

# Balancing Fidelity and Reality: Maine's Savvy Caregiver Translation

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# Savvy Caregiver Program

- Psychoeducation evidence-based group intervention
  - 6 weeks/2 hours per session
  - Certified facilitator
- Goal: increase caregiver knowledge, skills, self-efficacy & well-being
- Dr. Kenneth Hepburn and colleagues

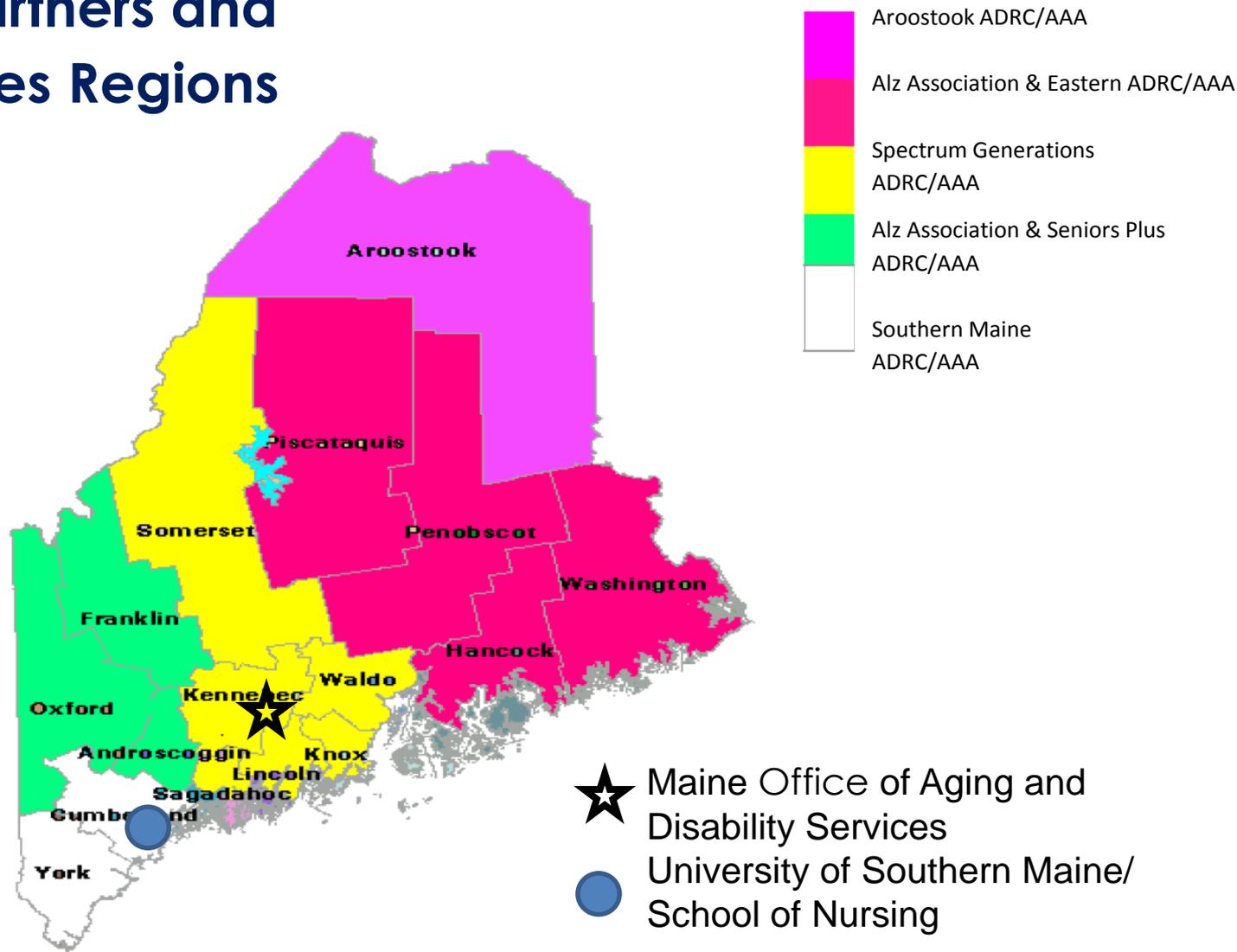


Hepburn, K. W., Lewis, M., Tornatore, J., Wexler Sherman, C., Lindstrom Bremer, K. (2007). The Savvy Caregiver: The demonstrated effectiveness of a transportable dementia caregiver psychoeducational program. *Journal of Gerontological Nursing*, 33, 30–36.

