“Coping with Care–giving” – An intervention for Chinese and Spanish–speaking carers

Presenter
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Outline of session

- Background
- Aims
- Methodology
- The intervention
- Findings
- Future
Background – opportunity

- Group–based intervention was developed in USA
- Positive effects of the intervention with Chinese and Spanish–speaking carers of people with dementia
- Opportunity to trial in Australia
- Look for resources to implement a trial
Background – partners

- Funding by the University of NSW Dementia Collaborative Research Centre.

- In kind contributions by:
  Stanford University USA, Western Sydney Local Health District, South Western Sydney Local Health District, Alzheimer’s Australia South Australia, The University of New South Wales and Southwest Sydney/Western Sydney Commonwealth Respite & Carelink Centres.
The Team – collaboration

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Background – *what do we know*

- Research demonstrates that CALD families prefer culturally and linguistically appropriate services.
- There are few culturally appropriate dementia specific support programs for CALD carers of people living with dementia.
Aims – inside & outside the study

- Reduce carers’ depression and stress and increase their ability to cope with care-giving for dementia

- Adapt the intervention to Australian context, pilot the program

- Evaluate to determine effect, to build an evidence base about programs for CALD communities
Methodology – context

- Advisory committee
  - Sub committee – Spanish intervention
  - Sub committee – Chinese intervention

- Adapting the program

- Training & support bilingual health professionals

- Recruitment of participants

- Eligibility requirements

- Instrument
The intervention program

- Conducted over seven weekly sessions for about 2 hours each session, the topics included:
  - overview of dementia, how stress affects wellbeing and influences behaviour,
  - understanding what triggers problematic behaviours in the person with dementia and how carers often ‘react’ to those behaviours,
  - methods to changing unhelpful thoughts and related behaviours to positive thoughts and behaviours,
  - basic relaxation techniques,
  - ways to communicate more effectively with family,
  - improving skills for communicating with the person with dementia,
  - review of the intervention’s content and how to maintain and cement learning.
Findings

- Results of the DASS (Depression Anxiety and Stress Scale – Short form)
- Feedback from participants
The future

- Implications in the context of aged care reform
- Where to from here
Thank you

- Questions or comments