An internet intervention for family carers

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Importance of support for carers

Adverse consequences of providing informal care on:
Work and leisure activities
Feelings of burden
Depression and anxiety
Mortality risk

In National Dementia Plans one of the themes covered (More info. April 20, 12:45–13:45)
Advantages of internet support / treatment

- Reaching hard-to-reach caregivers
- Efficient support
- Reaching many caregivers
- Self-management
- Offering choice
Internet use: Also by older people

<table>
<thead>
<tr>
<th>Country</th>
<th>Population (2012 Est.)</th>
<th>Internet Users, 30-June-12</th>
<th>Penetration (% Population)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taiwan</td>
<td>23,234,936</td>
<td>17,530,000</td>
<td>75.4 %</td>
</tr>
<tr>
<td>Netherlands</td>
<td>16,730,632</td>
<td>15,549,787</td>
<td>92.9 %</td>
</tr>
</tbody>
</table>
Welkom bij Dementiedebaas.nl

Zorgt u voor iemand met dementie? Heeft u wel eens het gevoel dat u de situatie niet de baas bent? Wilt u voorkomen dat u overbelast raakt? Deze website is ontwikkeld voor mantelzorgers van mensen met dementie, die dementie de baas willen blijven. U kunt hier een online cursus volgen en ervaringen uitwisselen met mantelzorgers. Ook vindt u hier feiten, tips en informatie over dementie.
'Mastery over dementia'

- Psycho-education
- Relaxation
- Cognitive Behavior Therapy
- Problem-solving Therapy
- Assertiveness training

- Support from a coach (health care professional)
CURSUS DEMENTIEDEBAAS

Overzichtspagina

Klik op een les om te beginnen of om ermee door te gaan. Lessen met een groen vinkje heeft u afgerond. U kunt naar een volgende les als u de vorige les heeft afgerond.

Les 1: Omgaan met probleemgedrag

Les 2: Anderen inschakelen

Les 3: Tijd voor uzelf maken

Les 4: Denken en voelen

Les 5: Niet-helpende gedachten

Les 6: Helpende gedachten

Les 7: Opkomen voor uzelf

Les 8: Problemen aankaarten

Les 9: Terugkomles
Content lessons

• Lesson 1: coping with behavioral problems
• Lesson 2: arranging help from others
• Lesson 3: time for yourself
• Lesson 4: thinking and feeling
• Lesson 5: non-helping thoughts
• Lesson 6: helping thoughts
• Lesson 7: stand up for yourself: assertiveness
• Lesson 8: communicate problems

• Booster lesson: summary techniques learned
Lesson

Feedback → Theory → Exercise → Homework → Evaluation
After the lessons

- Booster session after 1 month
- Access to file
- Participation in client forum with limited guidance of coach
Mary has Alzheimer’s disease. She asks her husband to help her getting dressed. Her husband sees that she put on her dress inside out. He says to Mary: Let me do it, you put your dress on inside out!

Good answer?
Coping with problem behavior

- No confrontation with mistakes
- Not automatically take over

- Better:
  To give Susan her dress in a way that she can easily put it on in the right way
Changing non-helping thoughts into helping thoughts

Relationship between

**Events** &gt; **thinking** &gt; **feeling**

Example

**Event**: The husband of Susan cannot find his keys

**Feeling** of carer Susan: Stressed and miserable

Her **thoughts**: Why do I constantly have to solve these problems? I don't have time to search.

**Alternative thought**: He cannot help that he forgets. That's because he has dementia.
Non-helping thoughts

✓ I have to do everything alone
✓ He / she does not love me anymore
✓ I should not bother others with my problems
✓ Nobody understands how hard it is
✓ It makes no sense to talk with other carers
✓ I'm worthless
✓ It's all my fault
✓ Nobody can provide the care in the way I do
✓ Etc.
First findings

• First findings showed the feasibility of this intervention
• Positive results for symptoms of depression, anxiety and mastery
• Publications are in progress
E-Dementia care for carers

Prevention  Treatment  Giving up role as a carer

Into D'mentia
www.Alzheimerexperience.nl
E-learning (to be started Care-planner

Mastery over Dementia
Future of E-health for carers?

Attention for:

- Cultural specific content and techniques (f.i. mobile phone in stead of computer + internet)
- Carers with low educational level
- Other aims (f.i. tool to support the decision process on institutionalization of a person with dementia)
- Carers who prefer other type of support (diversity)
Research
Marco Blom, Rob Groot Zwaartink, Judith Bosman, Pim Cuijpers, Steve Zarit
Developement intervention
Bernadette Willemse, Jan Vuister, Loes Verschragen, Chris Hooijer, Marco Blom
More information

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• www.masteryoverdementia.com
  including a demo with English subtitles, developed by the 2010 award for most promising psychosocial intervention by ADI and FMA