

PRACTICAL TOOLS AND RESOURCES

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PRACTICAL TOOLS AND RESOURCES

This is a compilation of selected programs and tools (i.e. publications, trainings and training materials, curricula, audio/video media, and classes and workshops) that enhance professionals' knowledge and capacity to support family caregivers. The resources included here are informed by an environmental scan, part of FCA's contribution to *State of Science: Nurses and Social Workers Supporting Family Caregivers* symposium.

Name/Description	Source
<h3>1. Education and Training</h3>	
<p>This section includes:</p> <ul style="list-style-type: none"> • Resources intended to increase professionals' knowledge about caregiving. • Resources for caregivers that require professional facilitation, training, or guidance. 	
<p>Caregiver Education and Support Programs: Best Practice Models. (2004). A report which describes five widely used caregiver programs that have empirical evidence to support their effectiveness. Includes information about how to obtain materials for these programs.</p> <p>http://www.caregiver.org/caregiver/jsp/content/pdfs/Education_Monograph_01-20-05.pdf</p>	<p>Family Caregiver Alliance http://www.caregiver.org</p>
<p>Caregivers Count Too! A Toolkit to Help Practitioners Assess the Needs of Family Caregivers. (2004) Based on the work from a National Consensus Development Conference (convened by the Family Caregiver Alliance's National Center on Caregiving in 2005), this toolkit equips professionals for developing and implementing an appropriate caregiver assessment process in practice settings.</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1695</p>	<p>Family Caregiver Alliance http://www.caregiver.org/</p>
<p>Controlling Frustration: A Class for Caregivers. Leader's manual describes the methods for conducting an 8-week class that teaches family caregivers the basic steps for learning to relax, to control their negative thoughts, and to act assertively when necessary. Leader and participant manuals are also available in English and Spanish.</p> <p>English: http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=975</p> <p>Spanish: http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=974&expandnodeid=463</p>	<p>Family Caregiver Alliance http://www.caregiver.org</p>
<p>Decisions, Directions, Reflections: If and When Do You Move a Loved One to a Care Facility? Four 2 ½-hour classes for caregivers. Contact Family Caregiver Alliance directly for materials.</p> <p>Contact Family Caregiver Alliance directly for materials: http://www.caregiver.org</p>	<p>Family Caregiver Alliance http://www.caregiver.org</p>

Name/Description	Source
<p>Difficult Conversations about Difficult Decisions: Talking with a Loved One about End-of-Life Care. One 3-hour class for caregivers. Contact Family Caregiver Alliance for materials.</p> <p>Contact Family Caregiver Alliance directly for materials: http://www.caregiver.org</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>Family Caregiving: State of the Art, Future Trends. Report from a National Conference. (2007). The proceedings from a national conference hosted by the National Center on Caregiving at Family Caregiver Alliance (FCA) which brought together key experts to discuss cutting edge research, explore effective service interventions and identify emerging issues that affect family caregivers and those for whom they care. It includes summaries of all presentations made at the workshops: <i>Caregiver Assessment; Workforce Issues; Caregiver Health; Diverse Caregiver Populations; Leading Edge Caregiver Interventions; and Integration of Caregivers in the Health Care System.</i></p> <p>http://www.caregiver.org/caregiver/jsp/content/pdfs/2007_asa_preconference_proceedings.pdf</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>Navigating the Care System: A Guide for Providers to Help Family Caregivers. (2004). Traces the development of the sometimes confusing array of programs and services in the U.S. health and long-term care system, and describes how service providers can help families pull the pieces together. Examines the challenges facing caregivers and offers a list of useful resources available to providers and caregivers.</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1073</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>Caregiver Health Education Program. Trains professionals to lead education and support groups for caregivers of frail elders with chronic disabilities or dementia. Teleconference version, as well as a leader manual and participant workbook are available. Contact the Institute of Gerontology at the University at Albany, State University of New York (SUNY) for materials.</p> <p>http://www.albany.edu</p>	<p>Source: Toseland, R. W., & Smith, T. L. (2006). The Impact of a caregiver health education program on health care costs. <i>Research on Social Work Practice, 26</i>(1), 9-19.</p> <p>http://www.albany.edu</p>
<p>Caregiving Awareness through Resources and Education for Professionals (C.A.R.E.- Pro). Web-based, multimedia, self-study curriculum to increase the skills and knowledge of professionals serving family caregivers. Also available on DVD.</p> <p>http://www.asaging.org/care-pro/index.cfm</p>	<p>American Society on Aging</p> <p>http://www.asaging.org/</p>
<p>CARES. Online dementia care training for direct care workers.</p> <p>http://www.alz.org/professionals_and_researchers_11176.asp</p>	<p>Alzheimer's Association</p> <p>http://www.alz.org</p>
<p>Caring for You, Caring for Me: Education and Support for Family and Professional Caregivers. Curriculum designed for professionals who lead groups and/or conduct educational or training programs for caregivers across disease/disability groups throughout the lifespan. Program Guide to help professionals lead the 10-hour program (five 2-hour modules) and a one-day Leader Preparation Workshop are available.</p> <p>http://www.rosalynncarter.org/cfyccfm/</p>	<p>Rosalynn Carter Institute for Caregiving</p> <p>http://www.rosalynncarter.org/</p>

