
Implementation in Health Care and Social Service Systems: **REACH VA**

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Science Center

Resources for Enhancing Alzheimer's Caregivers Health

- Multi-component 6 month, randomized clinical trial, 6/02 to 12/04
- Funded by NIA and NINR, additional support from VA
- Five sites and Coordinating Center
- Recruited 642 caregiver dyads
 - African Americans/Blacks
 - Hispanics/Latinos
 - Caucasians/Whites

Intervention

- **Twelve individual sessions over six months in home and via telephone**
- **Five telephone support group sessions**
- **Intervention addressed:**
 - **Education**
 - **Safety**
 - **Emotional well being**
 - **Self-care**
 - **Social support**
 - **Patient problem behaviors/caregiver skills**

Outcomes

- **Primary outcome - multivariate quality of life**
 - Depressive symptoms
 - Burden
 - Self-care
 - Social support
 - Patient problem behaviors/caregiver skills

- **Secondary outcomes**
 - Caregiver clinical depression
 - Patient institutional placement
 - Vigilance

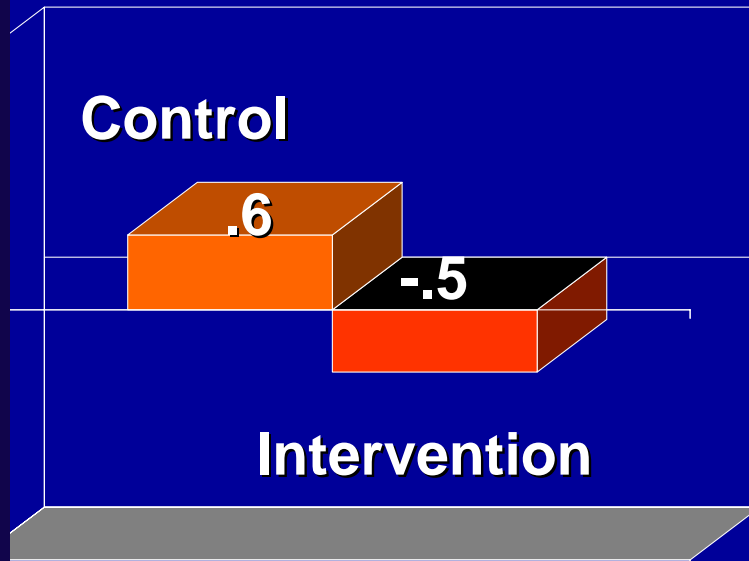
Findings

- Improvement in quality of life for intervention, compared to control:
 - Hispanic/Latino caregivers ($p < .001$)
 - White/Caucasian caregivers ($p = .037$)
 - Black/African American spouse caregivers ($p = .003$)
- Lower prevalence of clinical depression ($p = .001$) for intervention caregivers

Hours/Day

Task

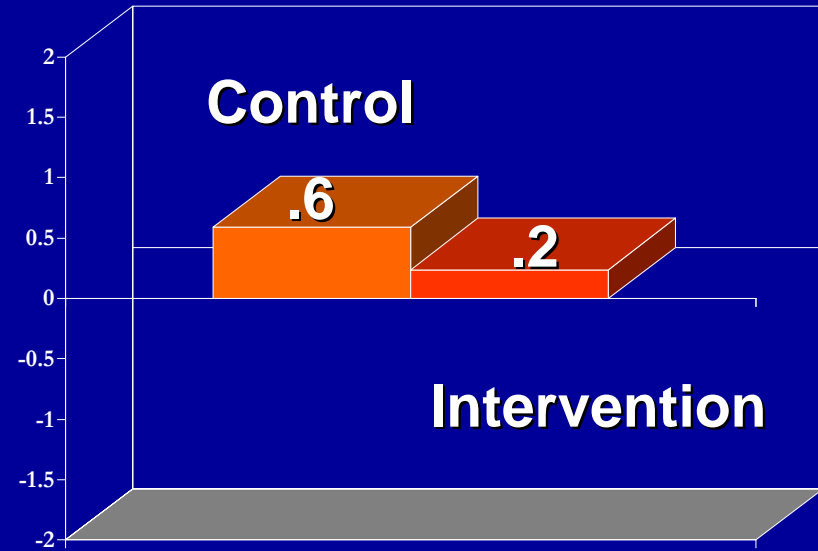
On Duty



Change in Hours Over 6 Months

F = 7.02

P = .008



Change in Hours Over 6 Months

F = 2.98

P = .085

REACH II

- One additional hour of non-caregiving time per day
at a
- Cost of \$4.96 per day per caregiver

