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Caregivers: Lost in the Rehabilitation Rush

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CAREGIVERS: LOST IN THE REHABILITATION RUSH

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SIGNIFICANCE & IMPACT

Aphasia is the impairment of expression and/or comprehension of language which is acquired following damage to the language centers of the brain

Family Caregivers of People with Aphasia

- Third-party disability is defined as the disability of family members due to the health condition of their significant other (World Health Organization, 2001)
- Including the family caregiver in the rehabilitative process can improve communication within the family cohort, thus creating an improved environment in which the person with aphasia can recover (Off, et al. 2019; Draper, et al. 2007)
- Caregivers benefit from education about aphasia and the recovery process (Bronken, et al. 2012, Hackett, et al. 2005; Evans et al, 1988)
- Professional counseling helps caregivers cope with the burdens of caregiving (Off et al. 2019; Schure et al. 2005)
- Interprofessional practice with counselors and speech-language pathologists improves the communication between the caregiver and the PWA (Off, et al. 2019; Schure, et al. 2005; Clark et al. 2003)
- Documenting family caregiver and patient outcomes allows healthcare providers to optimize care for the family unit (Draper, et al. 2007)

Intensive Comprehensive Aphasia Programs (ICAPS)

- A holistic service delivery model that targets impairment, activity, and participation domains of the WHO-IFC model relative to language and functional communication (Rose et al. 2013)
- Minimum of 3 hours of therapy/day for 2 weeks
- Includes individual and group treatment
- Includes a cohort of patients with aphasia and their family caregivers

RESEARCH QUESTION

Will counseling intervention for caregivers of people with aphasia improve caregiver psychosocial well-being after participation in an intensive comprehension aphasia program (ICAP)?

METHODS

Participants

Seven family caregivers of stroke survivors with aphasia participated in the University of Montana's ICAP during the summer of 2018

ID	Age at ICAP	Sex	Relationship to PWA	ICAP Repetition	Work Status	Occupation
CARE-001	73	Female	Spouse	3	Retired	CPA
CARE-008	75	Female	Spouse	4	Retired	Manager
CARE-009	57	Female	Spouse	2	Not Working	Teacher
CARE-010	76	Female	Spouse	2	Retired	Customer Service
CARE-011	77	Male	Spouse	2	Full Time	Electrical contractor
CARE-014	66	Male	Spouse	2	Not Working	Delivery
CARE-015	73	Female	Spouse	1	Not Working	Registered Nurse

Procedures

- Research design: retrospective quantitative analysis of treatment outcomes
- Patient-family caregiver dyads participated in a four week ICAP
- The UM ICAP is a collaboration between family counselors and speech-language pathologists
- Caregiver group counseling sessions occurred twice weekly (1.5 hours/session) by a licensed family counselor
- Once weekly 90-minute caregiver group education sessions provided by licensed speech-language pathologists
- Caregiver psychosocial well-being outcomes were measured by the **Beck Depression Index, Second Edition (BBDI-2)** and the **Beck Hopeless Scale (BHS)**
- Lower scores are more favorable for both the *BBDI-2* and the *BHS*

PRELIMINARY DATA

ID	Pre-BBDI-II Raw Score	Post-BBDI-II Raw Score	Pre-BHS Raw Score	Post-BHS Raw Score
CARE-001	4/63	1/63	0/20	0/20
CARE-008	14/63	11/63	1/20	2/20
CARE-009	15/63	*	1/20	*
CARE-010	6/63	3/63	1/20	2/20
CARE-011	3/63	4/63	2/20	1/20
CARE-014	7/63	10/63	3/20	4/20
CARE-015	5/63	5/63	3/20	5/20

- 2/6 caregivers' BBDI-II scores improved, suggesting reduced depression; 3/6 caregivers' BBDI-II scores worsened, suggesting increased depression; 1/6 caregivers' BBD-II scores did not change
- 1/6 caregivers' BHS scores improved, suggesting reduced hopelessness; 4/6 participants BHS scores worsened, suggesting increased hopelessness; 1/6 participant BHS scores did not change

DISCUSSION/IMPACT

- For some caregivers who participate in the UM ICAP with counseling, preliminary findings suggest the potential for reduced depression
- Preliminary findings suggest that many caregivers report greater hopelessness following counseling
- The counseling sessions likely heighten awareness of caregivers' psychosocial well-being by drawing attention to themselves, ostensibly for the first since becoming a caregiver
- The number of times a caregiver repeatedly attends an ICAP or the amount of time post stroke may influence outcomes
- Future prospective research must focus on additional caregivers outcomes and developing an outcome measure that can identify changes that may occur during a short period of time

BBDI-II Total Scores	Range
0-13	Minimal
14-19	Mild
20-28	Moderate
29-63	Severe

BHS Total Scores	Range
0-3	Minimal
4-8	Mild
9-14	Moderate
14-20	Severe