Name/Description	Source
<p>Caring to Help Others: A Training Manual for Preparing Volunteers to Assist Caregivers of Older Adults. (2000). It is intended for use by community-based organizations with experience in developing and managing volunteer programs.</p> <p>http://www.caringtohelpothers.com/</p>	<p>Easai, in cooperation with AARP, Interfaith Caregivers Alliance, United Way, Hospice Association of America, the Alzheimer’s Association, National Alliance for Caregiving, National Family Caregivers Association, and Towson University</p> <p>http://www.caringtohelpothers.com/</p>
<p>Chronic Disease Self-Management Program. Training and materials for facilitators and master trainers. Also available in Spanish and other languages</p> <p>http://patienteducation.stanford.edu/programs/cdsmp.html</p>	<p>Stanford Patient Education Research Center</p> <p>http://patienteducation.stanford.edu</p>
<p>Communicating Effectively Workshops. Workshops that teach family caregivers to improve communication with healthcare professionals. The curriculum is available online.</p> <p>http://www.nfcacares.org/caregiving_resources/tips_and_tools.cfm#commun</p>	<p>National Family Caregivers Association</p> <p>http://www.nfcacares.org</p>
<p>Dementia Care Training for Team Leaders: Successful Supervision. Online training module for professionals who supervise direct care workers to enhance their ability to provide dementia specific care.</p> <p>https://www5.myvlp.com/v1-3/index__dementia.php</p>	<p>Alzheimer’s Association</p> <p>http://www.alz.org</p>
<p>Eldercare at Home. A comprehensive guide for family caregivers caring for older adults at home, this tool offers information on caregiving, physical problems, mental/social problems, and managing care. A plain-text version of the materials is available free online. Also available for purchase are workbook for personal at-home use and a presentation package with a CD-ROM of PowerPoint® presentations, fully illustrated hand-outs, and a workbook (includes permission to reproduce and distribute the illustrated hand-outs).</p> <p>http://www.healthinaging.org/public_education/eldercare/</p>	<p>American Geriatrics Society Foundation for Health in Aging</p> <p>http://www.healthinaging.org</p>
<p>ElderStay @ home Certified Home Caregiver Training Program. A training program for home care workers which includes class schedules, a teacher’s guide and course materials, along with 3 DVDs. Provides instruction for 4 levels of providers: Elder Pal™, Dementia and Alzheimer’s Training, Personal Care Assistant, Home Care Assistant.</p> <p>http://www.elderstayathome.com/ESAH_Pro.html</p>	<p>Schmieding Center, University of Arkansas</p> <p>http://www.schmiedingcenter.org</p>
<p>Family Caregiving Program. Nine-module course for caregivers. Professionals in the community can take steps and obtain materials to teach the course. Call local chapter for information.</p> <p>http://www.redcross.org/services/hss/care/family.html</p>	<p>American Red Cross</p> <p>http://www.redcross.org</p>
<p>Guidelines for Initiating Meaningful, Quality Home Visits with People Who Have Alzheimer’s Disease and Related Dementia. (2002). Strategies for human service professionals conducting assessments and other types of interviews with people who have dementia and reside in the community.</p> <p>http://dhs.wisconsin.gov/aging/dementia/visits.pdf</p>	<p>Wisconsin Department of Health and Family Services</p> <p>http://www.dhfs.wisconsin.gov</p>

