

Younger Generations Now Forced to Care for Alzheimer's Patients

Caregiver 'boot camp' provides the knowledge they need for the challenges ahead

UCLA Health

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NEWS PACKAGE

SUGGESTED TEASE	<p>AS BABY BOOMERS AGE, THE NUMBER OF ALZHEIMER'S PATIENTS IS GROWING.¹</p> <p>COMING UP, HOW FAMILY MEMBERS OF THE MORE THAN FIVE MILLION AMERICANS LIVING WITH DEMENTIA CAN PREPARE FOR THE DEMANDING ROLE OF BEING A CAREGIVER.</p>
ANCHOR LEAD	<p>IN THE NEXT THREE DECADES, THE NUMBER OF PEOPLE WITH ALZHEIMER'S DISEASE IN THE U-S IS EXPECTED TO NEARLY TRIPLE.¹</p> <p>THIS MEANS MORE FAMILY AND FRIENDS WILL BE NEEDED TO CARE FOR THESE PATIENTS, INCLUDING NOT JUST SPOUSES BUT ALSO YOUNGER CHILDREN, WHO INCREASINGLY ARE TAKING RESPONSIBILITY FOR FAMILY MEMBERS WITH ALZHEIMER'S.</p> <p>BECAUSE SOME OF THESE CAREGIVERS HAVE LIMITED KNOWLEDGE ABOUT DEMENTIA CARE, DOCTORS AT U-C-L-A HAVE CREATED A UNIQUE WAY TO MAKE IT EASIER.</p> <p>BARB CONSIGLIO EXPLAINS.</p>
(PACKAGE START) -----	(Nats - Sound) :02
CG: Courtesy: Ronald Reagan UCLA Medical Center :01 - :04	<p>FOR YEARS, CYNDI RAMIREZ, WAS FOCUSED ON RAISING A YOUNG FAMILY AND BUILDING HER CAREER. BUT WHEN HER MOTHER WAS DIAGNOSED WITH DEMENTIA, THAT CHANGED.</p>
Shot of Cyndi and daughter walking in	<p>CYNDI WATCHED HER FATHER STRUGGLE TO MANAGE THE ROUND-THE-CLOCK DEMANDS OF BEING A CAREGIVER, AND KNEW SHE HAD TO MAKE TIME TO HELP. :14</p>
Shots of Bucky giving wife medication	<p>"We live seven minutes away, so I'm here whenever they need me. I've given her a shower. I've helped her get ready. I've taken her to get her nails done. :08 / :20</p>
CG: Cyndi Ramirez Caring for mom who has dementia :16 - :24	

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<p>Shot of family caring for mom</p> <p>Graphic Alzheimer's Caregivers 1 in 4 is under age 34 Number of men up 6% in 6 years</p>	<p>YOUNGER CAREGIVERS ARE BECOMING MORE COMMON AS THE NUMBER OF ALZHEIMER'S PATIENTS GROWS.</p> <p>IN FACT, ONE IN FOUR CAREGIVERS IS NOW UNDER THE AGE OF 34.²</p> <p>AND MORE MEN ARE STEPPING INTO THE ROLE, WITH THE NUMBER OF MALE CAREGIVERS UP SIX PERCENT IN SIX YEARS².</p>
<p>Shots of Dr. Tan in session</p>	<p>UCLA DOCTOR ZALDY TAN SAYS IT'S A GROWING TREND AS MORE FAMILIES CARE FOR DEMENTIA PATIENTS AS A TEAM. :21 / :43</p> <p><i>"The caregiver could be young or old, could be any race, could be any ethnic or racial background. We are all potential caregivers because it depends on what happens to our loved ones, and therefore, we should all be prepared for that role."</i> :14 / :57</p>
<p>CG: Zaldy Tan, MD, MPH UCLA Health :46 - :59</p>	<p>THAT'S WHY DR. TAN DEVELOPED THE CAREGIVER BOOT CAMP AT U-C-L-A HEALTH, WHERE THOSE INVOLVED IN TAKING CARE OF SOMEONE WITH DEMENTIA CAN LEARN EVERYTHING FROM HOW TO PREVENT FALLS TO THE BEST WAYS TO CALM A PERSON WHO'S CONFUSED OR SCARED. :14 / 1:11</p>
<p>Shots of Dr. Tan interacting with caregivers at bootcamp</p>	<p>(Nats of doctor in role playing session) "What would be a better way to handle that?" :02 / 1:13</p>
<p>Shots of caregivers learning at bootcamp</p>	<p>CAREGIVERS LEARN THROUGH ROLE PLAY WITH PROFESSIONAL ACTORS WHO SIMULATE SCENARIOS AS PATIENTS WITH ADVANCED DEMENTIA. :07 / 1:20</p>
<p>Shots of role playing session</p>	<p>(Nats of actor with caregiver) "I can drive. I can get there." :02 / 1:22</p>
<p>Dr. Tan (CG'd earlier) Cover first bit with role playing shots</p>	<p><i>"This is unfamiliar territory that they need to be prepared for."</i></p> <p><i>"We have trained actors specifically to act a certain way depending on the interventions that they are subjected to."</i> :09 / 1:33</p>
<p>Shots of family with patient</p>	<p>IT'S AN EXERCISE THAT MADE CYNDI AND HER DAD MORE CONFIDENT OF THEIR ABILITY TO CARE</p>

