Balancing Fidelity and Reality: Maine’s Savvy Caregiver Translation

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Savvy Caregiver Program

• Psychoeducation evidence-based group intervention
  – 6 weeks/2 hours per session
  – Certified facilitator

• Goal: increase caregiver knowledge, skills, self-efficacy & well-being

• Dr. Kenneth Hepburn and colleagues

Funding History

• **Four ACL/AOA Funding Mechanisms**
  – 2 ADSSP Grants (state)
  – 1 Dementia Capable Systems Service Grant (state)
  – 1 Alzheimer’s Disease Initiative Grant (southern Maine)

• **Translation Phase 1:** Maine Savvy Caregiver Project (MSCP)

• **Translation Phase 2:** Maine Savvy Caregiver Project – Enhanced (MSCP-E)

• **IRB Approval:** University of Southern Maine
MSCP Key Partners and Aging Services Regions

Maine Office of Aging and Disability Services
University of Southern Maine/School of Nursing
Savvy Caregiver Outcomes

• SCP trainings since 2009: 267
  – 1886 caregivers served
  – Completed 4 or more sessions: 87% (MSCP) – 92% (MSCP-E)

Outcomes measured at baseline, 5 and 12 months

  – Improved competence, mastery, and self-efficacy\(^a\)
  – Improved personal gain and meaning\(^a\)
  – Improved negative mood\(^a,b\)
  – Reduction in negative reactions to the person’s behavior\(^a\)
  – Reduced depressive symptoms\(^a\)

\(^a\) \(p < 0.05\)
\(^b\) not sustained at 12 months
Translational Approach

• Team approach
  – Early training
  – Ongoing & frequent consultation with Dr. Hepburn
  – Regular meetings

• Identify core elements – the untouchables

• Address practical questions
  – What is the context?
  – Real life challenges?
  – Balance of fidelity & adaptation?

• Comprehensive evaluation
  – Formative phase: continuous process improvement
  – Summative phase: impact, effectiveness & sustainability

• RE-AIM framework
  – Guided all phases of translation
Context Considerations

• **Oldest state in nation:** median age 43.5 years
  – 18.8% ≥ 65 years

• **Most Rural:** 61.3% of residents live in rural areas

• **Poor:** Median Household Income: $48,804 (2014)

• **Limited Racial/Ethnic Diversity:** 94.9% (white, non-Hispanic)


Additional Considerations

• **Strong aging network**
  – Experience with evidence-based programs
  – Collaborative
  – Well established in communities

• **Values shared by Maine residents**
  – Community
  – Independence/autonomy
  • “Take care of our own”
# Maine’s Translation: Phase 1

## Proposed
- Statewide broad rural reach
- Partner with service providers
  - Expand beyond aging network
- Train-the-trainer model
  - Volunteer facilitators
- Reduce number of sessions
- Maintain fidelity & create monitoring mechanism
- Sustain beyond grant funding

## Successes
- Rural reach
  - All 16 counties served
- Train-the-trainer model, paid staff only
  - New shared facilitation model
- New partners
- Fidelity maintained
- Additional funding
Maine’s Translation Phase II

**Proposed**
- Embed SCP in Family Caregiver Support Program (FCSP)
- Develop Savvy Advanced
- Expand partnerships
  - Trainers
  - Organizations
- Reach caregivers earlier

**Successes**
- New local partners
- Audio MP3 version of the SCP Participant Manual
- 2 hr. Savvy Pre-Class “Understanding Cognitive Loss: Basics for Family Caregivers”
- Savvy Advanced created and piloted
- Sustained in FCSP
Fidelity Monitoring

- Train-the-trainer model
- New trainer observations
- Fidelity checklists
- Lessons learned documentation
- Monthly team conference calls
- Workshop evaluation analysis – quarterly reports
  - Example: The workshop trainer(s) followed the program content - 98% agree to strongly agree.

Scale 1-5 (5 = Strongly Agree to 1 = Strongly Disagree)
Lessons Learned

1) Increase planning time
2) Incremental implementation
   - Better attend to community & regional differences
   - Identify local champions/partners
3) Earlier marketing plan
4) Plan for staff turnover
5) Clearly define roles for central coordination & shift to local fidelity monitoring
6) Keep up the patchwork funding efforts
Where are We Today?

• SCP and Savvy Advanced offered statewide
  – AAAs have the lead (Master Trainers)
  – Associate trainers all linked to an AAA

• Various funding streams

• Central coordination for trainings, manuals, statewide schedule

• Piloted remote delivery via ITV
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