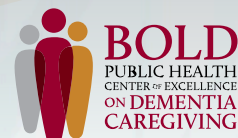


Disseminating Evidence-Based Programs to Support Family Dementia Caregivers: **EXECUTIVE SUMMARY**



1 EVIDENCE-BASED PROGRAMS FOR DEMENTIA CAREGIVERS

2 CONSIDERATIONS FOR PUBLIC HEALTH DISSEMINATING EVIDENCE-BASED PROGRAMS

3 CONSIDERATIONS FOR ORGANIZATIONS DELIVERING EVIDENCE-BASED PROGRAMS



ROLE OF PUBLIC HEALTH IN DISSEMINATING PROGRAMS FOR DEMENTIA CAREGIVERS



Family dementia caregivers need resources and support accessible within their community to help them preserve their health and well-being. Resources and support can also help family members continue to provide the best possible care to people living with dementia. Public health can ensure that a coordinated system of community-based supports and effective programs are available for dementia caregivers. Public health agencies can help build this support infrastructure by promoting and improving access to Evidence-Based Programs (EBPs) for family dementia caregivers.

ADVANTAGES OF USING EVIDENCE-BASED PROGRAMS

EBPs are supported by solid, rigorous research and have been shown to affect caregiver health and well-being positively. These programs teach caregivers valuable skills to better care for the person with dementia and equip caregivers with tools and strategies to maintain or improve their health and well-being.

 FOR FAMILY DEMENTIA CAREGIVERS	 FOR PUBLIC HEALTH AGENCIES AND SERVICE ORGANIZATIONS
Support the well-being and health of the caregiver through skills and new knowledge	Effectiveness has been demonstrated, and there is a better probability that the program will produce successful results.
Teach strategies and skills that help caregivers provide better care to the person they support	Good stewardship of limited resources, as funds are invested in programs that will deliver positive outcomes.
Often combine multiple “approaches,” including counseling, education, respite, etc.	Programs that address chronic disease have the potential to reach a large number of people.
Can often be tailored to caregivers’ circumstances, needs, and preferences (e.g. preferred language, culture, local resources, and supports, etc.)	Programs are often “packaged” with instructions and tools for implementation, training, evaluation, and delivery, making them easier to implement and use.
Programs have been shown to work so that caregivers can expect positive outcomes.	Program elements responsible for the positive outcomes have been identified and can be reliably replicated.

FINDING AND LEARNING ABOUT EVIDENCE-BASED PROGRAMS FOR DEMENTIA CAREGIVERS

Many programs for dementia caregivers are available today. Public health agencies and organizations can learn about specific programs from these two sources:

- 1 Best Programs for Caregivers**, a free national database of evidence-based programs for family caregivers of people living with dementia, can be accessed online at <https://bpc.caregiver.org/>
- 2 National Alzheimer’s and Dementia Resource Center (NADRC)** compendium of grantee-implemented evidence-based and evidence-informed interventions can be accessed at <https://nadrc.acl.gov/details?search1=20221214043701>

7 ACTIONS FOR PUBLIC HEALTH TO PROMOTE EVIDENCE-BASED PROGRAMS FOR FAMILY DEMENTIA CAREGIVERS




Public health agencies are vital in ensuring that supportive programs and resources for family dementia caregivers are broadly available and that community members are aware of them. Below are seven ways health agencies can support the wide dissemination, adoption, and effective use of evidence-based programs (EBPs).

<p>1 Conducting a Landscape Assessment</p>	<p>Perform an environmental scan to understand what programs are available to assist dementia caregivers and what services and supports might be missing across their jurisdiction. Mapping existing community assets and gaps can inform resource planning and allocation.</p>
<p>2 Promoting Programs and Facilitating Referrals</p>	<p>Raise awareness about EBPs among local service organizations by offering informational sessions and program materials and referring them to Best Programs for Caregiving to find programs that best fit their community. Health agencies can also refer and connect dementia caregivers with local organizations delivering EBPs.</p>
<p>3 Promoting Best Practices</p>	<p>Identify organizations that are implementing EBPs and widely share their learnings to model how organizations can better serve dementia caregivers. They can synthesize the approaches and strategies that were key to successful implementation, identify opportunities for improvement, and develop tools and materials to aid with selecting and using programs.</p>
<p>4 Providing Funding</p>	<p>Promote existing funding opportunities and provide seed money grants for implementing EBPs to local organizations interested in growing their dementia caregiving programming. They can also provide technical assistance with grant applications and/or cover all or part of program launch, licensing, and training costs.</p>
<p>5 Leveraging Partnerships</p>	<p>Facilitate connections between healthcare systems and local service organizations offering EBPs for dementia caregivers to stimulate the development of coordinated dementia care systems. They can collaborate and pool resources with partners interested in or already delivering EBPs for dementia caregivers to raise awareness, increase program enrollment, and support other program-related activities.</p>
<p>6 Centering Equity and Diversity</p>	<p>Support local organizations serving older adults in ethnically and racially diverse communities and promote culturally adapted programs to improve caregiver access in underserved and minority populations.</p>
<p>7 Monitoring and Evaluating</p>	<p>Leverage their data collection and evaluation expertise to track population-level outcomes of EBPs and ensure that the programs reach and benefit caregivers in diverse communities.</p>

4 STEPS FOR ORGANIZATIONS DELIVERING EVIDENCE-BASED PROGRAMS

Public health agencies can support community organizations, health systems, and other partners that serve dementia caregivers in selecting, implementing, and evaluating the implementation of evidence-based programs. There are four key considerations for community organizations when assessing their readiness to implement new programs for caregivers.

<p>1 Understanding the needs of caregivers in the community </p>	<p>3 Assessing organizational readiness and capacity for the new program </p>
<p>Before selecting a program, organizations must first understand the strengths, unmet needs, and challenges dementia caregivers in their community face.</p> <p>HOW PUBLIC HEALTH CAN HELP: <i>Public health agencies can help conduct needs assessments, share available surveillance data, and leverage their expertise in data collection, evaluation, and interpretation to help the organization gain a better understanding of the needs, experiences, and preferences of dementia caregivers in the local community.</i></p>	<p>After selecting a program, organizations should consider assessing their readiness to implement it. This includes recognizing their strengths and deficits in order to allocate support and resources where they will be most needed to support the new program.</p> <p>HOW PUBLIC HEALTH CAN HELP: <i>Public health agencies can lend their expertise in organizational development and leadership to help the organization evaluate its general and program-specific capacities necessary for the program.</i></p>
<p>2 Selecting the right program </p>	<p>4 Building partnerships </p>
<p>Once organizations understand the unmet needs of dementia caregivers in their community, they must select one or more programs that best meet those needs.</p> <p>HOW PUBLIC HEALTH CAN HELP: <i>Public health agencies can refer organizations to Best Programs for Caregiving and similar databases to learn about, compare, and select programs that are a good fit. They can also identify programs that have been adapted for different cultural, racial, and ethnic populations and support minority-serving organizations in implementing them.</i></p>	<p>Organizations can choose to collaborate with others to deliver or help with certain aspects of new programs, from staff training to professional expertise on the team to evaluation of program outcomes.</p> <p>HOW PUBLIC HEALTH CAN HELP: <i>Thanks to its robust network of partners, public health agencies can help organizations establish strategic partnerships with others that have similar expertise, could deliver some aspects of the program, and would be able to extend the program's reach</i></p>