

Identification of Cultural Adaptations of a Behavioral Intervention for Latino Caregivers

• **Maggie Ramirez, PhD, MS, MS,¹**
Miriana Duran, MD, MPH,¹
India Ornelas, PhD,¹ Robert Penfold, PhD²

¹University of Washington School of Public Health, Department of Health Services

²Kaiser Permanente Washington Health Research Institute

INTRO

- Latinos are 1.5 more likely to develop dementia compared to non-Latino Whites
- STAR-C trains family caregivers how to manage behavioral symptoms
- Study objective was to identify adaptations to improve cultural relevance of STAR-C for Latino family caregivers

METHODS

Qualitative interviews with Latino family caregivers and healthcare and social service providers in WA State (N=29)

PRELIMINARY RESULTS

- Latino caregivers report receiving minimal to no training on managing behavioral symptoms
- Multiple family members can be involved in caring for person with dementia
- Misconceptions about disease and behavioral symptoms are common

“I would want my daughter to participate in the program with me because she's my ears. I really can't hear well. I'm not young, either. I don't remember everything.

77-year-old Latino man caring for wife with dementia

Potential Adaptations to STAR-C

FAMILY-CENTERED PROGRAM

- STAR-C currently targets a single family caregiver of a person with dementia
- Some Latino families may benefit from a program that is re-structured to focus on multiple family members involved in caregiving (including children)

FOCUS ON DEMENTIA LITERACY

- STAR-C currently has only brief education about dementia in its introductory session
- Latino caregivers may benefit from expanded content that explains dementia, its causes, how it is likely to progress, and common behavioral symptoms

MODALITY OF PROGRAM DELIVERY

- Original STAR-C delivered in-person (but not cost-effective)
- Virtual adaptation of STAR-C currently delivered via online modules optimized for laptop/computer use
- Latino caregivers may benefit from accessing modules via smartphone
- Some Latino caregivers would prefer listening to digital audio-only training

FINANCIAL DISCLOSURE

Grant number K12HS026369 from the Agency for Healthcare Research and Quality



DEPARTMENT OF HEALTH SERVICES

UNIVERSITY of WASHINGTON • SCHOOL OF PUBLIC HEALTH

