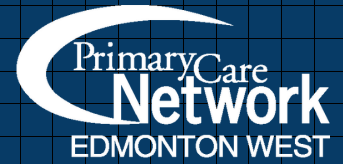


Building Resilience in Caregivers (BRiC)

Supporting People Living with Moderate Dementia in our Community Final Report



About the Program

Caregivers are key partners with patients' health care teams. Their support enables Albertans living with dementia to remain in their homes and communities as long as possible.

Through the Building Resilience in Caregivers (BRiC) program, the primary care team meets the needs of the caregivers by helping them build capacity and develop coping skills to support people living with dementia in our community.

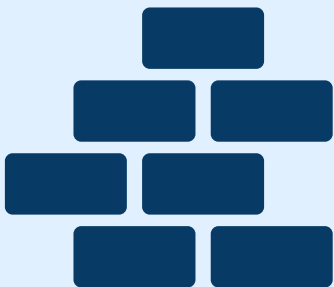


During the 11 week community-based program, caregivers learn about how to maintain their health and wellbeing with a variety of team-based health care resources.

As caregivers take an hour to learn and connect in the community, a concurrent Cognitive Stimulation Therapy session is provided to the person living with dementia.

All participants meet up for lunch to encourage social engagement, reduce feelings of isolation and build community at the Westend Seniors Activity Centre.

Transportation was provided in partnership by Drive Happiness and Care 4 Ride.



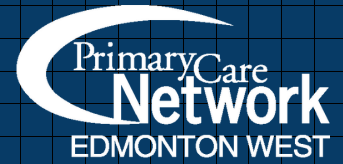
Building Connections

BRiC connects caregivers to education, information and a network of peers while maintaining or improving cognitive awareness of individuals impacted by dementia.



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Program Outcomes

Over the course of 3 years (2020-2022), BRiC reached a total of 49 clients.

35 participated in the caregiving stream both virtually and traditionally in person.
14 participated in the Cognitive Stimulation Therapy (CST) stream.

Overall, the program met its purpose and caregivers experienced increased:

- connection to community resources and peers.
- confidence and coping skills.

39% of caregivers decreased their caregiver burden score

78% of participants with dementia maintained or improved their cognitive scores



Caregiver Resilience

- **93% agreed or strongly agreed** that the program provided them with information on all the topics that were of interest to them.
- **100% agreed or strongly agreed** that they **feel connected to community** resources that will help support them going forward.
- **97% will access community resources** in the future.
- **87% agreed or strongly agreed** the weekly sessions **made them feel more connected to other caregivers;**
 - virtual delivery (due to COVID-19) was mentioned as a reason participants felt less connected.
- **100% agreed or strongly agreed** the program **met their expectations.**
- **100% were satisfied with the venue.**

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People Living with Mild to Moderate Dementia

Nine participants of the cognitive stimulation therapy (CST) reported that they enjoyed attending the sessions each week. Highlights included:

- getting out of the house with their loved one to meet new people,
- activities during the CST sessions,
- having fun and laughing with others,
- improving their mood, and
- engaging with the coordinators of the program.

Participants suggested a longer program, longer sessions, and integrating exercise into the BRiC program as areas for program improvement.

8/9 participants stated they would like to attend other day programs or group programming after completing the BRiC program. All participants stated they enjoyed the program and were often surprised with how much they enjoyed participating.



The Future of BRiC

BRiC will be integrated into the regular EWPCN programming going forward and will be offered twice a year, with the potential to increase offerings in the future.

We look forward to strengthening our community partnership with Westend Seniors Activity Centre by expanding the program to offer our caregiver sessions to Westend Seniors Activity Centre members on a drop-in basis.

We plan to remove transportation barriers to our clients by maintaining a partnership with a community car ride service and providing transportation to the sessions at no cost to the participants.

We would like to extend our gratitude to Westend Seniors Activity Centre for their partnership, as well as Alberta Health for providing us with the \$75,000 grant that allows us to provide this important service to Albertans.

Caregivers and those living with dementia can access this program by referral through their EWPCN family physician.