

2-hour interactive workshop for family caregivers followed by weekly instruction with postcard for 12 weeks reduced burden of caregivers and improved behavioral psychological symptoms of dementia (BPSD) of care receivers

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# CONFLICT OF INTEREST DISCLOSURE

I have no potential conflict of interest to report.

# Background

Dementia is a syndrome with deterioration in memory, thinking, behavior and the ability to perform everyday activities.

47 millions people are living with dementia.

Newly diagnosed 9.9 millions each year.

Overwhelming for the family and caregivers.

<http://www.who.int/mediacentre/factsheets/fs362/en/>

Objectives:  
to evaluate effectiveness of  
Multimodal comprehensive care methodology

Family caregiver;

Burden of the care by Zarit burden scale

People with dementia;

behavioral psychological symptoms of dementia  
(BPSD) by Behave-AD scoring

# Study design: single arm pre-post

Family caregivers taking care of homebound elderlies > 65yo

Pre-evaluation

Family: Zarit Burden Scale

Elderlies: Behave-AD

Interventions

1: 2 hours workshop for family caregivers

2: weekly postcards about communication instruction

Post-evaluation

Family: Zarit Burden Scale

Elderlies: Behave-AD

# Education to family with video and workshop

Comprehensive multimodal care methodology;  
“*Humanitude*” is based on the 4 communication modalities; gaze, speech, touch and support of standing up.

All the communication is conducted by 1 sequence consisted with 5 steps.

It has 40 years experience in France, created by Yves Gineste and Rosertte Marescotti

## Bad example



## Our suggestion



Open source video in youtube: <https://www.youtube.com/channel/UCHopS0wOt0R9lun1ZH5fpLg>

ユマニチュード® 今週のポイント  
-第8週-



「見ながら」  
「話しながら」  
「触れる」



humanitude

Postcard #8

Multimodal  
communication with  
gaze, speech and touch

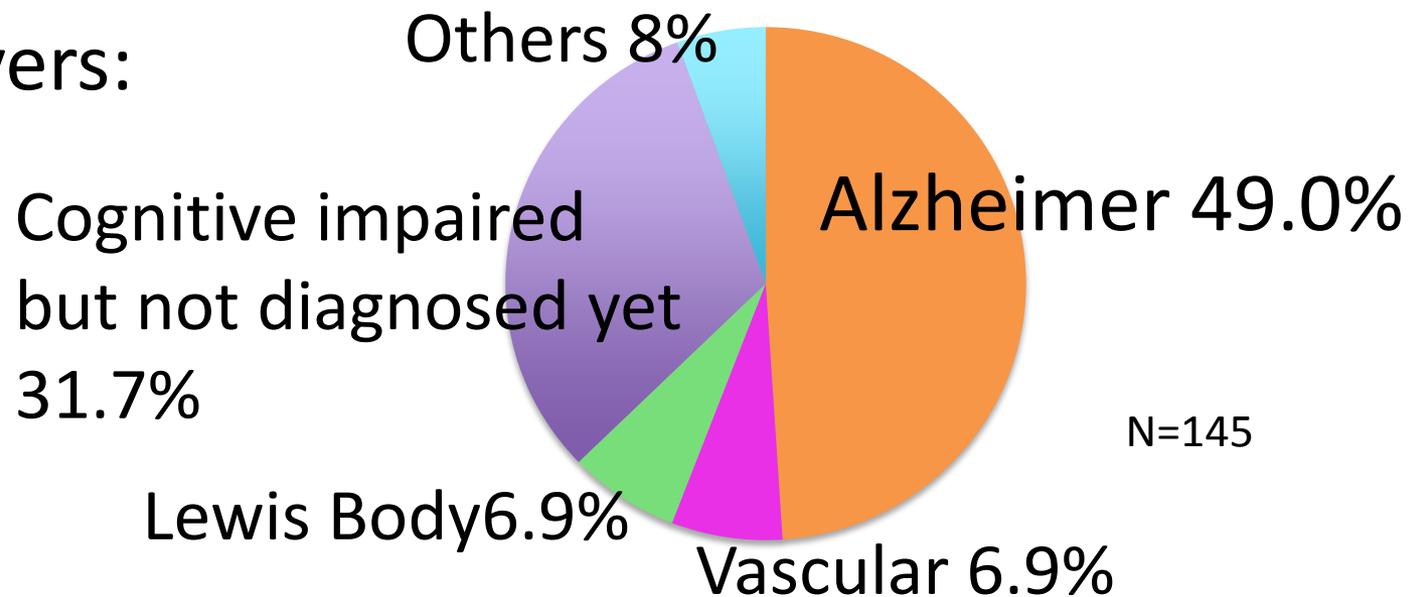
# Result

Participants:

145 family caregivers (average age  $58.2 \pm 12.6$ )

