



Caregivers' Self-Efficacy in Providing Care for Someone Living with Alzheimer's Disease or a Related Dementia (ADRD)

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Background

- Caring for a person living with Alzheimer's Disease or Related Dementia (ADRD) is challenging and emotionally demanding.
- Much of this care is provided by caregivers who often lack formal training (Thompson et al., 2007).
- Caregivers frequently experience gaps in knowledge about how to manage ADRD symptoms effectively (Jorge et al., 2021), leading to feelings of incompetence in their caregiving abilities (Merrilees et al., 2018).
- Enhancing caregiver education and self-efficacy is critical, as caregiver self-efficacy predicts both mental health and overall well-being (Gallagher et al., 2011).

Aim:

- To evaluate the impact of a psychoeducational intervention (Shumaker, Ariel, & Tauber, submitted) on caregivers' self-efficacy, with the goal of improving confidence and competence in providing care for people living with dementia (PLWD).

Hypothesis:

- Caregivers who participate in the structured retrieval practice (SRP) intervention will show greater increases in self-efficacy compared to caregivers in the reread condition.

Participants

N = 68 Caregivers from the Fort Worth community

- SRP** n = 30: **Reread** n = 38

Age: 19-85 years old ($M = 56.21$, $SD = 14.95$)

Gender: 61 Women, 6 Men, 1 Other

Hours of Caregiving Per Week	N	Caregiver Race	N
Less than 5	9	White	42
5-14	26	Black	12
15-20	5	Hispanic/Latino	6
21-34	12	Asian	3
35 or more	15	Mixed	2
Did not disclose	1	Did not disclose	1

Relationship to Loved One	N	Loved One's Type of Dementia	N
Parent	32	Alzheimer's Disease	26
Spouse/Partner	18	Frontotemporal Dementia	5
Grandparent	5	Parkinson's Disease	1
Sibling	3	Vascular Dementia	7
Child	2	Lewy Body Dementia	1
Another member of family	5	Mixed Dementia	3
Friend or Non-relative	1	More than one type	15
Other	1	Other	3
Did not disclose	1	Unsure	6
		Did not disclose	1

Materials & Procedure

Read & Reread Materials

What causes apathy in dementia?

There are a few reasons why someone with dementia might feel apathetic:

- Emotional Response:** As dementia makes everyday tasks harder, the person may become frustrated. They may feel embarrassed or worry they are a burden to others.
- Damage to the Brain:** Some parts of the brain that control motivation can be damaged by dementia. Without the ability to decide if an activity is 'worth the effort', the person may not feel motivated to start or finish tasks.

Test & Test with Feedback Materials

What could be a common trigger for aggressive behavior for your loved one?

sitting for long periods of time high intake of antioxidants feeling excluded

aggression is a symptom of dementia, so it is impossible to identify triggers

Please select the correct answer

No, that is incorrect. This is a common misconception. It is more likely that there is a cause for the person's aggressive behavior. The person may be feeling lonely or isolated. One possibility is that they feel excluded. They might not spend much time with others. They may lose confidence and social skills because of this.

