

THE CHANGING RELATIONSHIP: AN ILLUSTRATION OF EVIDENCE BASED GROUP WORK – POSITIVE ASPECTS OF CAREGIVING



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Baycrest

Enriching Care
Enhancing Knowledge
Enlightening Minds

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OUTLINE

- Provide an overview of our evidence based group model in the context of the wider Canadian dementia picture.
- Provide an illustration and analysis of one specific measure assessing the positive aspects of caregiving.
- Listen to the story as told by our caregivers.



THE CHANGING RELATIONSHIP

- **Emotion-focused support group consisting of community based spousal caregivers.**
- **Groups meet weekly for 8 weeks, co-facilitated by 2 social workers twice yearly.**
- **Group members have the choice of continuing to meet once monthly as an Alumni Group.**



OUR EVIDENCE-BASED MODEL

- We have tested our model under the leadership of Dr. Elsa Marziali, KLARU scientist and her research team in collaboration with Baycrest social workers.
- An intervention training manual for clinicians working with these groups has been developed and adhered to.



EVALUATING THE EFFICACY OF OUR INTERVENTIONS

- Evaluate our groups both quantitatively and qualitatively.
- Ongoing evaluative process with our group members.
- Various pre and post test measures collected.



WHY IMPORTANT?

- **Canadian Institute for Health Information (CIHI) 1 in 6 caregivers in distress.**
- **Rising Tide Study released by ASC January 2010 suggests health and economic consequences of dementia in Canada.**
- **Group intervention offers caregiver support and skill-building. (Mittleman, 2006).**



RELEVANT LITERATURE

- **Cohen, C.A, Colantonio, A, Vernich, L. (2002). Two hundred and eleven caregivers (73%) could identify at least one specific positive aspect of caregiving. An additional 20 (6.9%) could identify more than one positive aspect.**
- **Berg-Weger, M, McGartland Rubio, D, and Tebb, S.(2001). Highlights importance of qualitatively looking at caregivers experiences so that a complete picture of both positive and negative aspects are viewed.**



AN ILLUSTRATION OF ONE SPECIFIC MEASURE- THE POSITIVE ASPECTS OF CAREGIVING

- An overwhelming per cent of participants appear to indicate a positive change in their perceptions of their role as a caregiver.**
- Changes include a sense of feeling useful, needed, good about oneself and finding new skills.**



THE MEASUREMENT TOOL Tarlow, B.J., Wisniewski, S.R., et. al (2004)