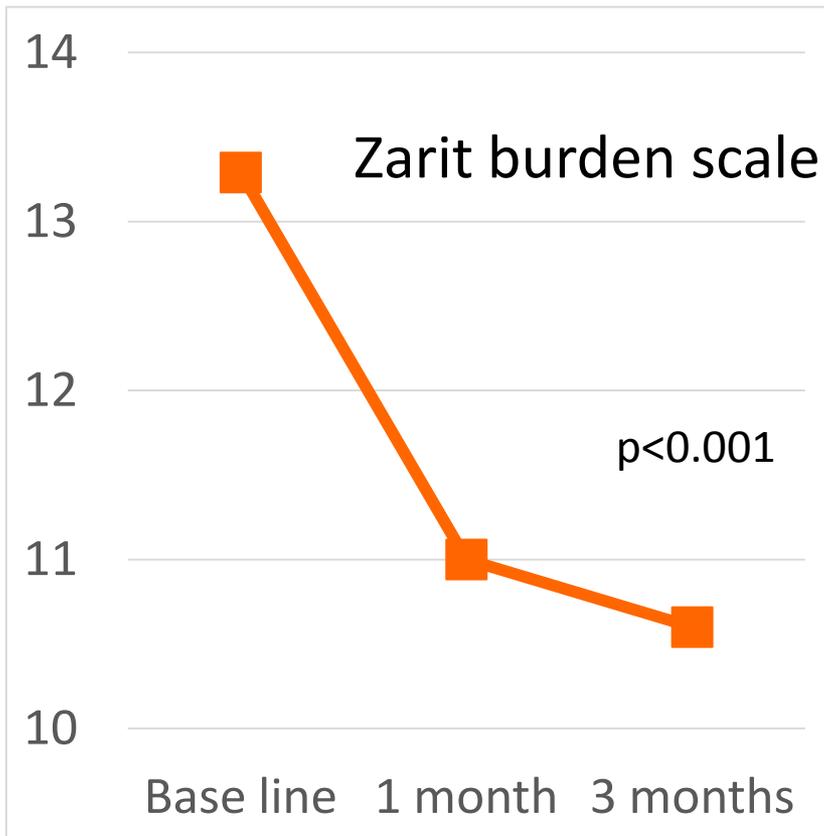
145 care receivers (average age  $83.0 \pm 7.7$ )

Care receivers:



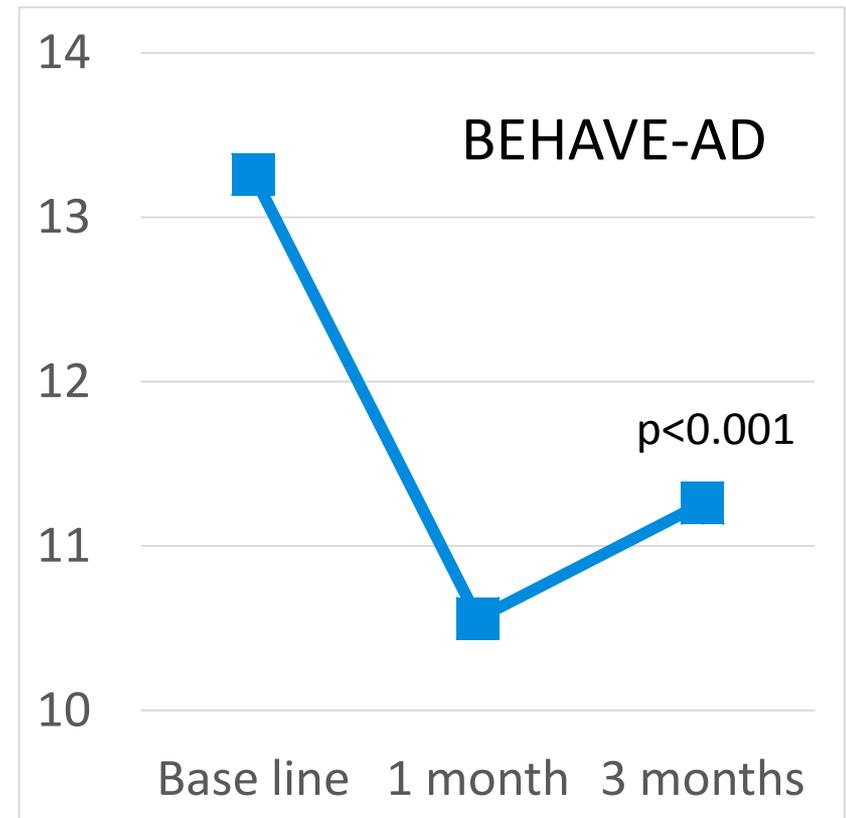
# Result

## Caregivers' burden



Repeated 1 way ANOVA; N=118

## BPSD



N=118

# Discussion

As geriatric population increase, the burden of family caregivers are growing. This simple communication methodology called “*Humanitude*” is concise and easy to learn.

Weekly postcards were simple and positively accepted by family and they tried perform the point of the communication.

Significant reduction of caregiver`s burden and improvement of BPSD were noted.

# Conclusion

2-hour interactive workshop of multimodal comprehensive care methodology “*Humanitude*” followed by 12 weekly postcard instructions is effective to reduce the burden of family caregivers and to improve BPSD of care receiver.