Name/Description	Source
<p>Help for Caring for Older People Caring for an Adult with a Developmental Disability. (2003). A manual for Area Agencies on Aging working with families with a person with a disability.</p> <p>http://www.uic.edu/orgs/rrtcamr/hfccoverpg.pdf</p>	<p>School of Social Work at University at Albany, State University of New York (SUNY)</p> <p>http://www.albany.edu</p>
<p>Powerful Tools for Caregivers. Six-week in- person course designed to empower family caregivers of older adults to take better care of themselves.</p> <p>http://www.legacyhealth.org/body.cfm?id=769</p>	<p>Legacy Health System</p> <p>http://www.legacyhealth.org</p>
<p>Savvy Caregiver. Trains informal caregivers to provide care for a relative or friend with Alzheimer’s disease or another dementia. The 12-hour training program is usually delivered in 2-hour sessions over a 6-week period. Available materials include a trainer’s manual, caregiver manual, a training video and a CD-ROM.</p> <p>http://www.aoa.gov/alz/prof/ADDGS/programs/caregiver.aspx</p>	<p>Alzheimer’s Resource Room, U.S. Administration on Aging</p> <p>http://www.aoa.gov</p>
<p>STAR-C. A standardized intervention to help family caregivers identify, reduce, and manage difficult behavioral symptoms of their relative with Alzheimer’s disease. It involves Master’s level mental health professionals providing education and coaching to caregivers through home visits over a 6-month period, with phone support between meetings. Manual available.</p> <p>http://www.aoa.gov/alz/prof/ADDGS/programs/star-c.aspx</p>	<p>Alzheimer’s Resource Room, U.S. Administration on Aging</p> <p>http://www.aoa.gov</p>
<p>Working with Your Older Patient: A Clinician’s Handbook. Free booklet that introduces physicians, nurses, and other health care professionals to communication skills essential in caring for older patients and their families. Includes specific information on talking with patients and families about cognitive problems.</p> <p>http://www.nia.nih.gov/HealthInformation/Publications/WorkingwithYourOlderPatient/</p>	<p>National Institute on Aging</p> <p>http://www.niapublications.org</p>
<p>2. Selected Evidence Based Interventions</p>	
<p>Caregiver Nursing Protocol: Integrating Nursing Intervention with Social Work Services. Provides recommendations on successful interventions for nurses to use when working with informal caregivers. The purpose of the original study in 2005 was to determine whether providing caregivers with the services of a nurse, as part of a larger caregiver program, would improve the health of the caregiver.</p> <p>http://www.pcacares.org/Files/Caregiver_nursing_protocol.pdf</p>	<p>Philadelphia Corporation for Aging, Family Caregivers Support Project</p> <p>http://www.pcacares.org/</p>
<p>ConsultGerIRN.org The geriatric clinical nursing website of The Hartford Institute for Geriatric Nursing at New York University College of Nursing, it is an evidence-based online resource for nurses in clinical and educational settings.</p> <p>http://www.consultgerirn.org/</p>	<p>Hartford Institute for Geriatric Nursing</p> <p>http://www.consultgerirn.org/</p>

