EFFECT OF AN ADAPTED LEISURE GROUP PROGRAM TO ENHANCE THE QUALITY OF LIFE OF CAREGIVERS AND THEIR RELATIVES WITH ALZHEIMER'S DISEASE

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Most support programs for caregivers focus on the burden of caring and fail to consider the positive aspects of caregiving.

Shared leisure activities bring opportunities to enhance the quality of life of both caregivers and care-receivers.

Such activities might contribute to maintaining satisfactory relationships between caregivers and care-receivers.

An adapted leisure education program in a one to one approach showed positive impacts to support caregivers.

Taking a perspective of efficiency, it was important to develop a group approach for this program
Objectives

» To develop a group approach to the adapted leisure education program

» To evaluate the impact of the group approach program on caregivers’ wellbeing, self-efficacy in adapted leisure and quality of relationships.

» To evaluate the impact of the program on the quality of life of care-receivers.
A quasi-experimental trial (n = 22 dyads) was conducted using mixed methods.

The quantitative part included a pre-test/post-test with follow-up design while the qualitative part consisted in open-ended interviews (n = 18).

Program evaluation considered
- Implementation
- Process
- Impacts
Theoretical fundamentals

• Importance to enhance positive aspects of caregiving
  • Quality of daily relationship
  • Sense of self realisation
  • Daily sense of caregiving

• Importance to sustain occurrence pleasant events for caregivers and the relative with dementia
Conceptual framework of positive aspects of caregiving
Carbonneau et al, 2010

Self efficacy of caregivers

Pleasant events in daily life

Self-realisation

Daily sense of caregiving

Quality of daily relationship

Well-being
OBJECTIFS DU PROGRAMME

- Enhance quality of life of caregivers and their relative with dementia.
  - Making caregivers and their relative with dementia shared pleasant events.
  - Stimulate potential of care-receivers.
  - Support caregivers to integrate more pleasant events in their daily life.
Composantes du programme

» One part of shared activities for the caregivers and their relative with dementia.
  ▪ Concrete experience of pleasant event

» Coffee break

» One part for relatives with dementia
  ▪ Potential stimulation and fun

» One part of support for caregivers
  ▪ Centered one ways to enhance positive aspects and pleasant events in daily life
Quantitative Data
22 dyads
- 20 attended the program for at least 10 weeks
  - 18 answered three times
- 2 quit the program

5 different places
- 2 community centers
- 2 Alzheimer's associations
- 1 memory clinic
No significant differences for most of the variables

- Proportional stability for the entire process
- The measures taken at the end of the program for psychological wellbeing decreased
Confirmation of program theory

- Moderate link between feeling efficient and wellbeing for the support person
- Strong and significant link between feeling efficient and
  - Perception of the relationship
  - Perception of pleasing moments
  - Perception of activities
Qualitative Data
Principal themes

» Reduce isolation
» Have support
» Develop knowledge
» Enhance positive dimensions in daily life
Reduce Isolation

» Do activities together
   « It’s an activity for both of us... it’s our day. »

» Link with peers
   ■ « We meet with people facing the same reality... they can understand and accept the care-receiver behavior »
From peers
« It’s helpful to share our experience with others in the same situation »

From facilitators
« Facilitators were great with us, they listen to us and really try to help »

From documentation
« I appreciate the documentation, it’s help better understand my husband »
Gain a better understanding of lacks
“...the more we accept it, the more it helps us... I am here but it helped me to be more present, to not go against the grain.”

Know better how to act with a close relative
“It changed... My way of acting ... when doing an activity, to listen to the other... To encourage him, to see the positive side.”
Positive side

“Before, we used to see the glass half-empty while now, we see the glass half-full. And there are happy moments... We used to not see the happy moments... We now notice the pleasing moments.”

Shared pleasing moments

“This way, it is an activity for couples that satisfies both of us”.

See their close relatives happy

“She is happy so am I”
Conclusion

» The program was well-received

» The qualitative results bring in-deep understanding of the impact of the program.

» This study confirmed the importance of focusing on the positive aspects of caregiving rather than the burden of caregiving.

» Other analyses are to be done
  - A comparative Analysis
  - An analysis of the processes