers online
- Offering a variety of times is potentially beneficial for participants
- Participants may want to connect after the program is over
- Future studies should conduct the program on a larger scale

ACKNOWLEDGEMENTS

We would like to thank our mentor Dr. Raksha Mudar for her support and guidance. We would also like to thank the entire Aging and Neurocognition Lab for their support. Finally we would like to thank the START program for their mentorship and guidance.

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