Education for Non-Professional Caregivers of Older Adults Residing at Home in Maracaibo - Venezuela

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Alzheimer’s Disease International Puerto Rico May 02 2014
Acknowledgements

• No financial conflicts to declare

• Funding Sources
  
  • NIH-NIA-FIC 5 R01AG036469
  
  • FONACIT - Venezuela 97000726
  
  • Fundación ConCiencia
A Century of Changes in the Population Structure Latin America and the Caribbean

Source: CELADE/ECLAC
Prevalence of Disease and Disability among Elderly in Latin America and the Caribbean

Legend:
- Light blue: Men with disease
- Dark blue: Men with disability
- Yellow: Women with disease
- Red: Women with disability

Percentages (%)

Age group

Aging and Health Demands

Demographic aging process

- Increasing health needs
- Increasing health utilization (not as fast as health needs)
- Increasing health costs (because more complex care required)

Health utilization gaps
Health financial gaps

Source: The World Bank, 2011
Dementia is the primary cause of disability in elderly. Psychosocial needs are overwhelming.
What do we want to improve?

The actual knowledge and skill sets -and the strength- that caregivers require to effectively address health issues and personal needs of an older adult living at home and his/her family.
Competencies

Professional

Cognitive

Psycho-motor

Affective

Ethical

Non-Professional
How to help the caregiver to get a stronger and more positive mindset?

How to facilitate and improve family and community engagement to support care?
Capacity building for non-professional caregivers of older adults at home

Curricular Elements

Andragogy Method
Value: Needs, Motivations, Perceived Knowledge, Experiences of caregivers

Expert Facilitation
Transdisciplinary team: Health and Social Sciences

Participatory Learning Environment
Protects: Sharing, Reflecting, Honesty, Appreciation, Compassion, Evidence-based practices

Content
Self-Care for Caregivers
Basic needs, Non-complex Procedures, Quality of life

Products
Caregivers able to support and promote wellbeing and health of older adults at home and their family
Require professional supervision
Methods
Experts guiding active participation by caregivers in peer-driven discussions

- 8 Group sessions 4h = 32 h
- 30 to 60 Participants
- 5 Cohorts
Curriculum

- Basic needs: Hygiene, comfort, mobility, sleep, safety, nutrition.
- Familial and social interventions.
- Cognitive and physical stimulation.
- Management of difficult situations.
- Well being of caregivers.
Caregiving not necessarily results in detrimental outcomes, but instead may provide an opportunity for creative pathways if individuals are able to adjust their goal-related processes.

Kim et al., 2007; Helson & Robert, 2004; Wrosch et al, 2011
Coping Strategies & Goal Reengagement

• Active coping.
• Planning.
• Instrumental support.
• Positive reframing
• Humor.
• Religion.
• Self-distraction.
• Venting.
• Emotional support
School for Caregivers of Older Adults

- 213 caregivers 2009 - 2013
- Established also in Colombia
- Publication with content
- Professional facilitators
- Science dissemination
- Community engagement
Acknowledgments

- University of Zulia
  - Marialcira Quintero
  - Gloria Pino
  - Inara Chacon
  - Carlos Chavez
  - Luis Falque
- Columbia University
  - Richard Mayeux
  - Joseph Terwilliger
  - Joseph Lee
  - Adam Brickman
  - Jose Luchsinger
  - Nikos Scarmeas
- University of Chicago
  - Conrad Gilliam
- University of Miami
  - Hermes Florez
  - Mark Stoutenberg
- University of Leuven
  - Jan Staessen
- University of Helsinki
  - Marcus Perola
- University of Puerto Rico
  - Jose G. Ortiz
  - Gregory Quirk
- Universidad Tecnica de Santiago
  - Martin Medrano
- Universidad Surcolombiana
  - Efrain Amaya
- Fundaconciencia
  - Marialcira Quintero
  - Gladys Amaya
- Partners
  - Fundacion Alzheimer de Venezuela (Mira Josic/Joyce Selga).