

**Title:** Evaluation of A Learning Intervention to Support Dementia Care over Two Months

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**The Micheal and Sally McCracken Annual Student Research Symposium:** April 17, 2026

**Abstract:**

Research indicates that providing care for individuals with Alzheimer’s Disease and Related Dementia (ADRD) can be highly demanding. Caregivers, who are often relatives or friends, face elevated stress levels and may lack adequate knowledge or resources to effectively support their loved ones (Jorge et al., 2021). This gap in knowledge often leaves caregivers feeling incompetent and may also lead to a lack of confidence in their caregiving skills. We have previously found that our digital health education intervention improves caregivers’ knowledge of behavioral and psychological symptoms of dementia (BPSD). In this research, we extend on our prior work by establishing the impact of our intervention on caregivers’ long-term retention – 2 weeks and 2 months post-intervention. Caregivers were taught 12 categories of BPSD (e.g., anxiety, agitation) by reading information and then either rereading or taking practice tests with detailed, corrective feedback, which has been shown to enhance learning and retention (Ariel et al., 2023; Carpenter et al., 2022; Dunlosky et al., 2013). The study consisted of 3 sessions. Caregivers first completed a screening process to determine their eligibility to participate. Session 1 consisted of teaching caregivers about the BPSD via reading and then rereading or taking tests with feedback. Session 2 consisted of a second round of the learning intervention, as well as taking survey assessments and knowledge tests. Finally, Session 3 consisted of completing final tasks and knowledge assessments. Our goal was to have caregivers learn what physicians would want them to know for how to care for their loved one living with dementia. This study provides caregivers with the knowledge and in turn, confidence to manage BPSD. Data is being collected concurrently, with nearly half of the target participants enrolled so far; thus, the current presentation reports preliminary observations from this initial cohort.