

best practice caregiving

*Guiding organizations
to dementia programs
for family caregivers*

Program Name	Brief Description	Program Developer
Acquiring New Skills While Enhancing Remaining Strengths (ANSWERS)	6 in-person, individual education and skills-training sessions for caregivers and persons living with dementia, focused on practical coping strategies and managing symptoms based on cognitive rehabilitation principles.	Katherine S. Judge, PhD
Active Caregiving: Empowering Skills (ACES)	4 in-person or telephone, group education and skills-training sessions for caregivers, focused on stress management, pleasant events, and strategies for reducing behavioral symptoms.	Dolores Gallagher-Thompson, PhD
Adult Day Services Plus (ADS PLUS)	Up to 8 in-person, individual skills-training and education sessions for caregivers and monthly check-ins, focused on assisting with caregiver-identified areas of concern, caregiver self-care and coping, and linking to community resources.	Laura N. Gitlin, PhD, FGSA, FAAN
African-American Alzheimer's Caregiver Training and Support Project 2 (ACTS-2)	12 telephone sessions for African-American caregivers of persons with dementia, focusing on skills-building, spiritual support, and improving self-care and the relationship with the person living with dementia.	Robert L. Glueckauf, PhD
Aging Brain Care (Collaborative Care)	Ongoing in-person and telephone sessions for caregivers and persons living with dementia and/or depression to offer tools, processes, and strategies with optional support groups.	Malaz Boustani, MD, MPH and Christopher Callahan, MD
Alzheimer's Disease Coordinated Care for San Diego Seniors (ACCESS)	Ongoing, in-person or telephone, individual care coordination program for caregivers and persons living with dementia, focused on identifying problems, action planning, and linking to community services and resources.	Barbara Vickrey, MD, MPH, Karen Connor, RN, MBA, PhD, and Joshua Chodosh, MD, MSHS
At the Crossroads	3 in-person support group sessions for caregivers and persons living with dementia, focused on challenges and decision-making around driving and transportation.	The Hartford Financial Services Group, Inc.
Behavioral Treatment of Insomnia for Caregivers	4 in-person, individual or group behavioral treatment therapy sessions for caregivers, focused on reducing sleep problems and improving sleep practices, managing behavioral symptoms of dementia, and stress management.	Susan McCurry, PhD
BRI Care Consultation™	Ongoing telephone and email, individual care-coaching for caregivers and persons living with dementia and/or other chronic conditions, focused on accessing community and family resources, quality information, and emotional support.	David M. Bass, PhD

Program Name	Brief Description	Program Developer
Building Better Caregivers	6 in-person, group education sessions for caregivers, focused on techniques for reducing stress, action planning, problem-solving, and decision-making.	Kate Lorig, DrPH
Building Better Caregivers Online Mode	12 to 18 online, group education sessions for caregivers, focused on techniques for reducing stress, action planning, problem-solving, and decision-making.	Kate Lorig, DrPH
Care of Persons with Dementia in their Environments (COPE)	Up to 13 in-person and telephone, individual education and skills-training sessions for caregivers and persons living with dementia, focused on improving the home environment, medical and functional needs, care- and illness-related challenges and stress.	Laura N. Gitlin, PhD, FGSA, FAAN
Care Partners Reaching Out (CarePRO)	10 in-person and telephone, group and individual psycho-educational and skills-training sessions for caregivers, focused on strategies for difficult caregiving situations, reducing stress, improving mood, and communication.	David W. Coon, PhD
Dealing with Dementia	In-person, group session for caregivers, focused on the caregiving experience, dementia friendly lifestyles, problem-solving, dealing with behavior issues, and self care.	Gayle Alston
Early-Stage Partners in Care (EPIC)	6 in-person group, and one in-person individual education and skill-building sessions for caregivers and persons living with early-stage dementia, focused on reducing stress, problem-solving, and support and planning for the future through care preferences and values.	David W. Coon, PhD
Inner Resources for Stress	8 in-person or online, group education sessions for caregivers of persons living with dementia and/or other chronic conditions on mindfulness, meditation, and breath-focused mantra repetition, focused on stress management and resiliency.	Lynn C. Waelde, PhD
Mindfulness Training for Patients with Progressive Cognitive Decline and their Caregivers Program	8 in-person, group meditation and mindfulness sessions for caregivers, focused on movement meditation and yoga.	Michael Maslar, PsyD
Mindfulness-Based Alzheimer's Caregiving Program	8 in-person, group mindfulness sessions for caregivers, focused on mindful movement, meditation, and mindful communication.	Constance Coogle, PhD and Kirk Warren Brown, PhD
Mindfulness-Based Dementia Care	8 in-person, group mindfulness practice sessions for caregivers, focused on meditation, role play, and coping practices.	Ymkje Dioquino, MS, LMFT and Laura Rice-Oeschger, LMSW

