Informing, Educating, and Training Family Caregivers
Caring for the Caregiver Program
UT Health San Antonio, School of Nursing

Program Description
• The Caring for the Caregiver program provides educational support for families caring for their loved ones living with Alzheimer’s disease and related dementia.
• Our mission is to support the quality of life of family caregivers through education, practice, research, and community engagement.
• Caregivers without support are much more likely to experience negative outcomes and transition out of the caregiving role.
• We collaborate closely with the Glenn Biggs Institute for Alzheimer’s & Neurodegenerative Diseases to provide comprehensive care for people living with dementia and their family caregivers across the trajectory of the disease.

Family Caregiver: “When my husband was diagnosed with dementia I was so desperate for information about this disease and resources to support me in my caregiving role.”

Skills Training Workshop
• Skills Training Workshops are provided monthly in the safe, supervised environment of the School of Nursing Center for Simulation Innovation.
• Workshops are facilitated by a team of health professional faculty from Schools of Nursing, Dentistry, Health Professions (Occupational Therapy and Speech Language Pathology), and Dietetics (UTSA).
• Five-hour workshops delivered in modules to provide family caregivers an interactive opportunity to gain practical skills such as transfers, home safety, oral care, nutrition, and medication management as well as electives in audiology and bowel/bladder care.
• The Virtual Dementia Tour (Second Winds Dream ™) is a simulated experience of living with dementia that raises awareness of living with dementia and helps to build empathy in those participating.

Family Caregiver: “The professional interdisciplinary support is invaluable when hit with such a devastating diagnosis. These meetings are a safe place surrounded by others like us trying our best to care for someone who can no longer assist with their own care.”

Essentials of Caregiving
Essentials of Caregiving are a series of 6 classes focused on providing information, education, and support to caregivers as they care for a loved one living with a diagnosis of Alzheimer’s or related dementias.
• Monthly classes at no cost to the participants.
• Classes provide the essential information needed by family members and friends who are providing care across the trajectory of the condition.

Family Caregiver: The information, professionalism, and support of the professionals presenting both series of classes is outstanding. I feel empowered and comforted with the knowledge and support I have, and continue to receive.

Next Steps
• Systematic evaluation of education programs.
• Survey database of caregivers to identify ongoing needs and future education offerings.
• Expansion of program to meet needs of Hispanic caregivers and offering programs outside the medical center.
• Development of the Skills Training Workshop to be inclusive of caregivers of persons with other neurodegenerative conditions beyond dementia.

Over 130 participants have been trained at Skills Training Workshops.

Over 225 participants attended Essentials in 2018.

The Caring for the Caregiver program is supported by funding from the Barker Foundation and Institutional Support from UT Health San Antonio, PCORI, and Administration for Community Living.

UTCaregivers.org   @UTCaregivers