


E-Learning platform for dementia caregivers

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Jockey Club Centre for Positive Ageing is developing a multimedia e-learning platform for dementia caregivers; here, they share the vast benefits

Taking care of a loved one who has dementia is a challenging task for family members. According to an opinion survey conducted by Jockey Club Centre for Positive Ageing (JCCPA), almost 90% of caregivers reported experiencing stress while caring for a family member with dementia, with about half of them experiencing frequent episodes of stress.

Data indicates that family members who assume the primary role of caring for individuals with dementia experience a significant burden of caregiving. On average, caregivers devote between five and 20 hours per day to caring for these individuals.⁽²⁾ Extended caregiving hours can reduce the time available for rest and social engagement, leading to feelings of loneliness and social isolation.⁽³⁾ It is common for caregivers to experience high levels of depression.⁽⁴⁾

As dementia progresses, the functional decline of care recipients necessitates an increased caregiving workload for family members. Common behavioural changes, such as agitation and repetition, can present significant challenges for caregivers, particularly those who lack relevant knowledge and skills.⁽⁵⁾

How can an e-learning platform for dementia caregivers alleviate stress?

Education programmes are promising non-pharmacological interventions for alleviating the stress of caring for individuals with dementia. By providing caregivers with the necessary knowledge and skills for dementia care, they can become more confident in their ability to care for their family members.

Studies have shown that education programmes for dementia caregivers can decrease anxiety and caregiving burden and improve caregivers' quality of life.^(6,7) Education programmes have increased caregiving self-efficacy and delayed the institutionalisation of individuals with dementia.

In the aforementioned survey, over 80% of respondents expressed their willingness to participate in a dementia e-learning platform. The top reasons cited were the convenience of being able to learn anywhere and anytime, the flexibility to choose topics suitable to their needs, and the ability to save time by avoiding the need to travel to a physical location.⁽⁸⁾

Traditional face-to-face education programmes for dementia caregivers can be challenging due to barriers, including long travel times, difficulty finding support for caregiving responsibilities, and work-related conflicts.⁽⁹⁾ Some caregivers express concerns about privacy during in-person education programmes, citing past experiences of misunderstanding about dementia from others and discrimination in their caregiving roles.⁽¹⁰⁾ These challenges can hinder caregivers, particularly those with family members who have greater caregiving needs.

Accessible e-learning platform for dementia caregivers

An e-learning platform for dementia caregivers provides them with access to dementia knowledge and skills at all times, regardless of their location or device, thus eliminating the need for travel. This is particularly beneficial for caregivers living in remote areas, who may otherwise face significant time and financial constraints associated with attending traditional in-person education programmes.⁽¹¹⁾

Convenient access to the e-learning platform allows caregivers to learn at their own pace without the constraints of a fixed schedule. Additionally, the relative anonymity of the internet provides a safeguard for the privacy of caregivers.⁽⁹⁾ The anonymity provided by the e-learning platform ensures that others are not aware of the caregiving responsibilities and challenges faced by caregivers in their care for individuals with dementia, thereby minimising the potential for stigmatisation.⁽¹⁾

E-learning platform for dementia caregivers developed by healthcare experts

An e-learning platform for dementia caregivers is typically developed by experienced healthcare experts who consider a range of scenarios related to caring for individuals with dementia. By covering various domains, family members can select topics relevant to their needs and the demands of their care recipients.⁽¹⁾ Caregivers of people with dementia often have dynamic educational needs due to changes in the functional abilities of individuals with dementia.

The comprehensive nature of an e-learning platform for dementia caregivers enables them to revisit relevant topics when they face new challenges. The involvement of health experts ensures the quality and effectiveness of dementia knowledge and caregiving skills, ultimately saving caregivers time that might otherwise be spent searching for adequate and evidence-based resources online.⁽¹²⁾

Interactive e-learning platforms improve comprehension

Research has shown that e-learning platforms designed with videos, graphics, audio, and text are more effective in maintaining caregiver engagement than static text alone.⁽¹³⁾ Videos can significantly improve comprehension for family members, particularly for complex caregiving skills, such as managing agitation behaviours.

Interactive exercises, such as quizzes and games, are also incorporated into e-learning platforms as a means of engaging and drawing attention from caregivers. These exercises improve learning effectiveness by enabling caregivers to assess their understanding of the knowledge and skills covered in the programme by reviewing their test results.⁽¹⁴⁾

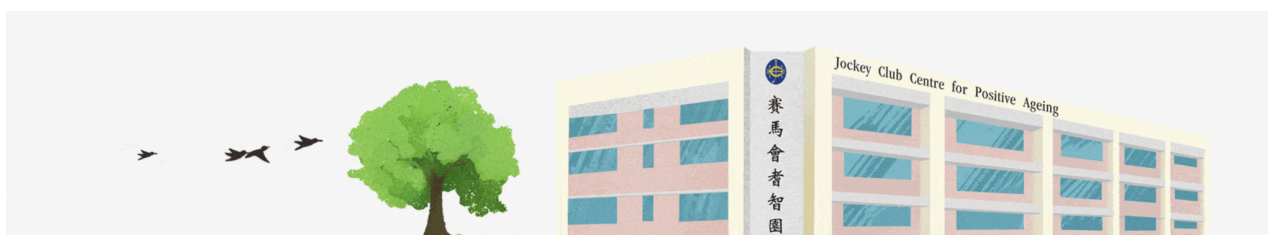
The effectiveness of an e-learning platform for dementia caregivers has been demonstrated in research studies. Caregivers who use e-learning platforms have shown reduced emotional distress related to perceived stress, anxiety, and depression.⁽¹⁵⁾ They also perceive themselves as receiving more knowledge and social support and are more competent in providing care for their family members with dementia.

E-learning platforms with multi-component interventions, which combine information and caregiving strategies, have been found to be more effective in improving the wellbeing of caregivers compared to those with single-component interventions.⁽¹⁶⁾

In conclusion, caring for individuals with dementia can overwhelm family caregivers, leading to significant emotional and physical burdens. E-learning platforms have emerged as a promising solution for providing caregivers with the necessary knowledge and skills for dementia care.

The convenience and accessibility of e-learning platforms, combined with the comprehensive and interactive nature of the programmes, have been shown to alleviate caregiving stress and improve the well-being of caregivers.

Jockey Club Centre for Positive Ageing is developing a multimedia e-learning platform with comprehensive dementia knowledge and skills, ranging from effective communication with individuals with dementia to managing behavioural changes. This platform is anticipated to make a significant difference in the lives of dementia caregivers and their care recipients, guided by experienced experts.



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Jockey Club Centre for Positive Ageing

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Person centered care model for people with dementia, supporting public education, research, and professional training in dementia care