Evaluation of a Transition Intervention for Family Caregivers of Persons with Alzheimer's Disease and Multiple Chronic Conditions

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Summary of Project

With the number of Canadians with Alzheimer's disease and related dementias (ADRD) growing, supporting family care partners is critical. Family caregivers provide about 90 per cent of in-home care for persons with ADRD, and the care is often complicated when persons with ADRD have other co-morbid conditions. Family caregivers of older persons with ADRD and multiple chronic conditions (MCC) experience significant, complex, distressing transitions such as changes to their environment, roles and relationships, physical and mental health problems and isolation, and the need to take on new tasks.

An online Transition Toolkit (My Tools 4 Care) was developed for family caregivers of persons with ADRD living at home, to support caregivers through transitions and increase their self-efficacy, hope, and quality of life (QOL).

Through this pragmatic, mixed-methods randomized controlled trial we expect to find that family caregivers receiving My Tools 4 Care will show greater improvement in hope, self-efficacy and QOL, at no additional cost from a societal perspective, compared with those receiving usual care. The results will inform policy and practice as My Tools 4 Care can be easily revised for local contexts and is scalable in terms of posting on websites such as the Alzheimer Society.

Currently we are recruiting for this study in Alberta and Ontario. Data collection is scheduled to be completed in June 2017.