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Evaluating the Effectiveness of Abilities Care Approach™ Training

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The burden of caring for an individual with dementia is significant due to associated cognitive, behavioral, and affective changes. Approximately 50% of US nursing home residents have a diagnosis of dementia (Daly, Bay, Levy, & Carinham, 2012).

In skilled nursing facilities (SNFs), certified nursing assistants (CNAs) assume the majority of activities of daily living (ADLs) and primary care (Butke & O’Connel, 2012). OTs are in a unique position to collaborate with CNAs in providing individualized care to reduce burden of care.

ACA is an occupation-based, stage-specific dementia care approach developed by occupational therapists (OTs) that promotes quality dementia care for SNF residents. Within Claudia Allen’s Cognitive Disability Model, OTs evaluate patients to determine their Allen Cognitive Level, occupational profile and retained abilities. ACA principles.

OT expertise in providing stage-specific dementia care training can improve the educational outcomes of caregivers. Further empirical research may help to further understand the optimal use of ACA-focused dementia training programs to improve quality of care.

**CONCLUSION**

This study provides initial evidence that ACE training can improve key caregiving factors associated with quality of care. A training approach focused on applying individualized and stage-specific care strategies has the ability to maximize quality of care by facilitating resident engagement and meaningful client-caregiver interaction.

**ACKNOWLEDGEMENTS**


**REFERENCES**


- Knowledge of stage-specific, dementia care approaches (2016)
- Self-Rating of Dementia Knowledge* Global measure of individual perception of dementia-specific knowledge
- Dementia Knowledge Assessment Scale (D-KAS) General knowledge of dementia diagnosis (Burke, McInerney, & Hartley, 2015)
- ACE Training Final Exam Part 1 General knowledge of dementia presentation and progression (February 2016)
- ACE Training Final Exam Part 2 Knowledge of stage-specific, dementia care approaches (September 2016)
- Self-Efficacy Scale (SES)* Caregiver confidence in ability to provide effective, person-centered care for patients with dementia (Devellis & Simpson, 2001)

**RESULTS**

ACE CNA participants scored consistently higher on each measure compared to non-ACE participants.

*indicates statistical significance: p < 0.05

**IS A DEMENTIA TRAINING PROGRAM FOCUSED ON ACA PRINCIPLES MORE EFFECTIVE IN SUPPORTING KEY FACTORS ASSOCIATED WITH QUALITY OF CARE, COMPARED TO STANDARD CNA DEMENTIA TRAINING?**

**KNOWLEDGE**

- Self-Rating of Dementia Knowledge*
- Dementia Knowledge Assessment Scale (D-KAS)
- ACE Final Exam Part 1
- ACE Final Exam Part 2
- SES*

**ATTITUDES**

- Attitudes Toward Dementia Scale (ATDS)
- Job Satisfaction Scale (JSS)

**SATISFACTION**

- Self-Efficacy Scale (SES*)
- CAREGIVER SELF-EFFICACY

**METHODS**

**CONCLUSION**

- Compared to non-ACE participants, ACE participants demonstrated significantly higher levels of:
  - Self-Rating of Dementia Knowledge
  - ACE Training Final Exam
  - CAREGIVER SELF-EFFICACY

This study provides initial evidence that ACE training can improve key caregiving factors associated with quality of care. A training approach focused on applying individualized and stage-specific care strategies has the ability to maximize quality of care by facilitating resident engagement and meaningful client-caregiver interaction.

**IMPLICATIONS**

Findings support the value of using ACA-directed, client-centered approaches to optimize patient participation in daily tasks. OT expertise in providing stage-specific dementia care training can improve the educational outcomes of caregivers.

Further empirical research may help to further understand the optimal use of ACA-focused dementia training programs to improve quality of care.