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Mindfulness-Based Stress Reduction for Dementia Caregivers	8 in-person, group mindfulness sessions, focusing on meditation techniques and mindful Hatha yoga.	Jon Kabat-Zinn, PhD
Minds in Motion	Ongoing in-person, group Taiji (also called Tai Chi) and relaxation-meditation sessions for persons living with dementia and/or other chronic conditions, focused on improving physical, emotional, and mental well-being.	Sandy Burgener, PhD
New Ways for Better Days: Tailoring Activities for Persons with Dementia and Caregivers (TAP)	Up to 11 in-person and telephone depending on context or care delivery, individual skills-training sessions for caregivers, focused on activities aligned with interests and capabilities of persons living with dementia to prevent or reduce behavioral symptoms and address functional dependence or functional decline.	Laura N. Gitlin, PhD, FGSA, FAAN
New York University Caregiver Intervention (NYUCI)	6 in-person, individual and group counseling and support sessions for caregivers and other family members, focused on strengthening family and friend support, addressing caregiver needs, and improving interactions among the family members.	Mary Mittelman, DrPH
Powerful Tools for Caregivers (Powerful Tools)	6 in-person, group self-care education sessions for caregivers of persons living with dementia and/or other chronic conditions, focused on tools for reducing stress, promoting effective communication, managing emotions, and decision making.	Vicki L. Schmall, PhD, Marilyn Cleland, BS, RN, and Marilynn Sturdevant, RN, MSW, LCSW
Progressively Lowered Stress Threshold Intervention (PLST)	2 in-person, individual training and education sessions with ongoing telephone consultation, focused on identifying and reducing negative behavioral symptoms in dementia, enhancing safety, problem solving, and emotional support for the caregiver.	Kathleen C. Buckwalter, PhD, RN, FAAN and Geri Hall, PhD, RN, FAAN
REACH Community (Resources for Enhancing Alzheimer's Caregivers in the Community)	4 in-person or telephone, individual education and skills-training sessions for caregivers, focused on care planning, understanding the injury or illness of the person needing care, problem-solving, and stress management.	Jennifer Martindale-Adams, EdD and Linda Nichols, PhD
REACH TX	4 individual, education and skills-training sessions for caregivers and persons living with dementia, focused on an array of potential problems, such as home safety, stress management, positive activities, and managing behavioral symptoms.	Alan Stevens, PhD
REACHVA (Resources for Enhancing All Caregivers Health in the VA)	4 in-person or telephone, individual education and skills-training sessions for caregivers of veterans living with dementia, focused on care planning, understanding the injury or illness of the person needing assistance, problem-solving, and stress management.	Linda Nichols, PhD and Jennifer Martindale-Adams, EdD

