



## North Dakota Dementia Care Services Program (DCSP): Caregivers' Attributes and Service Use

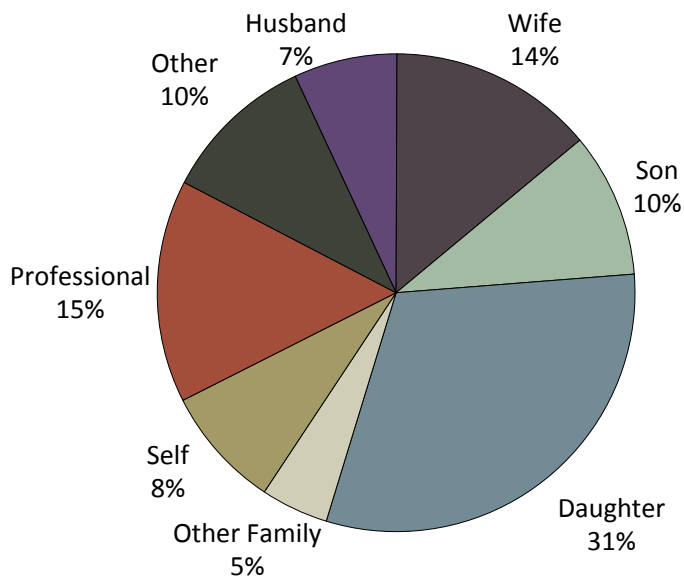
*This fact sheet is Number 2 in a four-part series.*

The intent of the DCSP is to increase caregiver knowledge about dementia and caregiving, decrease caregiver stress, and coincide with estimated health and long-term care cost savings.

### Participant caregiver attributes

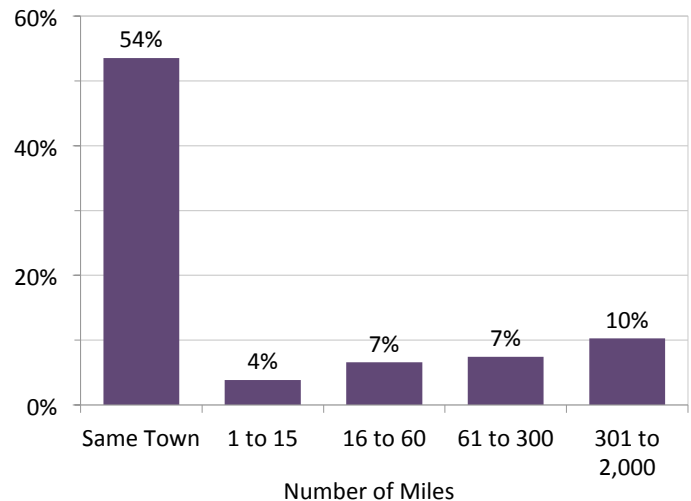
- 75% were female
- 40% were children of persons with dementia (PWDs)
- 21% were spouses of PWDs
- Average age was 61.7 years

### Relationship of Caregiver to the PWD



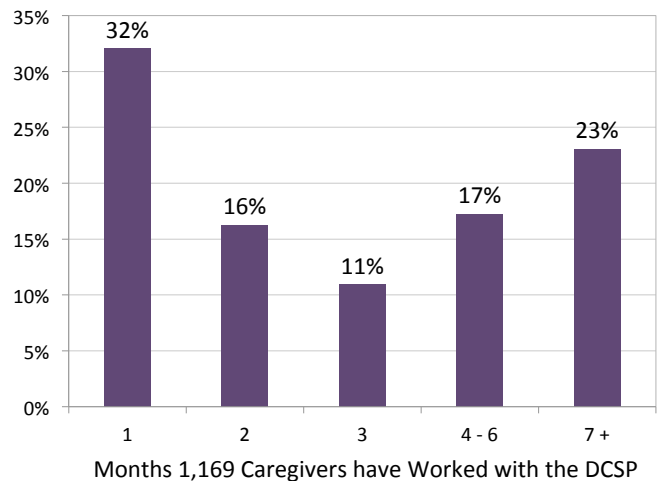
The majority of caregivers were daughters or wives of PWDs.

### Number of Miles between Caregiver and PWD



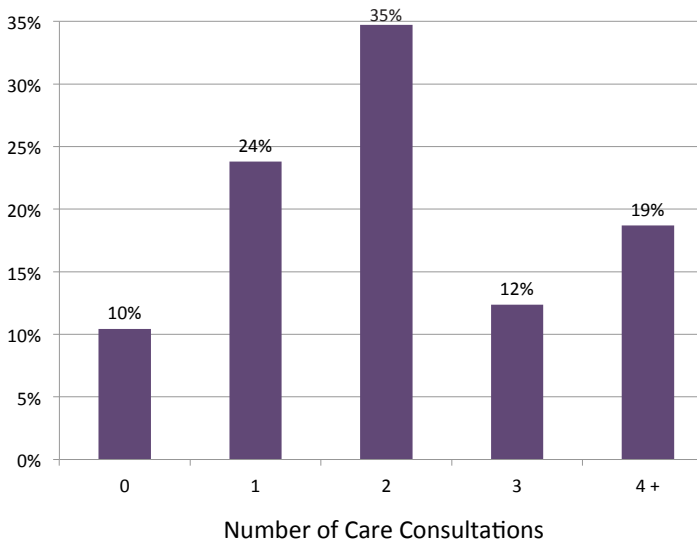
28% of DCSP caregivers did not live in the same town as their PWD; 11% of caregivers traveled up to an hour and 22% of caregivers traveled more than an hour to provide care to their PWD.

### Number of DCSP Services Used by Caregivers



Three-quarters of caregivers actively participated in the DCSP one to six months.

## Total Number of Care Consultations for 689 PWDs



Caregivers typically had two consultation visits with DCSP staff during their program participation.

## Conclusions

- DCSP caregivers were primarily female children or spouses of PWDs.
- About one-half (48%) of DCSP caregivers resided in rural areas.
- Rural/urban residence of DCSP caregivers and the state population were highly similar.
- Caregivers in North Dakota have long distances to travel to see their PWD.
- Two to three care consultations over a 6-9 month period appeared to be the right amount to address caregiver's and PWD's initial needs.

- As dementia/Alzheimer's disease prevalence continues to increase in the US,<sup>1</sup> there will be a greater need for initiatives like the DCSP to provide support to PWDs, caregivers, and families;
- Rural residents encountering dementia are a special concern for obtaining needed assistance as they face additional challenges (e.g., decreased access to primary health care, scarce caregiving resources).

*The Dementia Care Services Program (DCSP) was created by Dementia Care Services Bill (North Dakota House Bill 1043) in 2009. Funded by a grant from the Department of Human Services, the DCSP's aim is to inform persons with dementia (PWDs) and their caregivers about dementia care issues which, in turn, may lead to increased family support, decreased depression, delays in nursing home placement, and reductions in unnecessary health service use. Administered by the Alzheimer's Association, the DCSP provides care consultations to PWDs and their caregivers; these consultations consist of assessing needs, identifying issues and concerns and resources, developing care plans and referrals, and providing education and follow-up.*

## References

- <sup>1</sup> Alzheimer's Association. 2012 Alzheimer's disease facts and figures. *Alzheimer's & Dementia*. 2012;8:131-168.

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The Alzheimer's Association Minnesota-North Dakota Chapter can be accessed at [www.alz.org/mnnd](http://www.alz.org/mnnd)