Evidence-Based Health Promotion Programs and Evidence – Informed Health Promotion Activities

The purpose of this document is to provide guidance to dementia care specialists (DCS) on approved evidence-based health promotion programs and evidence-informed health promotion activities. As stated in the DCS contract, the DCS must implement two evidence-based health promotion programs or health promotion activities. At least one must be focused on caregivers.

**Definitions**

- **Evidence-based health promotion programs for older adults** are interventions that are based on evidence that is generated by scientific studies. The evidence shows that the program is effective in preventing disease and improving health. These programs have gone through a research process to determine if they show the program-intended results. The program results have also been published in professional scientific journals and have the ability to be disseminated widely. Programs must meet all of the following criteria to be considered evidence-based for older adults:
  - Evaluation must be used to demonstrate that the program is effective in improving the health and well-being of, or reducing disease, disability, and/or injury among, older adults.
  - Experimental or quasi-experimental design must be used to prove effectiveness with the older adult population.
  - Research results must be published in a peer-reviewed journal.
  - Full translation must have occurred in one or more community site(s).
  - Products must be developed and available to the public for dissemination.

- **Evidence-informed health promotion activities for older adults** identify health conditions or risk factors in a target population and provide wellness information or activities designed to improve health.

**Evidence-Based Health Promotion Programs**

**Boost Your Brain and Memory**

Boost Your Brain and Memory is a multi-faceted, whole-person program offering a unique approach to brain fitness. Instructor-led activities guide adults through a series of physical, emotional, intellectual, nutritional, spiritual, and social activities that can lead to improved brain health. Each session includes informational video segments followed by group discussion and activities. Program participants learn practices that can help them live a healthier life, remember things better, be more organized, and pay closer attention. The program is demonstrated to increase brain health knowledge and self-reported physical and intellectual activity for intervention participants compared to a control group at the conclusion of the course.

**Contact Information**

Email: Cate O’Brien, PhD, MPH
Wisconsin example of dissemination: Waukesha County

**Memory Care Connections (New York University Caregiver Intervention)**

Memory Care Connections, originally developed as New York University Caregiver Intervention (NYUCI), is demonstrated to reduce perceived burden and distress in family caregivers, allowing them to provide care at home for a longer period of time as evidenced in the foundational research of the program. The NYUCI involves six sessions of individual and family counseling, support group participation, and additional on-call telephone consultations in a flexible counseling approach that is tailored to each caregiving family.

The facilitator completes training online through HealthCare Interactive.

**Contact Information**

Email: Kristen Felten, MSW, APSW, dementia specialist  
Wisconsin Department of Health Services

Wisconsin examples of dissemination: Aging Resource Center (ARC) of Milwaukee County, ADRC of the North

**Powerful Tools for Caregivers**

Powerful Tools for Caregivers (PTC) is a self-care education program for family caregivers demonstrated to improve the following: self-care behaviors, management of emotions, self-efficacy, and use of community resources. The program provides tools that can be individualized to meet the challenges of caregiving in a supportive and interactive environment. The six-week community-based program is delivered in either a 90-minute or two-and-a-half-hour format that offers a facilitated discussion by caregivers in groups of 10–15 people.

Facilitators participate in two-day training and commit to offering at least one six-week workshop per year. Facilitators work in pairs, so it is necessary to have two people available to conduct a workshop. Due to popular dissemination of this program in Wisconsin, PTC leader candidates should inquire with the health promotion coordinator at their local aging unit to determine current local capacity to deliver the PTC. An ideal first workshop experience for a PTC leader is to facilitate with an existing PTC facilitator. Facilitators will be issued a license through PTC in Portland, Oregon, and the program is managed in Wisconsin through the Wisconsin Institute for Healthy Aging.

**Contact Information**

Email: Sue Pleskae, PTC support

Wisconsin examples of dissemination: numerous implementations throughout Wisconsin may be found through the Wisconsin Institute for Healthy Aging website [workshop search tool](#).
Resources for Enhancing Alzheimer’s Caregiver Health II (REACH II)

The REACH II protocol is a structured multicomponent caregiver intervention that is based on an individualized assessment of caregiver needs. Interventions are tailored to individualized risk profiles based on a caregiver assessment of depression, burden, self-care and healthy behaviors, social support, and problem behaviors. Each caregiver intervention includes strategies selected to address clients’ identified needs. Intervention strategies include provision of information, skills training, problem solving, role playing, stress management, and telephone support. REACH II has been shown to decrease burden, depressive symptoms, the impact of depressive symptoms on daily life, the potential for abuse as measured by caregiving frustrations, and the number of dementia-related behaviors reported. The intervention uses four individualized sessions, followed by maintenance as needed.

The facilitator is required to participate in a three-hour online training and receives certification over the phone.