Program Name	Brief Description	Program Developer
REACH2Caregivers Cuidadores Acompañándose y Luchando para Mejorar y Seguir Adelante (CALMA)	4 in-person and telephone, group skills-training sessions for caregivers, focused on managing stress, increasing enjoyable activities, cognitive restructuring, and managing anger and frustration.	Roberto Velasquez, MS
Reducing Disability in Alzheimer's Disease (RDAD)	12 in-person, individual or group exercise training and education sessions for caregivers and persons living with dementia, focused on gentle exercise for the person with dementia, and caregiver training to manage behavioral symptoms and identify pleasant events.	Linda Teri, PhD
Rosalynn Carter Institute REACH (RCI REACH)	12 in-person and telephone, individual education and skills-training sessions for caregivers, focused on managing behavioral symptoms, safety, daily living tasks, reducing care-related stress, and increasing support for caregivers.	Leisa Easom, PhD
Savvy Caregiver	6 in-person or online, group education and skills-training sessions for caregivers, focused on enhancing caregiving knowledge and skills, coping with stress, and encouraging persons living with dementia to participate in daily tasks and activities.	Kenneth Hepburn, PhD
Skills ₂ Care®	8 to 12 in-person, individual education and skills-training sessions for caregivers, focused on managing behavioral symptoms, slowing functional decline of persons living with dementia, and coping with stress of caregivers.	Laura N. Gitlin, PhD, FGSA, FAAN, Mary Corcoran, PhD, OTR/L, FAOTA, and Catherine Piersol, PhD, OTR/L, FAOTA
STAR Caregiver (STAR-C)	6 in-person and telephone, individual education and skills-training session for caregivers and persons living with dementia, focused on reducing behavior problems in dementia, communication, caregiver support, and pleasant events.	Linda Teri, PhD
Stress-Busting Program for Family Caregivers	9 in-person, group education sessions for caregivers, focused on tools and strategies for self-care, techniques for coping with stress, and problem-solving.	Sharon L. Lewis, PhD, RN, FAAN
Support Health Activities Resources Education (SHARE)	5 in-person, individual care-planning sessions for caregivers and persons living with early-stage dementia, focused on managing symptoms, communication, and care values and preferences.	Carol Whitlatch, PhD, Steve Zarit, PhD, Elia Femia, PhD, and Silvia Orsulic-Jeras, MA
TCARE (Tailored Caregiver Assessment and Referral)	Ongoing in-person or telephone, individual care-management and support program for caregivers of persons living with dementia and/or other chronic conditions, focused on assessment, care planning, and accessing community resources.	Rhonda Montgomery, PhD

Program Name	Brief Description	Program Developer
Telehealth Education Program for Caregivers of Individuals with Dementia	10 telephone, individual education sessions for caregivers of persons living with dementia, focused on basics on dementia, behavioral symptoms, communication, planning for the future, and coping.	Laura Wray, PhD, Ronald Toseland, PhD, Mollie Shulan, MD, and Shahrzad Mavandadi, PhD
Telenovela Mirela	Video package for Hispanic/Latino caregivers of persons living with dementia, focused on coping with caregiving.	Photozig, Inc.
The Memory Club	8 in-person, support group psycho-educational sessions for people living with early-stage dementia and caregivers, focused on coping resources and information about memory loss.	Kim Wilms, Jennifer Watson, PhD, and Marlene Harrison
The Unforgettables	A chorus for persons living with dementia and caregivers, focused on creating enjoyable social activities through learning new songs and public performances.	Mary Mittelman, DrPH
Together We Can!	Community teaching guide, in English and Spanish for Hispanic/Latino caregivers, focused on providing quality care, caregiver coping and support, and community resources.	Dolores Gallagher-Thompson, PhD
UCLA Alzheimer's and Dementia Care (UCLAADC)	Ongoing in-person, telephone, email and online, individual dementia care management for caregivers and persons living with dementia, focused on medical, behavioral, and social needs.	David Reuben, MD
Yogic Meditation	8-week, individual meditation for caregivers, focused on reducing depressive symptoms, increasing emotional well-being and energy, and improving cognition.	Helen Lavretsky, MD, MS