best practice caregiving | Guiding organizations to dementia programs for family caregivers

A partnership between Benjamin Rose Institute on Aging and Family Caregiver Alliance

Good morning,

Many across the country are struggling as re-opening plans are rolled back and coronavirus cases continue to surge. For family caregivers of those living with dementia, the stress and challenges are compounding as quarantine stretches on.

Now, more than ever, the proven programs in **Best Practice Caregiving (BPC)** could make a world of difference for those caregivers.

If your organization serves dementia caregivers, check out the **BPC database** to find a program that fits your mission and client needs. Better still, share it with your peer organizations who also serve this population.

In this issue, we share 9 programs that can be delivered remotely (telephone or online) to specific caregiver populations. These programs offer a way for organizations to deliver needed support while protecting the health and safety of their clients. We also give you a deep dive into the research component of the database, which offers a first-of-its-kind view and access to the evidence base for each program.

We wish you well during these challenging times and thank you for all your do to support those in our communities.

Sincerely,

The Best Practice Caregiving Team

Best Practice Caregiving is a product of collaboration among: **Benjamin Rose Institute on Aging**, **Family Caregiver Alliance**, and **The Gerontological Society of America**. Project funders are **The John A. Hartford Foundation**, the **Archstone Foundation**, and **RRF Foundation for Aging**.

Specific Programs for Specific Caregivers

We're highlighting 9 dementia caregiving programs that serve specific caregiver populations. If your organization serves any of these caregiver groups and you're looking for programs to better support them, click below to read full program details in the **BPC database**. All of these programs can be delivered remotely, and are proven, vetted and ready to implement.

For African-American caregivers
- **African-American Alzheimer's Caregiver Training and Support Project 2 (ACTS-2)**

For Spanish-speaking caregivers
- **Active Caregiving: Empowering Skills (ACES)**
- **REACH VA (Resources for Enhancing All Caregivers Health in the VA)**
- **Building Better Caregivers Online Mode**

- **Savvy Caregiver**
- **Telenovela Mirela**
- **Together We Can!**
- **REACH Community (Resources for Enhancing Alzheimer's Caregivers in the Community)**
- **TCARE (Tailored Caregiver Assessment and Referral)**
- **Inner Resources for Stress**

Each program's BPC profile contains contact info for the program developer, research findings, real-world implementation experiences, and details on how to adopt the program.

For a full list of remote-delivery dementia caregiving programs, see our article **here**.

Under the Hood: Best Practice Caregiving's Research Evidence Component

Every program within **Best Practice Caregiving (BPC)** is a high-quality, proven dementia caregiving program with published research to back it up.

In the early stages of BPC's creation, more than 200 programs were under consideration for inclusion. Only 44 have made it in.

The criteria established by our development team — all experts in the fields of aging and caregiving — were strict. This was meant to ensure that the accepted programs had a strong evidence base illustrating beneficial outcomes.

Research Evidence - A Valuable Tool for Program Assessment

In building BPC, we wanted to provide users with one single, easy-to-use screen to access and view all research related to a given program. To see the Research Evidence component, click into any program of **BPC**, then scroll to the bottom of the program profile. You'll see two drop-down areas: **Program Impact and Outcomes** and **Study Characteristics**.

The Program Impact and Outcomes section provides an overview of the studies and results ("beneficial," "no effect" or "adverse") for the following:
- Caregiver Well-Being
- Support for Caregiver
- Person with Dementia Well-Being
- Support for Person with Dementia
- Person with Dementia Service Utilization and Service Costs

At a glance, this area allows the user to see where benefits were found, across the studies.

The Study Characteristics section provides a deeper dive into the research itself, including:
- Overview of study details
- Study dates
- Eligibility criteria

- Source of data
- Funding sources
- Links to articles (when publicly available)

BPC users can dig as deeply as they want to get a full sense of the research and whatever aspects apply to their particular organization's priorities, parameters and goals.

Best Practice Caregiving eliminates the need for organizations to do all the legwork of identifying and assessing dementia caregiving programs on their own. Research is just one aspect of the database that saves them valuable time and resources.

Learn more about the methodology of program inclusion **here**.

Visit **BPC** today to find programs that have been proven to improve the lives of caregivers like the ones you serve.

Best Practice Caregiving — Quick Links & Tips

- Wondering if your organization is ready to implement a BPC program? **Check out our Readiness Questionnaire**.

- Want to know more about our methodology for program inclusion? **Click here**.

- Have more questions? **Read the FAQs**.

- Want to contact us? Email us at **BestPracticeCaregiving@caregiver.org**.

ABOUT BEST PRACTICE CAREGIVING

Best Practice Caregiving (bpc.caregiver.org), is a free online database of more than 40 vetted, proven dementia caregiving programs that allows organizations to identify, compare and adopt best-fit programs for their clientele and community. It is a product of the collaboration among three leading organizations in the field of aging and caregiving: **Benjamin Rose Institute on Aging, Center for Research & Education**; **Family Caregiver Alliance: National Center on Caregiving**; and **The Gerontological Society of America**. Project funders are **The John A. Hartford Foundation, Archstone Foundation** and **RRF Foundation for Aging**.

Visit Best Practice Caregiving