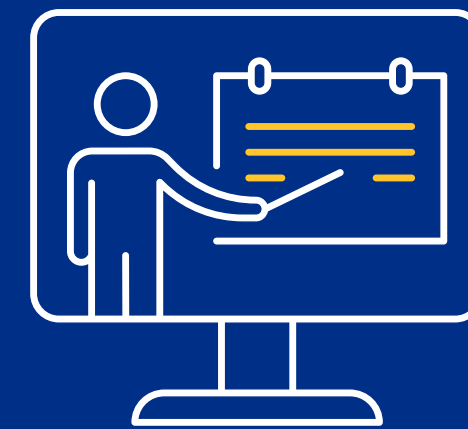


Online Dementia Care Course for Caregivers



A Research Study



Family and friends of people living with dementia said they need more tools to give care.



In this study, we offered an online dementia care course called **Gentle Persuasive Approaches (GPA) Community** to these caregivers.

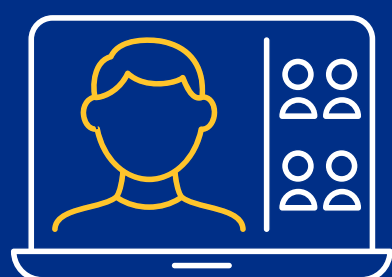


Goals

- Make suggestions on how to improve the course for future learners with the help of the participant's comments
- High level of satisfaction with the course
- Improve confidence in giving care
- Reduce stress associated with caregiving



What is the Experience of Caregivers with the GPA Community Course?



"This helped me deal with her in a **safe and positive way**, as well as confidence for me to know, **to understand what's happening** when that's happening, and what to do, **what actions to take.**"

"Yes, I would **recommend it**, but I would suggest that you (...) **add a few more examples of the homecare.**"

"I mean, unbelievably helpful in **shifting the narrative** from your fault — you're just being a jerk — to **this is the disease** and it's a **response to some need** that you have, that I don't really realize."

"I've learned a lot there — my **confidence level is better**, but I know I've got a long ways to go and a lot to learn."

"it's not only about the learning, it's about being almost like **a community, a support system**, so it's really good to have that opportunity as well."

"For me it would be the **differences I see in my visits**. I mean if you can learn something new and see **something in a different light**, and then you're able to implement that."