

Evidenced-Based Health Promotion Programs and Evidenced-Informed Health Promotion Activities for Dementia Care Specialists

Last Revised: December 2022

Purpose

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

- 1. 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. 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.
- 2. 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

1. 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](mailto:Kristen.Felten@health.wisconsin.gov), dementia specialist
Wisconsin Department of Health Services

2. 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 (WIHA).

Contact Information

Email: ptc@wihealthyaging.org
Website: [WIHA Powerful Tools for Caregivers](#)

3. Rosalynn Carter Institute Resources for Enhancing Alzheimer’s Caregiver Health (RCI REACH)

The RCI REACH program provides one-on-one coaching, either in-person or virtually serving caregivers where they live. REACH is delivered through 12 sessions over six months and comes with a comprehensive caregiver guide, with caregiver and coach working together to identify areas of challenge and develop sustainable solutions.

Contact Information

Email: info@rosalynncarter.org
Website: [Rosalynn Carter Institute for Caregivers Dementia Programs](#)

4. 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.

Contact Information

Email: [Andrea Garr](mailto:Andrea.Garr@dhhs.wisconsin.gov), dementia care systems specialist
Wisconsin Department of Health Services

5. 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](mailto:info@wellmed.org)
Website: [WellMed Stress-Busting Program](http://www.wellmed.org/stress-busting-program)

Evidence-Informed Health Promotion Activities

1. Boost Your Brain and Memory

Boost Your Brain and Memory is a multi-faceted, whole-person program offering a unique approach to brain fitness designed for cognitively healthy older adults. 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: [Dugan O'Connor](mailto:dugan.oconnor@matherlifeways.com)
Website: [Mather LifeWays](http://www.matherlifeways.com)

1. Brain and Body Fitness

Brain and Body Fitness, formerly known as Language Enriched Exercise Plus Socialization (LEEPS), 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](mailto:kristen.felten@dhhs.wisconsin.gov), dementia specialist
Wisconsin Department of Health Services

2. Dementia Live

Dementia Live is a 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.

Contact Information

Email: [Beth Propp](mailto:Beth.Propp@ageducate.com), AGEucate master trainer
Website: [AGEucate Dementia Live](http://ageducate.com/dementia-live)

3. 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

Website: [The DICE Approach](http://www.umich.edu/~dicedice/)

4. Music & Memory

The Music and Memory program uses iPods and music downloaded from iTunes to provide individualized music to people with dementia in long-term care facilities and in the community. Ongoing research and evaluation of this program demonstrates the following:

- Improves mood and increases social involvement of participants
- Deepens relationships between participants, caregivers, and other family members
- Creates a calmer and more supportive social environment
- Increases caregiver's valuable time previously lost to behavior management issues
- Reduces reliance on antipsychotic medications

Contact Information

Website: [Music and Memory](http://www.musicandmemory.com/)

5. 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! Programs](#)

6. TimeSlips – Creative Community of Care

The Creative Community of Care training teaches staff to infuse creativity into everyday care relationships and programming. This approach ensures that programming is meaningful and joyful.

Contact Information

Website: [TimeSlips](#)

7. 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.

Contact Information

Contact Form: [Second Wind Dreams](#)