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<p>CG: Bucky Schmidt Caring for wife who has dementia 1:40 - 1:46</p> <p>Shot of family in living room</p> <p>(PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>FOR THEIR MOTHER AND WIFE. :05 / 1:38</p> <p><i>"I can handle this, and I'm sure no matter what level you're at, you feel that way out of the boot camp."</i> :06 / 1:44</p> <p>AT U-C-L-A HEALTH, THIS IS BARB CONSIGLIO REPORTING. :02 / 1:46</p> <hr/> <p>U-C-L-A HEALTH HOPES OTHER INSTITUTIONS ESTABLISH THEIR OWN BOOT CAMPS AS THE NEED FOR SKILLED CAREGIVERS CONTINUES TO GROW. TO PARTICIPATE IN THE UCLA BOOT CAMP, THE CAREGIVER'S LOVED ONE MUST BE A PATIENT IN THE UCLA ALZHEIMER'S AND DEMENTIA CARE PROGRAM.</p> <p>MEANWHILE, SOME OF THE INFORMATION PRESENTED IN THE BOOT CAMP IS AVAILABLE ONLINE AT DEMENTIA.UCLAHEALTH.ORG.</p>

SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>An Alzheimer's Caregiver Boot Camp @UCLAHealth uses trained actors to teach caregivers important skills and techniques. http://bit.ly/2n41RVE</p> <hr/> <p>The burden of caring for those with Alzheimer's disease often falls on family members who can become overwhelmed by their responsibilities. But an intensive Alzheimer's Caregiver Boot Camp at UCLA Health prepares them for the challenges ahead. http://bit.ly/2n41RVE</p>
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EXTRA BITES

<p>CG: Zaldy Tan, MD, MPH UCLA Health</p>	<p>Dr. Tan says the actors test caregivers' skills : <i>There's no more effective way of showing that they learn it than by interacting with a trained actor who has been trained to act out these problems and see how the caregivers actually react to them."</i></p> <p>Dr. Tan talks about dementia prevalence and the need for care: <i>If you think about the baby boomer population as a large</i></p>
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<p>CG: Bucky Schmidt Caring for wife who has dementia</p> <p>CG: Cyndi Ramirez Caring for mom who has dementia</p>	<p><i>bolus of these older Americans in terms of our demographic, you can just project how prevalent Alzheimer's is going to be, and their corresponding need for caregivers is going to be in the coming decades.</i></p> <p>Dr. Tan says caregivers are often unprepared for their role: <i>They don't know what to expect, and therefore when things, that us professionals know is coming actually comes, they're surprised and they panic and they become stressed.</i></p> <p>Dr. Tan talks about the variety of experts at the boot camp: <i>We have assembled a terrific set of professionals in various fields, from recreation therapy to neuropsychology to medicine, geriatric medicine, home safety, occupational therapy in order to make sure that all their needs are covered.</i></p> <hr/> <p>Schmidt says mistakes during role playing helped him learn: <i>I got up and did it, and I was the first person to really mess up, so they had a lot to teach after I went.</i></p> <p>Schmidt says his wife cared for him and he'll take care of her: <i>She was a wonderful wife. She took care of me for 40 years and did almost everything in the home so that I was free just to work. So now it's my turn to take care of her.</i></p> <hr/> <p>Ramirez says the actors were very realistic during role playing: <i>I didn't anticipate that he was going to be so realistic, and it felt like I was just there kind of taking care of a grandfather.</i></p> <p>Ramirez says the diagnosis was hard on her mother: <i>Once she was diagnosed, she was very aware of her diagnosis, and that was very difficult for her because she could see what was happening to her, see what was going on with her brain, and it was a big emotional struggle.</i></p>
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References

¹Quick Facts, Alzheimer's Association, 2017. Online: <http://www.alz.org/facts/#quickFacts>

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²The New Faces of Caregiving, **AARP, 2016**. Online:

<http://www.aarp.org/home-family/caregiving/info-2015/caregivers-profiles-depression-cancer-arthritis.html>

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