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The Sandwich Generation of Aging Parents with Dementia: An Occupation-Based Caregiver Program

Gabrielle Amaya; Kylee Hall, OTD, OTR, Lisa Griggs-Stapleton, PhD, OTR

BACKGROUND

In 2018, 16.3 million informal caregivers provided care to people with dementia (Francis et al., 2020). One-quarter of caregivers who care for people with dementia fall within the Sandwich Generation (Centers for Disease Control and Prevention [CDC], 2019). The Sandwich Generation refers to those who care for a dependent child and one or more aging parents (Boyczuk & Fletcher, 2015). A transition to caring for an aging parent can result in increased role overload and financial demands as the caregiver balances their own personal goals (Min et al., 2021). Adverse outcomes can lead to many chronic mental conditions, such as depression and anxiety, due to caregiver stress (Broxon & Feliciano, 2020).

PROBLEM

There is a lack of focus on Sandwich Generation caregiver needs (Bressan et al., 2020).

PURPOSE

The purpose of the program is to provide support to promote caregiver participation in occupations through a web-based education program at Friends Place Adult Day Services DeSoto, Tx.

Project Objectives:

- Identify caregiver perspectives of perceived needs through a needs assessment, including the creation of written surveys.
- Develop a user-friendly program to support the Sandwich Generation and care for their aging parents with dementia with centralized information to support overall wellbeing.
- Implement a caregiver training program that addresses identified caregiver needs.
- Create, administer and analyze data from participants using a pre- and post-program survey through Google Forms.

METHODS

Program Focus: To develop a web-based program to meet the needs of Sandwich Generation Caregivers.

Population: Sandwich Generation Caregivers

Data collection:

- Literature Review
- Observations
- Informal conversations with staff and caregivers
- Pre-Survey / Post-Survey

DEVELOPMENT

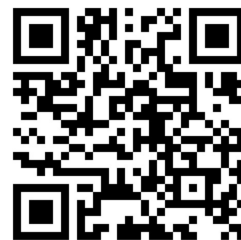
Topics covered:

1. Part I Overview of Dementia
2. Part II Overview of Dementia
3. Stress Management
4. Lifestyle and Self Care
5. Helping Children and Teens Understand Dementia
6. Caregiver Resources and Tools

Implementation

- Weekly email with topic introduction
- Modules included 8-15 minute videos and corresponding handouts

Program QR Code



Theoretical Framework :

- Person-Environment Occupation Performance Model (PEOP) (Baum et al., 2015)
- Malcolm Knowles's Adult Learning Theory (Knowles, 1968)



Figure 3. Comparing and Using Occupation-Focused Models. Adapted from Person-Environment-Occupation-Performance Model, by Christiansen, Baum, & Bass-Haugen, 2005, SLACK incorporated, Retrieved, August 4, 2023, from https://www.researchgate.net/figure/Person-Environment-Occupation-Performance-Model-Source-Christiansen-Baum_fig3_277024260

PROGRAM OUTCOMES

Participants: 2 former SG caregivers

Survey Completion:

Pre-Survey: Completed prior to administration of Module 1

Post-Survey: Completed after administration of Module 6

Program Outcome

The web-based caregiver program was successful in increasing familiarity with the topics derived from the needs assessment. There was an overall positive perceived caregiver familiarity with caregiving topics.

Conclusions / Future Directions

Conclusion

- The results of the survey indicate that the program and its material were beneficial to former caregivers.

Implications

- OTs can promote caregiver wellbeing of Sandwich Generation caregivers

Limitations

- Limited client population and time restrictions

Sustainability

- Online resources and downloadable material can increase accessibility to this population and society.

Future Recommendations

- Access to the general public will be granted in 2023.

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References