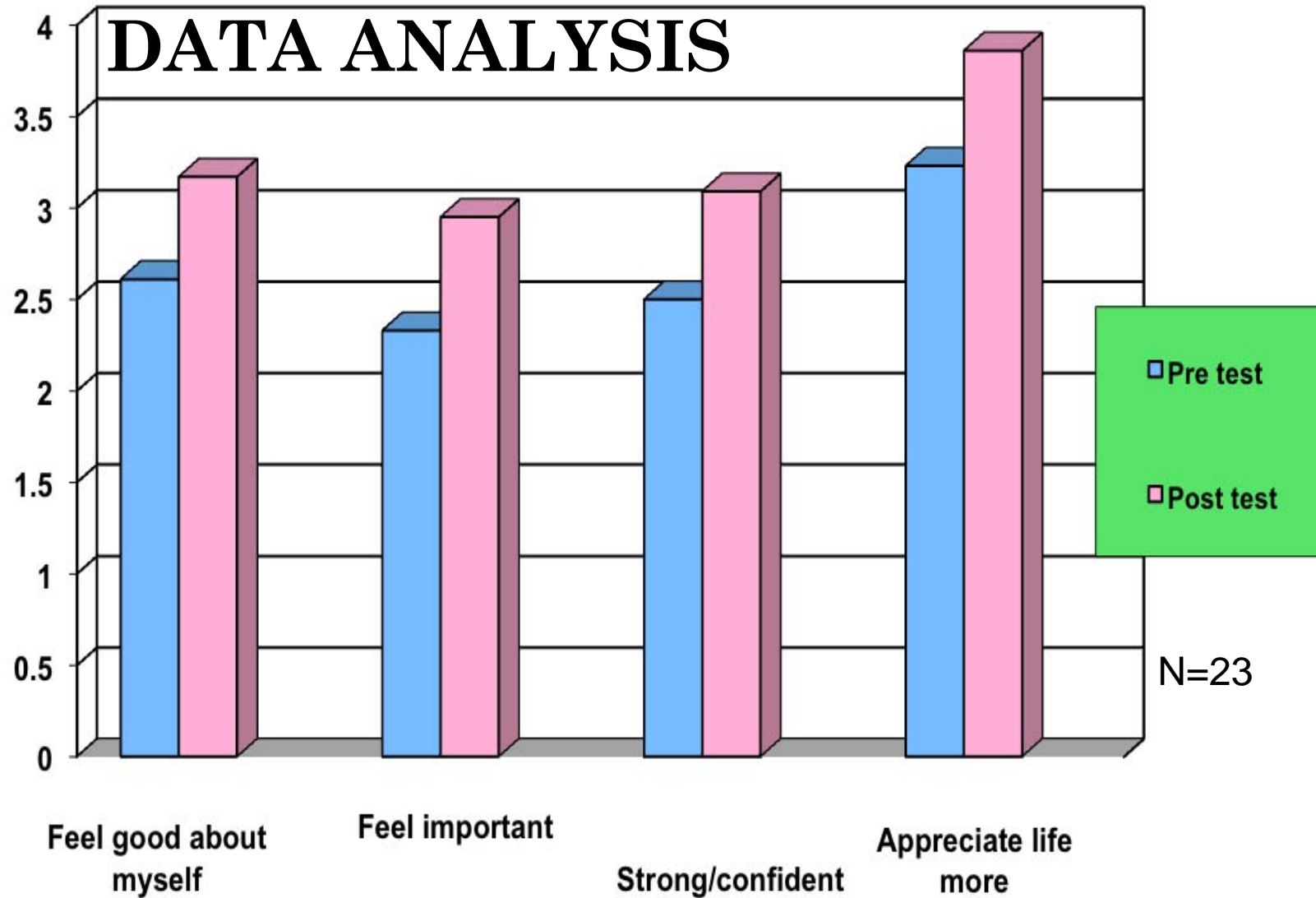
Positive Aspects of Caregiving

Some family members say that, despite certain difficulties involved in providing care to a family member with dementia, good things have come out of it Below are a few statements reported by some caregivers. Please indicate how much you agree or disagree with these statements.

Providing help to my family member with dementia has ...	Disagree a Lot	Disagree a Little	Neither Agree nor Disagree	Agree a Little	Agree a Lot
1. Made me feel more useful.	1	2	3	4	5
2. Made me feel good about myself.	1	2	3	4	5
3. Made me feel needed.	1	2	3	4	5
4. Made me feel appreciated.	1	2	3	4	5
5. Made me feel important.	1	2	3	4	5
6. Made me feel strong and confident.	1	2	3	4	5
7. Enabled me to appreciate life more.	1	2	3	4	5
8. Enabled me to develop a more positive attitude toward life.	1	2	3	4	5
9. Strengthened my relationships with others.	1	2	3	4	5



DATA ANALYSIS



Giving and Taking



VOICES OF OUR CAREGIVERS

- **“My benefits are for the past sixty years. I am doing everything that I should do. I’m fulfilling my life.”**
- **“We were at home and listening to music and we started dancing. We found so much joy in finding this old connection. It brought back memories. When we danced, he still was that person.”**
- **“I taught myself not to react. It’s the new normal.”
“We were like Mutt and Jeff. We were always backing each other up. It was a co-dependency. We still have that.”**





**Appreciating
More Of Life**

CONCLUSIONS

- Caregiving can be difficult, but many find it rewarding.**
- Group interventions help members deal with stress, build on existing strengths and enhance problem solving skills.**
- Empowering caregivers can improve quality of life and delay institutionalization.**



QUESTIONS & CONTACT

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