# Funding History

- **Four ACL/AOA Funding Mechanisms**
  - 2 ADSSP Grants (state)
  - 1 Dementia Capable Systems Service Grant (state)
  - 1 Alzheimer's Disease Initiative Grant (southern Maine)
- **Translation Phase 1:** Maine Savvy Caregiver Project (MSCP)
- **Translation Phase 2:** Maine Savvy Caregiver Project – Enhanced (MSCP-E)
- **IRB Approval:** University of Southern Maine

# MSCP Key Partners and Aging Services Regions



# Savvy Caregiver Outcomes

- SCP trainings since 2009: 267
  - 1886 caregivers served
  - Completed 4 or more sessions: 87% (MSCP) – 92% (MSCP-E)

## Outcomes measured at baseline, 5 and 12 months

- Improved competence, mastery, and self-efficacy<sup>a</sup>
- Improved personal gain and meaning<sup>a</sup>
- Improved negative mood<sup>a,b</sup>
- Reduction in negative reactions to the person's behavior<sup>a</sup>
- Reduced depressive symptoms<sup>a</sup>

*a*  $p < 0.05$

*b* not sustained at 12 months

# Translational Approach

- **Team approach**
  - Early training
  - Ongoing & frequent consultation with Dr. Hepburn
  - Regular meetings
- **Identify core elements – the untouchables**
- **Address practical questions**
  - What is the context?
  - Real life challenges?
  - Balance of fidelity & adaptation?
- **Comprehensive evaluation**
  - Formative phase: continuous process improvement
  - Summative phase: impact, effectiveness & sustainability
- **RE-AIM framework**
  - Guided all phases of translation

# Context Considerations

- **Oldest state in nation:** median age 43.5 years
  - 18.8%  $\geq$  65 years
- **Most Rural:** 61.3% of residents live in rural areas
- **Poor:** Median Household Income: \$48,804 (2014)
- **Limited Racial/Ethnic Diversity:** 94.9% (white, non-Hispanic)

U. S. Census Bureau, "State and County Quick Facts," 2010-2015. Retrieved from:

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# Additional Considerations

- **Strong aging network**
  - Experience with evidence-based programs
  - Collaborative
  - Well established in communities
- **Values shared by Maine residents**
  - Community
  - Independence/autonomy
    - “Take care of our own”

# Maine's Translation: Phase 1

## Proposed

- Statewide broad rural reach
- Partner with service providers
  - Expand beyond aging network
- Train-the-trainer model
  - Volunteer facilitators
- Reduce number of sessions
- Maintain fidelity & create monitoring mechanism
- Sustain beyond grant funding

## Successes

- Rural reach
  - All 16 counties served
- Train-the-trainer model, paid staff only
  - New shared facilitation model
- New partners
- Fidelity maintained
- Additional funding

# Maine's Translation Phase II

## Proposed

- Embed SCP in Family Caregiver Support Program (FCSP)
- Develop Savvy Advanced
- Expand partnerships
  - Trainers
  - Organizations
- Reach caregivers earlier

## Successes

- New local partners
- Audio MP3 version of the SCP Participant Manual
- 2 hr. Savvy Pre-Class *“Understanding Cognitive Loss: Basics for Family Caregivers”*
- Savvy Advanced created and piloted
- Sustained in FCSP

# Fidelity Monitoring

- Train-the-trainer model
- New trainer observations
- Fidelity checklists
- Lessons learned documentation
- Monthly team conference calls
- Workshop evaluation analysis – quarterly reports
  - Example: *The workshop trainer(s) followed the program content - 98% agree to strongly agree.*

Scale 1-5 (5 = Strongly Agree to 1 = Strongly Disagree)

# Lessons Learned

- 1) Increase planning time
- 2) Incremental implementation
  - Better attend to community & regional differences
  - Identify local champions/partners
- 3) Earlier marketing plan
- 4) Plan for staff turnover
- 5) Clearly define roles for central coordination & shift to local fidelity monitoring
- 6) Keep up the patchwork funding efforts

# Where are We Today?

- SCP and Savvy Advanced offered statewide
  - AAAs have the lead (Master Trainers)
  - Associate trainers all linked to an AAA
- Various funding streams
- Central coordination for trainings, manuals, statewide schedule
- Piloted remote delivery via ITV

# Acknowledgements

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# Questions and Contact Information

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