



## Poster # 23

**Title of poster:** Evaluation of a Reminiscence Intervention via Telehealth Videoconferencing for Caregivers of Persons with Dementia

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### Abstract

**Objective:** Informal caregivers of persons with dementia experience significant difficulties or “caregiver burden”, which has been associated with the quality of the caregiver and care-recipient relationship. Reminiscence Therapy (RT) is an intervention that may help improve the quality of this relationship and mitigate caregiver difficulties. In rural and remote communities, the high proportion of older-adults with limited access to health services makes dementia care a challenge. This project will evaluate the effectiveness of an RT intervention for informal caregivers and assess the use of videoconferencing as an accessible method of service delivery. The first objective of the project is to investigate the benefits of an RT intervention for caregivers of persons with dementia. A second objective is to contribute to the delivery of health services to older adults living in rural and remote areas by assessing RT delivered via videoconferencing.

**Methods:** Sixty-four informal caregivers of persons with dementia will be recruited to participate from the University of Saskatchewan Rural and Remote Memory Clinic. Participants will be randomly assigned to one of four groups, in-person RT, in-person active control, RT over Telehealth videoconferencing, or active control over Telehealth. The RT intervention will be based on an empirically supported autobiographical memory activity involving the facilitated recall of positive memories involving the care-recipient. Measures of relationship quality, caregiver burden, and other outcome measures will be administered at pre, post, and follow-up.

**Hypothesis:** It is expected that caregivers in the RT groups will demonstrate an increase in perceived quality of their relationship with the care-recipient, and a decrease in their perceived burden of caring. It is further anticipated that there will not be a significant difference in group outcomes between the in-person and Telehealth videoconferencing delivery mediums.

**Relevance:** This project will provide evidence of RT efficacy for improving caregiver/care-recipient relationships and reducing perceived burden of caring for persons with dementia. Further, it will add support for the use of videoconferencing technology in the development of accessible services for those with limited access, especially in rural and remote areas.