

Psycho-
Educational
Online
Program



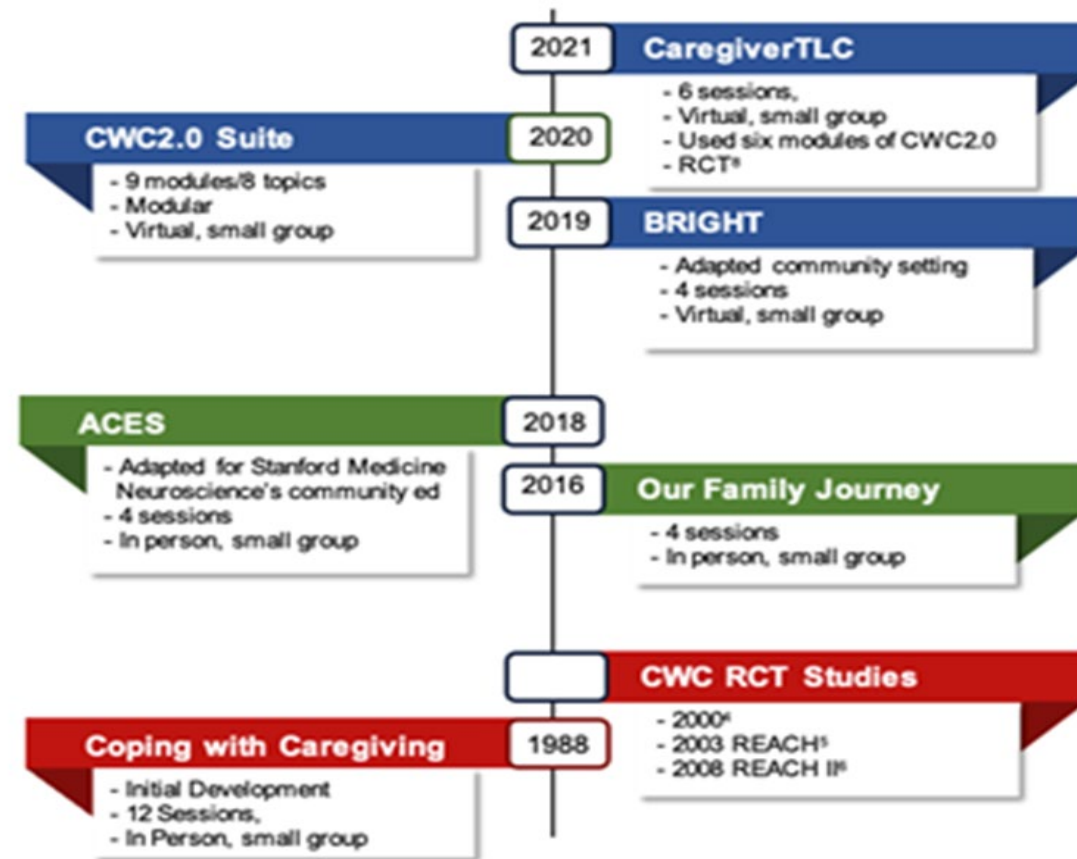
Make a
Difference
in your
Life

Webpage: <https://caregivertlc.org/>



History - Efficacy Data - Embedding - Acculturation

CWC Development Timeline



Note: This timeline tracks the development of CWC. Blue titles are virtual programs. Green titles are face-to-face programs. Red titles are the initial CWC.

History - Efficacy Data - Embedding - Acculturation

The Caregiver TLC Program

- Online psycho-educational program to support caregivers in Charlotte during the Spring of 2021, and it released findings in the Summer of 2023.
- It offers online workshops and support to adults providing care to people with memory loss, dementia, or chronic health illness.
- Caregivers complete six 2-hours weekly sessions led by trained facilitators through video conferencing (Zoom).
- The workshops were designed to teach coping skills to caregivers to deal with stress, depression, burden, and strategies to improve quality of life.