Name/Description	Source
<p>Coping with Caregiving. REACH I. Two-day train-the-trainer education program focusing exclusively on self-care for dementia family caregivers. Materials include a Class Leader’s Guide; a Participant Manual; diskettes with handouts, marketing materials, and presentation slides; and a relaxation audiotape. Class Leader’s Guide and Participant Manual also available in Spanish and Chinese. Available from the Older Adult and Family Center, Stanford University School of Medicine.</p>	<p>Schulz, R., Burgio, L., Burns, R., Eisdorfer, C., Gallagher-Thompson, D., Gitlin, L.N. & Mahoney, D.F. (2003). Resources for enhancing Alzheimer’s caregiver health (REACH): Overview, site-specific outcomes, and future directions. <i>The Gerontologist</i>, 43(4) 514-520.</p> <p>http://med.stanford.edu/oafc/</p>
<p>Maintenance of Effects of the Home Environmental Skill-Building Program for Family Caregivers and Individuals With Alzheimer’s Disease and Related Disorders. Study examined whether treatment effects found at 6 months following active treatment were sustained at 12 months for family caregivers who participated in an occupational therapy intervention tested as part of the REACH initiative. At 6 months, caregivers in intervention reported improved skills, less need for help providing assistance, and fewer behavioral occurrences compared to caregivers in control. At 12 months, caregiver affect improved and there was a trend for maintenance of skills and reduced behavioral occurrences.</p>	<p>Gitlin, L, N, Hauck W, W, Dennis, M, P, & Winter, L. (2005). Maintenance of effects of the home environmental skill-building program for family caregivers and individuals with Alzheimer’s disease and related disorders. <i>The Journals of Gerontology Series A: Biological Sciences and Medical Sciences</i> 60, 368-374.</p> <p>http://www.jefferson.edu/JCHP/carah/</p>
<p>National Guideline Clearinghouse. A comprehensive database of evidence-based clinical practice guidelines and related documents. Some topics include:</p> <ul style="list-style-type: none"> • Caregiver assessment • Caregiver depression • Depression in older adults with dementia • Discharge planning <p>http://www.guideline.gov</p>	<p>National Guideline Clearinghouse (Agency for Healthcare Research and Quality (AHRQ))</p> <p>http://www.guideline.gov</p>
<p>New York University Caregiver Intervention. Counseling and support intervention for spouse caregivers intended to improve the well-being of caregivers and delay nursing home placement of patients with Alzheimer’s disease.</p> <p>http://www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=122#contact</p>	<p>Mary Mittelman, Dr.P.H., NYU School of Medicine</p> <p>http://www.nrepp.samhsa.gov</p>
<p>Reducing Anxiety in Alzheimer’s Disease Family Caregivers: The Effectiveness of a Nine-week Cognitive-Behavioral Intervention. Examined the effectiveness of cognitive-behavioral therapy (CBT) interventions on caregiver anxiety. Participants receiving the intervention reported less anxiety and demonstrated improved sleep.</p>	<p>Akkerman, R, L & Ostwald, S. (2004). Reducing anxiety in Alzheimer’s disease family caregivers: The effectiveness of a nine-week cognitive-behavioral intervention. <i>American Journal of Alzheimer’s Disease and Other Dementias</i>, 19(2), 117-123.</p> <p>http://aja.sagepub.com/</p>

Name/Description	Source
<p>Resources for Enhancing Alzheimer’s Caregiving II (REACH II). Multicomponent psychosocial and behavioral training intervention for caregivers of patients with Alzheimer’s disease or other dementia.</p> <p>http://www.edc.gsp.h.pitt.edu/reach2/public/index.html</p>	<p>Richard Schulz, Ph.D., University of Pittsburgh Alan B. Stevens, Ph.D., Texas A & M University Health Science Center</p> <p>http://www.nrepp.samhsa.gov</p> <p>Intervention materials available from Julie Klinger, M.A., University of Pittsburgh, jklinger@pitt.edu</p>
<p>The COPE Intervention with Caregivers of Hospice Patients with Cancer. Intervention to decrease stress and improve the quality of life of hospice caregivers by helping them to master the skills needed to better assess and manage problems experienced by patients with cancer. Intervention produced significant results in decreasing caregiver stress but not improving quality of life.</p>	<p>Susan C McMillan PhD, RN, FAAN, College of Nursing, University of South Florida</p> <p>http://www.ons.org/</p>
<h3>3. Focusing on the Caregiver</h3> <p>► Assessment</p>	
<p>Caregiver Assessment: Volume I: Principles, Guidelines and Strategies for Change, Volume II: Voices and Views from the Field. Report from a National Consensus Development Conference (convened by the Family Caregiver Alliance’s National Center on Caregiving in 2005) which explains the key principles and guidelines for caregiver assessment, as well as background information.</p> <p>Vol I: http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1630</p> <p>Vol II: http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1677&expandnodeid=450</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org/</p>
<p>Caregivers Count Too! A Toolkit to Help Practitioners Assess the Needs of Family Caregivers. Based on the work from a National Consensus Development Conference (convened by the Family Caregiver Alliance’s National Center on Caregiving in 2005), this toolkit equips professionals for developing and implementing an appropriate caregiver assessment process in practice settings.</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1695</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org/</p>
<p>How to Try This. Translates the evidence-based geriatric and caregiver assessment tools in the <i>Try This: Best Practices in Nursing Care to Older Adults</i> series into cost-free, web-based resources.</p> <p>http://www.hartfordign.org/Resources/Try_This_Series/</p>	<p>Hartford Institute for Geriatric Nursing, American Journal of Nursing</p> <p>http://www.hartfordign.org/ http://www.ajnonline.com/</p>