Contact Information
Email: Katelyn Marschall, dementia program grants manager
Wisconsin Department of Health Services

Wisconsin examples of dissemination: Fox Valley Memory Project and Oneida Nation

Savvy Caregiver

The Savvy Caregiver Program is designed to train family caregivers in the basic knowledge, skills, and attitudes needed to handle the challenges of caring for a family member with Alzheimer’s disease, and to be an effective caregiver. This is a 12-hour training program that is usually delivered in two-hour sessions over a six-week period and can be adopted in other locations without direct involvement of the program initiators. The program focuses on helping caregivers think about their situation objectively, and providing them with the knowledge, skills, and attitudes they need to manage stress and carry out the caregiving role effectively. Outcomes of this program include increasing caregiver skill, knowledge, and confidence as well as reducing caregiver distress. Research has demonstrated significant positive outcomes for caregivers who participated in the program, versus those in the control group, with respect to the caregivers’ beliefs about caregiving, their reactions to the behavioral symptoms of their care recipient, and their feelings of stress and burden.

The facilitator is required to participate in a one-and-a-half-day training in Wisconsin.

Contact Information
Email: Katelyn Marschall, dementia program grants manager
Wisconsin Department of Health Services

Wisconsin examples of dissemination: Southeast Chapter of the Alzheimer’s Association
Stress-Busting Program for Family Caregivers
The Stress-Busting Program (SBP) for Family Caregivers is an evidence-based program that provides support for family caregivers of persons with chronic disease or illness. It is demonstrated to improve the quality of life of family caregivers who provide care for persons with chronic disease and help caregivers manage their stress. The nine-week program consists of weekly, 90-minute sessions with a small group of caregivers. Caregivers learn about the disease process, stress management techniques, and a variety of other content.

Contact Information
Email: WellMed Charitable Foundation
Phone: 866-390-6491
Website: WellMed Stress-Busting Program

There are no examples of dissemination of Stress-Busting for Family Caregivers in Wisconsin at this time. Organizations that would like to offer the Stress-Busting Program must purchase a license and have two staff trained in Texas as master trainers or fund two master trainers to come to Wisconsin.

Virtual Dementia Tour
The Virtual Dementia Tour (VDT) is an experiential, hands-on training program designed for use by community organizations that helps caregivers and other community members identify with and understand behaviors and needs of people living with dementia.

Facilitators must participate in a two-day training program.

Contact Information
Contact Form: Second Wind Dreams

Wisconsin examples of dissemination: Dane County, Rock County, Ozaukee County, Eau Claire County, ADRC of the Lakeshore, Portage County

Evidence-Informed Health Promotion Activities

Dementia Live
Dementia Live is a high-impact dementia simulation experience that immerses participants in life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change. Participants gain greater awareness and understanding of the constant struggles affecting persons with dementia, and greater understanding leads to more sensitive caregiving.

The facilitator must attend one day of training in Wisconsin.

Contact Information
Email: Beth Propp, RN, Ageucate master trainer

Wisconsin examples of disseminations: Kenosha County
DICE
DICE (Describe, Investigate, Create, Evaluate) is an approach created by an interdisciplinary team of experts in geriatrics at the University of Michigan for assessing and managing behavioral and psychological symptoms of dementia (BPSD). The program goes beyond directing providers, staff, and family caregivers to avoid the use of antipsychotic medications. Instead, it helps caregivers better understand, identify, and treat the underlying causes of BPSD rather than resorting immediately to medication. The outcomes of this program are to reduce BPSD in the person with dementia and improve caregiver quality of life.

Contact Information
Email: Molly Schroeder, CSW
Wisconsin Alzheimer’s Institute
Phone: 608-262-6910

Contact Information
Email: Kristen Felten, MSW, APSW, dementia specialist
Wisconsin Department of Health Services

Wisconsin examples of dissemination: St. Croix County; Barron, Rusk, Washburn Counties; Eau Claire County

Language Enriched Exercise Plus Socialization (LEEPS)
This program, also known as Brain & Body Fitness, provides opportunities for people in the early stages of Alzheimer's disease or mild dementia to engage in physical and social activities while offering respite for family caregivers. LEEPS has been demonstrated to help individuals with dementia improve their physical fitness and mood, as well as maintain functional ability.

Contact Information
Email: Kristen Felten, MSW, APSW, dementia specialist
Wisconsin Department of Health Services

Contact Information
Email: Julie Hyland, director
Wisconsin Music & Memory Student Program
Phone: 646-771-0171

Wisconsin examples of dissemination in community-based settings: Barron, Rusk, Washburn Counties; Dane County; Eau Claire County; Milwaukee County
SPARK!
SPARK! is a cultural program for people with early to mid-stage memory loss and their caregivers. Programs are demonstrated to keep participants actively engaged in their communities by providing experiences that stimulate conversations, provide peer support, and inspire creativity through engaging in museum experiences, workshops, and programs. SPARK! programs are free for families to attend together in a comfortable environment led by specially trained staff and volunteers. SPARK! programs typically last 60–90 minutes and include topics such as cooking, art-making, drama and dance, music and song, poetry and storytelling. SPARK! provides an opportunity for those with dementia and their caregivers to enjoy art and artifacts in a comfortable setting guided by trained docents and volunteers. Programming at each museum is different.

Contact Information
Email: Dawn Koceja, access and inclusion coordinator
       Milwaukee Public Museum
Website: SPARK! Cultural Programs
Phone: 414-278-6943

Wisconsin examples of dissemination: Brown County, Dane County, Dodge County, Milwaukee County, Ozaukee County