Nichols et al., JAGS, 2008, 56:413-420

REACH II

REACH II implemented into a clinical setting

- **VHA Setting**
- **Caregiver Assistance pilot program**
- **Home Based Primary Care**
- **Psychologist, Social Worker, or Nurse**
- **Added to normal duties**

REACH II implemented into a clinical setting

- VHA Setting
- Caregiver Assistance pilot program
- Home Based Primary Care
- 120 caregivers
- Added to normal duties

Intervention Goals

- Identify and reduce modifiable risk factors
- Enhance quality of care of care recipient
- Enhance emotional and physical well-being of caregiver

Intervention

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Materials

- **Training Manual**
- **Interventionist Manual**
- **Support Group Leader Manual**
- **Caregiver Notebook**

Behavioral Topics

- Activities
- Bathing
- Combativeness
- Communication
- Confusion
- Dental Care
- Depression (patient)
- Dressing
- Driving
- Early Stage Dementia
- Eating
- Environment
- Feelings (patient)
- Grief
- Hallucinations/Delusions
- Holidays (patient)
- Hospitalization
- Incontinence
- Medications
- Nutrition
- Repeated Questions
- Safety
- Sexuality (patient)
- Shadowing
- Sleeping
- Sundowning
- Telling the Patient/Others
- Traveling
- Visiting
- Wandering

Stress and Coping Topics

- Adult Day Care
- Asking for Help
- Communicating
- Depression (Caregiver)
- Early Stage Dementia
- Feelings (Caregiver)
- Financial/Legal Issues
- Getting Help (Resources)
- Grief
- Healthy Lifestyle
- Holidays (Caregiver)
- Making New Friends
- Positive Thinking
- Problem Solving
- Sexuality (Caregiver)
- Stress Management
 - Signal Breath
 - Music
 - Stretching
 - Pleasant Events
- Visiting

Risk Areas, Treatments, and Outcomes

Caregiver Risk Area	Intervention Options	Outcomes
Safety (driving, access to weapons, medications, household obstacles)	Home assessments and alterations; patient monitoring devices; removing access	Reduction or elimination of targeted risk area
Wandering	Securing doors, developing safe paths, ID bracelet	Decreased or safer wandering

Certification

- Readings
- Central training
- Learning Process Worksheets
- Coaching

Sites

- Albany, NY
- Bath, NY
- Syracuse, NY
- Wellsville, NY
- Elmira, NY
- Rome, NY
- New York City, NY
- Northport, NY
- Butler, PA
- Pittsburgh, PA
- Philadelphia, PA
- Durham, NC
- Atlanta GA
- Augusta, GA
- Memphis, TN
- Mt. Home, TN
- Huntington, WV
- Cincinnati, OH
- Ann Arbor, MI
- Battle Creek, MI
- Grand Rapids, MI
- Houston, TX
- Salt Lake City, UT
- Minneapolis, MN
- Albuquerque, NM
- Denver, CO
- Newington, CT
- Westhaven, CT
- Sacramento, CA

REACH VA implemented in a social service setting

- **AoA evidence-based demonstration grant**
- **Rosalynn Carter Institute, Georgia
Southwestern State University**
- **AAA aging network service partners
delivering intervention and groups**
- **Targeting 150 caregivers in rural Georgia**
- **2 interventionists**
- **1 group leader**

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Memphis REACH Coordinating Center

- **Materials**
- **Central training**
- **Coaching**
- **Certification**
- **Evaluation or**
- **Evaluation consultation**

YOUR REACH

Memphis REACH Coordinating Center

- **Materials**
- **Central training**
- **Coaching**
- **Certification**
- **Evaluation or**
- **Evaluation consultation**

Staff

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