History - **Efficacy Data** - Embedding - Acculturation

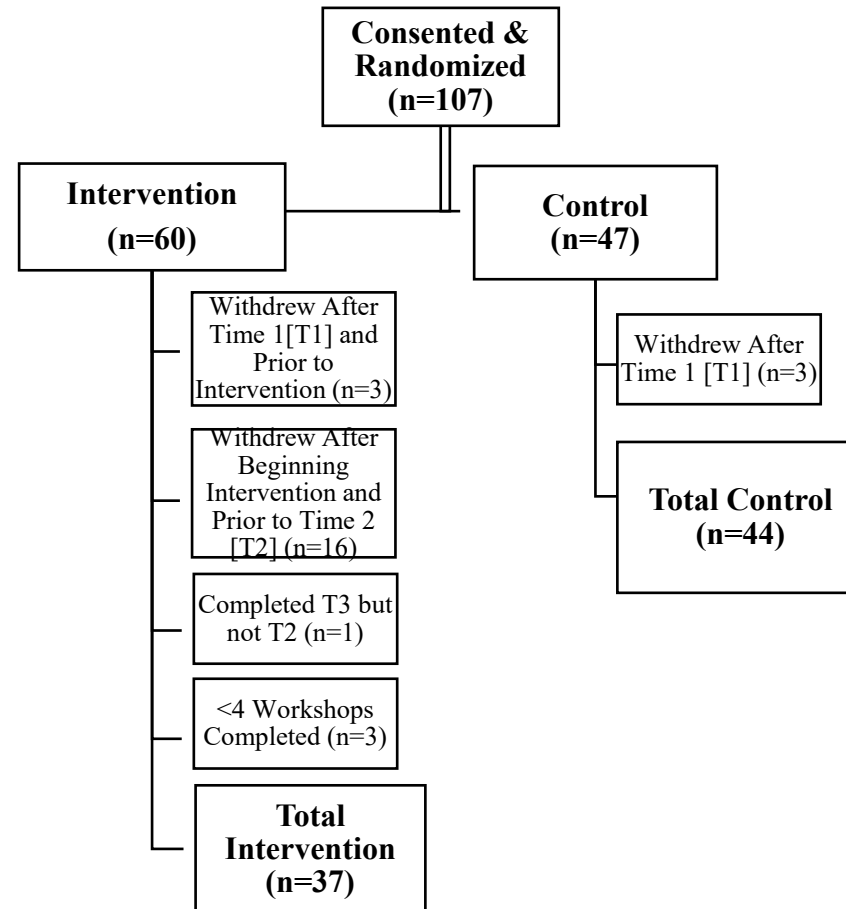
Caregiver TLC Workshop Overview

Program Sessions:

- **Strategies for Stress**
- **Dealing with the Blues**
- **Bouncing Back**
- **Filling the Well**
- **Coping with Frustration**
- **All about Myself**

History - **Efficacy Data** - Embedding - Acculturation

CONSORT Flowchart of Participants



History - Efficacy Data - Embedding - Acculturation

TABLE 1: Caregivers' Baseline Data (N=107)

Demographic Characteristics		N	%
AGE	42 - 59	39	36.4
	60 - 75	55	51.4
	71 - 85	13	12.1
RACE	White	71	66.4
	Black	35	32.7
EDUCATION	High School	2	1.9
	Some College	18	16.8
	College Graduate	87	81.3
COVID-19	Full Impact	35	32.7
	Limited Impact	72	67.3
HEALTH	Fair	13	12.0
	Good	53	49.5
	Very Good	24	31.8
	Excellent	7	6.5
RELATIONSHIP	Spouse	27	33.8
	Adult Children	46	57.5
	Siblings	7	8.0
HOURS CARE	>20 hours weekly	45	55.6
REASON CARE	Dementia	56	69.1
	Chronic Health	25	30.9
INCOME	Median	\$75,000	
BURDEN	Zarit-6 item scale	Mean	Min - Max
		12.93	0 - 21

