

# Case Study Handouts:

## Section 1: Bridging the Gap in Dementia Care

### Interactive Activity 1: Identifying Caregiver Roles and Challenges

**Description:** Participants will be divided into groups. Each group will complete the following learning activities:

1. Decide which type of family caregiver your group will base their case study on:
  - Adult child
  - Spouse
  - Young Adult Caregiver
2. Write out the caregivers specific situation (Paint the picture of what the caregiver's life is like based on your professional experiences as clinicians. For example, decide if the caregiver is the primary, "hands on" caregiver of someone, or does the person they are helping live alone? Are they a distant caregiver?)
  - Relationship to the care recipient?
  - Duration of caregiving responsibilities?
  - General health and well-being of the caregiver?
3. Each group will then present their caregiver profile to the whole group.

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## Section 2: Getting Started: Caregiver Burden Assessment Tools

**Interactive Activity 2:** Deciding which caregiver burden assessment your group will be using for your case study.

- Zarit Burden Interview
- Caregiver Burden Index
- Burden Scale for Family Caregivers

**Description:** One person in the group will be the caregiver you have developed together and the group will administer their chosen assessment from the list above.

**Scoring of Assessment:** \_\_\_\_\_

**Interactive Activity 3:** Deciding which stage of dementia your particular caregiver is navigating. Think about the whole situation based on the profile you are developing above.

- Mild Dementia

Moderate Dementia

Severe Dementia

**Description:** As a group, decide which stage of dementia your caregiver is caring for.

**Stage of Dementia:** \_\_\_\_\_

**Flesh out your case study here with more details about your patient being cared for:** \_\_\_\_\_

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## Section 3: Mastering the Assessment Tools

### **Interactive Activity 4:** Case Study Analysis

**Description:** As a group, take the results of the assessment and the caregivers profile and categorize the caregiver stressors into different “buckets” or categories of stressors.

Time Dependency Stressors

Emotional Health Stressors

- Developmental Stressors
- Physical Health Stressors
- Social Relationship Stressors
- Financial Stressors

Present your caregiver stress profile to the larger group as a recap.

## Section 4: Integrate Assessments into Care Planning

### **Interactive Activity 5:** Care Plan Development

**Description:** Participants will work in their groups to incorporate caregiver specific considerations into their care plan based on the results of their caregiver profile.

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Each group will present their care plan and receive feedback from peers and the instructor.

# Section 5: Bringing It All Together: Enhancing Rehabilitation Services

## **Interactive Activity 6:** Q&A and Discussion Panel

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