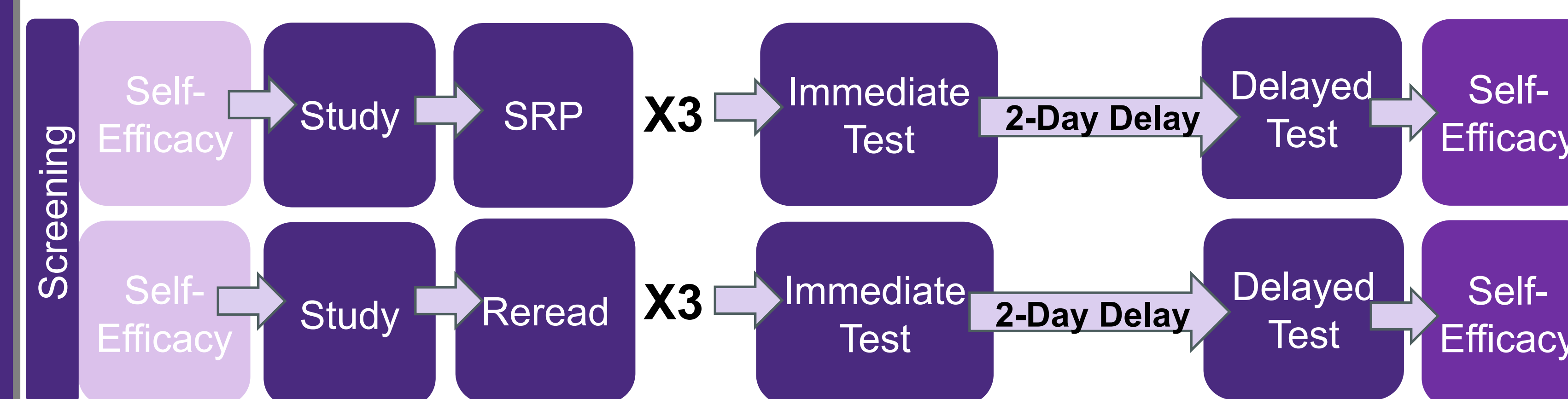
Self-Efficacy Check

How certain are you right now that you can.....