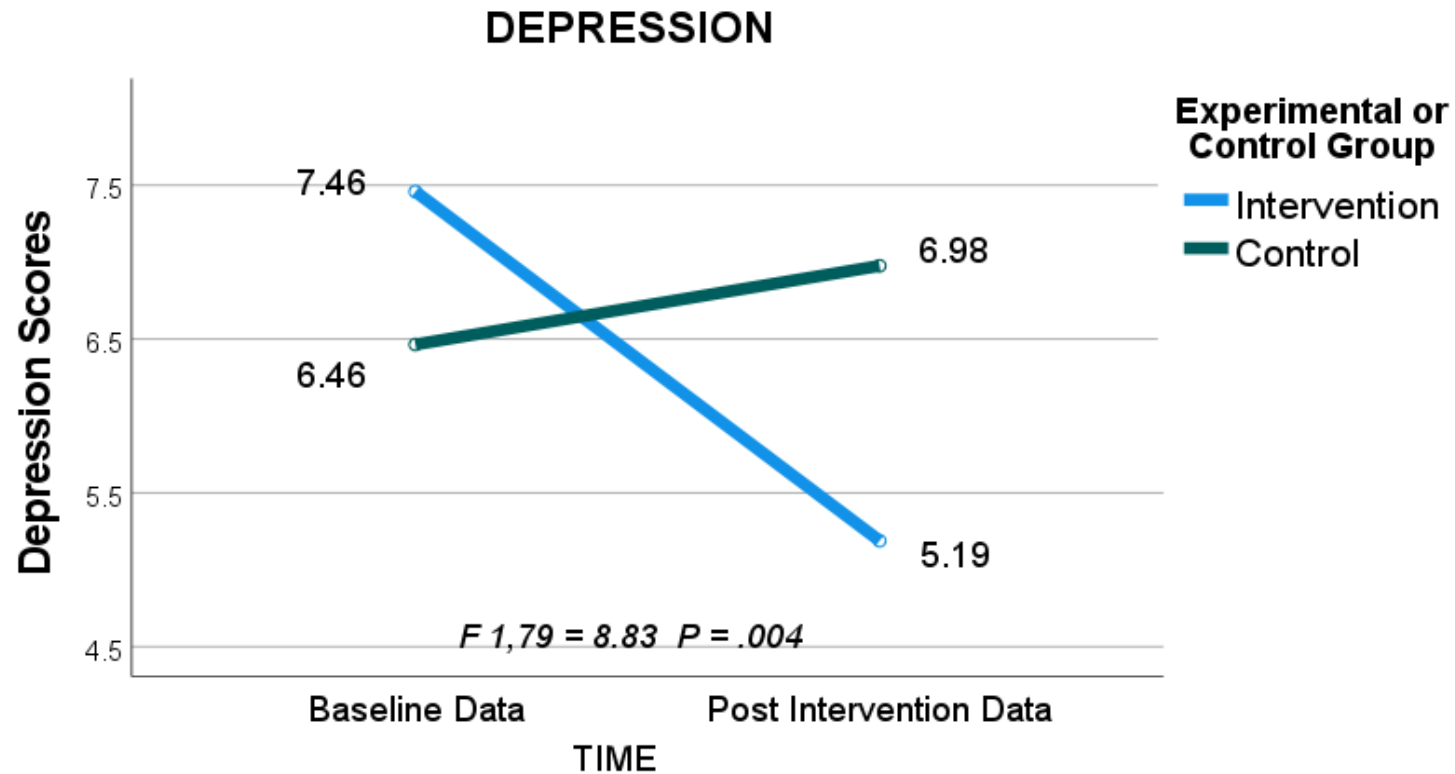
History - **Efficacy Data** - Embedding - Acculturation