Name/Description	Source
► Respite	
<p>Camp for Caregivers. Weekend retreat for individuals with cognitive impairments to provide respite for caregivers. Contact Family Caregiver Alliance directly for information and materials.</p> <p>http://www.caregiver.org</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>ARCH National Respite Network. Helps parents, caregivers, and professionals find respite services in their state and local areas.</p> <p>http://chtop.org/</p>	<p>ARCH National Respite Network</p> <p>http://chtop.org/</p>
<p>Respite Services: Enhancing the Quality of Daily Life for Caregivers and Care Receivers. Online booklet that helps family caregivers assess their abilities and circumstances, encourages caregivers to use respite services and provides suggestions to make respite most effective.</p> <p>http://aging.utah.edu/gerontology/RespiteBooklet.pdf</p>	<p>Center on Aging, University of Utah</p> <p>http://aging.utah.edu/</p>
► Caregiver Well-Being	
<p>Caregiver Depression: A Growing Mental Health Concern. (2003). Policy Brief discusses the factors contributing to high levels of clinical depression among family caregivers, describes barriers to treatment and promising approaches to alleviating symptoms, and suggests policies to support family caregivers.</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=1013</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>Caregiving and Depression. Fact sheet discusses depression and how it affects the vulnerable population of caregivers. Helps caregivers recognize the symptoms of depression and offers resources for its prevention and treatment.</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=393</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>Controlling Frustration: A Class for Caregivers. Leader's manual describes the methods for conducting an 8-week class that teaches family caregivers the basic steps for learning to relax, to control their negative thoughts, and to act assertively when necessary. Leader and participant manuals are also available in English and Spanish.</p> <p>English: http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=474</p> <p>Spanish: http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=974</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>Helping Families Make Everyday Care Choices (for Providers). Fact Sheet discusses the unique issues facing people with dementia and their families and offers professionals guidelines for their work with informal caregivers.</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=405</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>