1. Handle any problems your loved one has, like memory loss, wandering, or behavior problems.

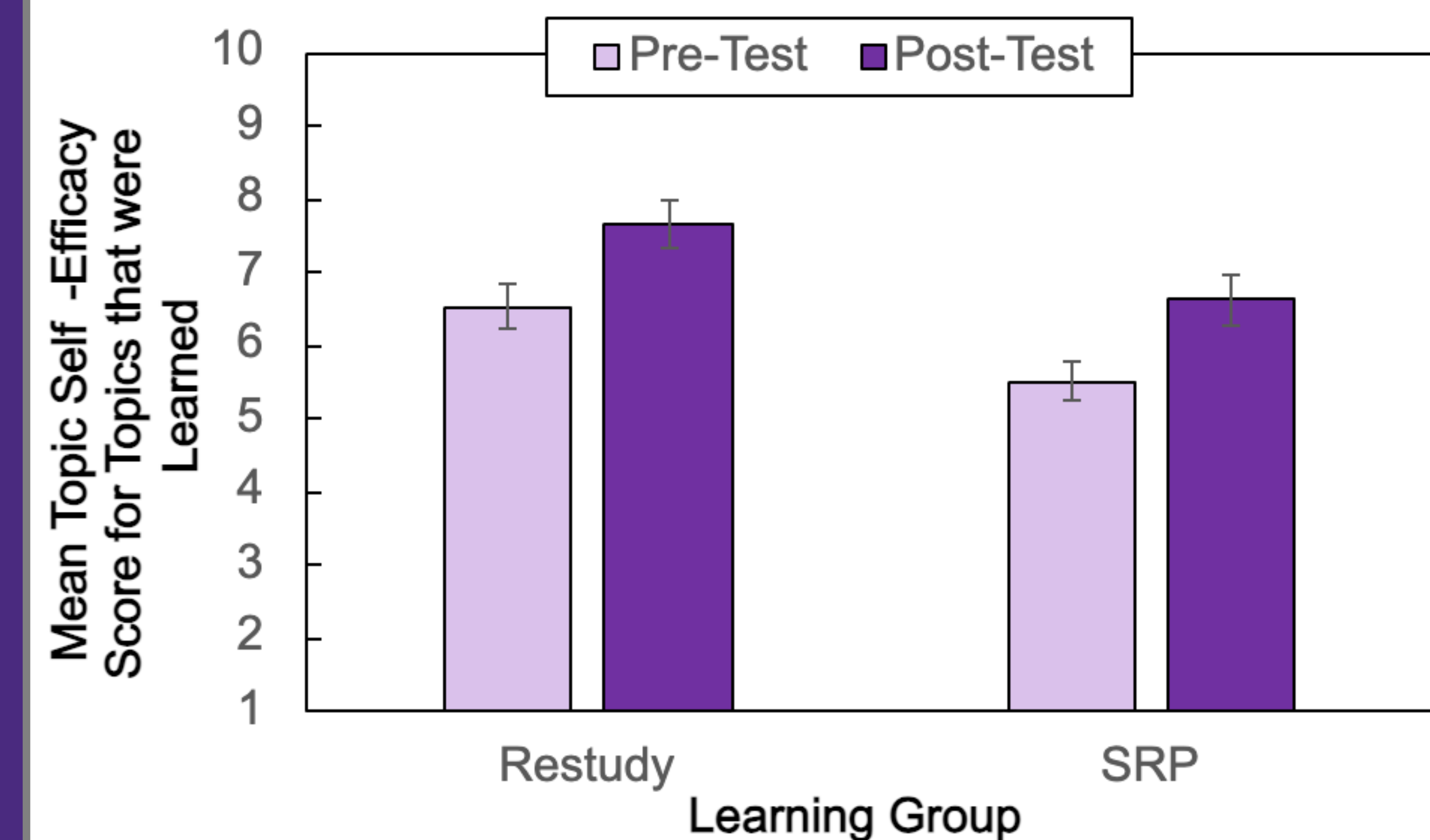


Procedure

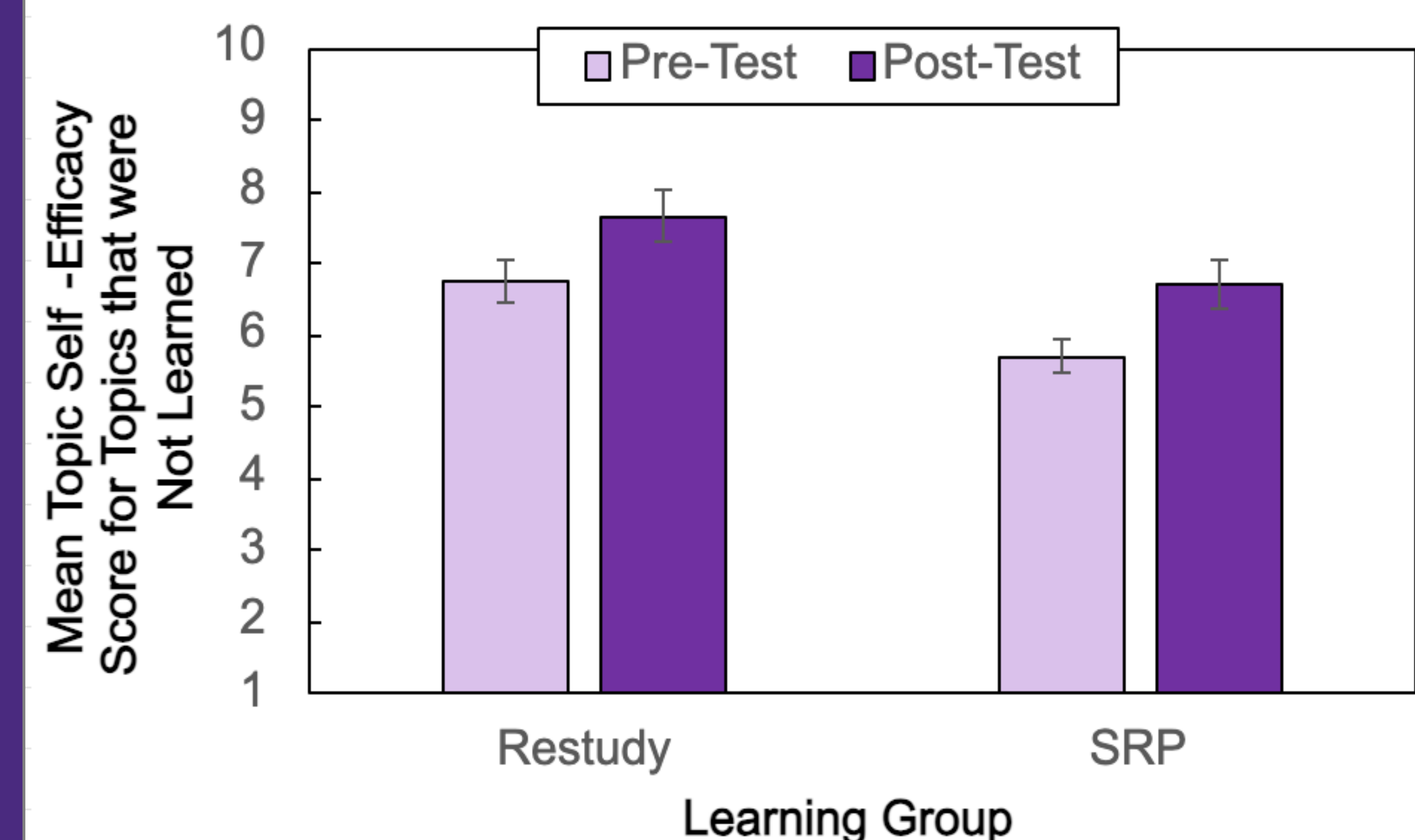


Results

Self-Efficacy for Material Learned



Self-Efficacy for Material Not Learned



Conclusions & Future Directions

- The intervention increased everyone's self-efficacy.
- Participants in the reread condition showed increased self-efficacy despite lower test performance than the SRP group.
- Self-efficacy increased even for dementia-related topics not directly covered in the intervention.
- Future research should examine the mechanisms underlying this overconfidence.