Repeated measures Time by Group for caregivers' outcomes

Outcome	Control Group		Intervention Group		<i>F</i> -value	<i>p</i> value	Cohen's <i>d</i>	partial η^2
	<i>M</i>	<i>SE</i>	<i>M</i>	<i>SE</i>				
Depression					$F_{1,79} = 8.83$.004	.52	.10
Time 1	6.46	4.53	7.46	5.05				
Time 2	6.98	5.26	5.19	3.86				
Self-Efficacy					$F_{1,79} = 8.65$.004	.51	.10
Time 1	6.54	1.56	6.11	1.83				
Time 2	6.33	1.94	7.0	1.60				
Burden					$F_{1,79} = 7.82$.006	.30	.09
Time 1	11.61	4.60	14.03	4.82				
Time 2	11.95	4.40	12.35	4.89				
Anxiety					$F_{1,79} = 4.72$.03	.29	.06
Time 1	7.52	4.89	8.97	5.84				
Time 2	7.02	4.70	6.46	5.55				
Gains					$F_{1,79} = 4.43$.04	.27	.05
Time 1	28.48	8.72	26.03	9.47				
Time 2	27.14	8.91	27.73	9.47				

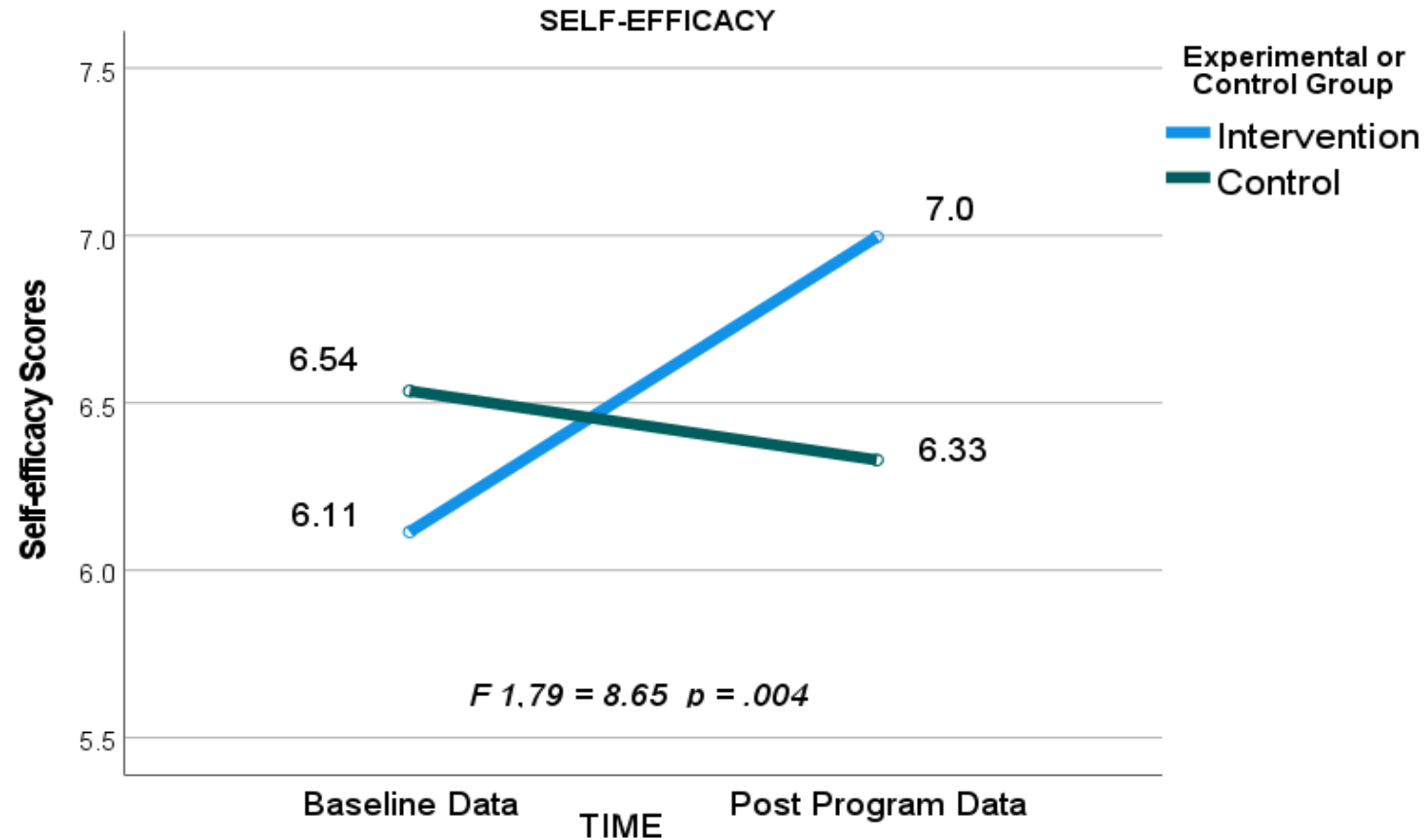
History - Efficacy Data - Embedding - Acculturation