Name/Description	Source
<p>Caregiver Health Education Program. Trains professionals to lead education and support groups for caregivers of frail elders with chronic disabilities or dementia. Teleconference version, as well as a leader manual and participant workbook are available. Contact the Institute of Gerontology at the University at Albany, State University of New York (SUNY) for materials.</p>	<p>Toseland, R. W., & Smith, T. L. (2006). The Impact of a caregiver health education program on health care costs. <i>Research on Social Work Practice, 26</i>(1), 9-19.</p> <p>http://www.albany.edu</p>
<p>New York University Caregiver Intervention. Counseling and support intervention for spouse caregivers intended to improve the well-being of caregivers and delay the nursing home placement of patients with Alzheimer’s disease.</p> <p>http://www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=122#contact</p>	<p>Mary Mittelman, Dr.P.H., NYU School of Medicine</p> <p>http://www.nrepp.samhsa.gov</p>
<p>Powerful Tools for Caregivers. Six-week in- person course designed to empower family caregivers of older adults to take better care of themselves.</p> <p>http://www.legacyhealth.org/body.cfm?id=87</p>	<p>Legacy Health System</p> <p>http://www.legacyhealth.org</p>
<p>Reducing Anxiety in Alzheimer’s Disease Family Caregivers: The Effectiveness of a Nine-week Cognitive-Behavioral Intervention. Examined the effectiveness of cognitive-behavioral therapy (CBT) interventions on caregiver anxiety. Participants receiving the intervention reported less anxiety and demonstrated improved sleep.</p>	<p>Akkerman, R, L & Ostwald, S. (2004). Reducing anxiety in Alzheimer’s disease family caregivers: The effectiveness of a nine-week cognitive-behavioral intervention. <i>American Journal of Alzheimer’s Disease and Other Dementias, 19</i>(2), 117-123.</p> <p>http://aja.sagepub.com/</p>
<p>Resources for Enhancing Alzheimer’s Caregiving II (REACH II). Multicomponent psychosocial and behavioral training intervention for caregivers of patients with Alzheimer’s disease or other dementia.</p> <p>http://www.edc.gsph.pitt.edu/reach2/public/index.html</p>	<p>Richard Schulz, Ph.D., University of Pittsburgh Alan B. Stevens, Ph.D., Texas A & M University Health Science Center</p> <p>http://www.nrepp.samhsa.gov</p> <p><i>Intervention materials available from Julie Klinger, M.A., University of Pittsburgh, jklinger@pitt.edu</i></p>

Name/Description	Source
4. Daily Care ▶ Driving	
Driving/Transportation	
<p>Dementia and Driving. Fact sheet discusses the many issues around dementia and older drivers. Includes tips on how to monitor driving skills of older drivers, strategies to reduce the need of driving and last resort techniques.</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=433</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>Older Driver Safety Project. Promotes older driver safety awareness, education, and practices through Area Agencies on Aging. Activities of the project include providing information and materials on older driver best practices, developing a technical assistance peer exchange program, and conducting national training sessions on older driver safety.</p> <p>http://www.n4a.org/pdf/Older_Driver-A_community_Approach.pdf</p>	<p>National Association of Area Agencies on Aging (n4a)</p> <p>http://www.n4a.org/</p>
<p>Physician's Guide to Assessing and Counseling Older Drivers. An information guide to assist physicians in evaluating the ability of older patients to drive.</p> <p>http://www.ama-assn.org/ama/pub/category/10791.html</p>	<p>American Medical Association</p> <p>http://www.ama-assn.org</p>
<p>Transportation Solutions for Caregivers Toolkit. Video and booklet for caregivers. Materials include a facilitator's manual and PowerPoint presentation. Booklet also available in Spanish.</p> <p>http://seniortransportation.easterseals.com/site/PageServer?pagename=NCST2_tsc_toolkithome</p>	<p>Easter Seals</p> <p>http://www.easterseals.com/</p>
▶ Transitional Care	
<p>Advanced Practice Nurse Transitional Care Model. A model of transitional care delivered by master's level Advanced Practice Nurses (APNs), in conjunction with a physician, to elderly patients at high risk for poor post-discharge outcomes. The model of APN specialist transitional care includes comprehensive discharge planning and home follow-up to high-risk, high-cost, high-volume patient groups in order to improve post-discharge outcomes among this patient group.</p> <p>http://www.nursing.upenn.edu/centers/hcgne/innovations/Transitional_Care.htm</p>	<p>Mary Naylor, University of Pennsylvania</p> <p>https://www.nursing.upenn.edu</p>
<p>Care Transitions Intervention. Uses transitional coach model - registered nurses (RN) or nurse practitioners (NP). Manual, DVD, tools for patients and caregivers available.</p> <p>http://www.caretransitions.org/intervention_design.asp</p>	<p>Eric Coleman, University of Colorado</p> <p>http://www.caretransitions.org</p>