The Caregiver TLC Program Results



History - **Efficacy Data** - Embedding - Acculturation

The Caregiver TLC Program Results



History - Efficacy Data - Embedding - Acculturation

Findings from the Caregiver TLC program

In comparison to caregivers in the control group, caregivers in the program significantly

- decreased:

Depressive scores

Burden scores

Anxiety scores

+ increased:

Self-efficacy levels

Positive aspects of caregiving

Clinical Gerontology Journal

<https://www.tandfonline.com/doi/full/10.1080/07317115.2023.2232352>

History - **Efficacy Data** - Embedding - Acculturation

Embedding the Caregiver TLC Program

- ***Trained Facilitators:*** 18 from 7 agencies:
 - Aging Amazing
 - Frankie May Foundation
 - Jewish Family Services of Greater Charlotte
 - PACE of The Southern Piedmont
 - Southminster Retirement Community
 - The Ivey
 - Union County Council on Aging
- ***Master Trainers:*** Jewish Family Services of Greater Charlotte
- ***Actively Embedding/plans:*** Aging Amazing & Jewish Family Services



History - Efficacy Data - **Embedding** - Acculturation

Embedding the Caregiver TLC Program

Optimal Aging Center

Upcoming Training:

Facilitators:

- October 11, 18, 25, and November. 1: 1pm – 3pm (ET)
- Contact: Jennifer Ramsey, PhD rjennife@charlotte.edu

Master Training:

- November, 14 and 16: 1-3p ET
- To register for this training:

<https://uso2web.zoom.us/meeting/register/tZwoduChqDsuHgYkooVQr1WtA37TJS85ObEg>



History - Efficacy Data - **Embedding** - Acculturation

ACCULTURATION AND TRANSLATION INTO SPANISH FOR LATINO CAREGIVERS

Two New Programs to Advance Support Services for Latino Caregivers

Rochester Roybal Center for Social Ties and Aging Research (the STAR Center) Pilot Program Award

- **CUIDANDO JUNTOS (Caring Together):** A new online psycho-educational program to promote “social connectedness and support” in a culturally congruent way for Latino dementia caregivers.

Southminster Community Fund Pilot Award

- **CUIDAR TLC (Caregiver TLC):** A new online program to support Latino Caregivers providing care to persons with **chronic health conditions and memory troubles** in North Carolina.

History - Efficacy Data - Embedding - **Acculturation**

ACCULTURATION AND TRANSLATION FOR LATINOS

Community Support Needed

1. Advisory Board Members:

- Bilingual/bicultural community members with caregiving experience
- Commitment: 20-24 hours over 6-months (incentives)
- Review the program materials and protocols
- Suggest modifications, improvements to support Latino caregivers

2. Outreach and Recruitment:

- Professionals serving Latino families in North Carolina
- Agencies serving Latino caregivers and their families

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History - Efficacy Data - Embedding - **Acculturation**