Name/Description	Source
<p>Improving Care Transitions Projects from the California Healthcare Foundation (CHCF). Provides information and links to the following care transition projects funded by CHCF:</p> <ul style="list-style-type: none"> • Coleman Care Transitions Intervention (CTI) pairs hospitals with community agencies in ten locations in California to support patients with specific tools and skills to take a more active role in their health care. • Physician Orders for Life-Sustaining Treatment (POLST) uses a standardized medical order form for health care professionals to indicate which types of life-sustaining treatment seriously ill patients want or don't want if their condition worsens. • Transitional Care for High-Risk Elders takes a proven approach for reducing preventable re-hospitalization of high-risk elders and tests whether similar outcomes can be achieved using a lower-cost staffing model (using registered nurses instead of nurse practitioners). <p>http://www.chcf.org/topics/view.cfm?itemID=133512</p>	<p>California HealthCare Foundation</p> <p>http://www.chcf.org/</p>
<p>► Difficult Behaviors</p>	
<p>Caregiver's Guide to Understanding Dementia Behaviors. Fact Sheet offers insight on the causes of challenging behaviors, such as wandering, and offers specific tips for communicating with a person with dementia and handling difficult behaviors.</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=391</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>Caring for Adults with Cognitive and Memory Impairments. Fact sheet provides an overview of the caregiving experience as well as ten steps to develop a plan to caring for an adult with cognitive and memory impairment.</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=392</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>Communicating Effectively Workshops. Workshops that teach family caregivers to improve communication with healthcare professionals. The curriculum is available online.</p> <p>http://www.nfcacares.org/caregiving_resources/communicating_effectively_workshops.cfm</p>	<p>National Family Caregivers Association</p> <p>http://www.nfcacares.org</p>
<p>STAR-C. A standardized intervention to help family caregivers identify, reduce, and manage difficult behavioral symptoms of their relative with Alzheimer's disease. It involves Master's level mental health professionals providing education and coaching to caregivers through home visits over a 6-month period, with phone support between meetings. Manual available.</p> <p>http://www.aoa.gov/alz/prof/ADDGS/programs/star-c.aspx</p>	<p>Alzheimer's Resource Room, U.S. Administration on Aging</p> <p>http://www.aoa.gov</p>

Name/Description	Source
► End-of-Life	
<p>Difficult Conversations about Difficult Decisions: Talking with a Loved One about End-of-Life Care. One 3-hour class for caregivers. Contact Family Caregiver Alliance directly for materials.</p> <p>http://www.caregiver.org</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>End-of-Life Choices Fact Sheets: CPR & DNR; Feeding Tubes and Ventilators; Holding on and Letting Go; Decision Making. Provide information on the decisions that need to be made and the issues and emotions that caregivers face when caring for someone at the end of his or her life.</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=397</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=399</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=400</p> <p>http://www.caregiver.org/caregiver/jsp/content_node.jsp?nodeid=401</p>	<p>Family Caregiver Alliance</p> <p>http://www.caregiver.org</p>
<p>Caregiving at Life's End. Intensive training program teaches professionals and volunteers to help caregivers find meaning, purpose and value in the end-of-life caregiving experience. Provides participants with training materials needed to implement an effective caregiver training program in their community.</p> <p>http://www.uwex.edu/ces/flp/caregiving/education/nearlifesend/</p>	<p>Hospice Institute of the Florida Suncoast</p> <p>http://www.thehospice.org</p>
<p>The COPE Intervention with Caregivers of Hospice Patients with Cancer. Intervention to decrease stress and improve the quality of life of hospice caregivers by helping them to master the skills needed to better assess and manage problems experienced by patients with cancer. Intervention produced significant results in decreasing caregiver stress but not improving quality of life.</p>	<p>Susan C McMillan PhD, RN, FAAN, College of Nursing, University of South Florida</p> <p>http://www.ons.org/</p>
<p>Physician Orders for Life Sustaining Treatment (POLST). Tool for effectively communicating the wishes of seriously ill patients to have or to limit medical treatment as they move from one care setting to another.</p> <p>http://www.ohsu.edu/ethics/polst/</p>	<p>Ohio Health & Science University</p> <p>http://www.ohsu.edu</p>