Caregiver Participation in Chronic Disease Self-Management Education Programs: Findings from a National Study

Matthew Lee Smith 1,2 • Tiffany R. Washington 2 • Chivon A. Mingo 3 • Samuel D. Towne, Jr. 4,5 • Kathleen Cameron 6 • Angelica Herrera-Venson 5 • Marcia G. Ory 1 • Kristie Kulinski 6

1 Texas A&M University 2 The University of Georgia 3 Georgia State University 4 University of Central Florida 5 National Council on Aging 6 Administration for Community Living

INTRODUCTION

- Over the next several decades, the number of older Americans will increase substantially
  - More people will be living longer with co-morbid conditions
  - Self-care behaviors can compensate for, or delay, physical limitations & chronic conditions progression
  - Implications for healthcare costs

Family Caregiving
- Nearly 90% of older adults have one or more chronic conditions, and nearly 73% have two or more
  - Increasing the odds that individuals will either provide or receive informal care during their lifetime
- Approximately 34.2 million Americans providing unpaid care to adults age 50 and older
  - Females represent about 75% of all caregivers
  - Almost 20% of caregiver provide care to 2+ adults
- Caregivers have higher risk for negative physical and mental health issues, especially those living with chronic conditions
- Less is known about the reach and utilization of evidence-based disease self-management programs among those who provide care to others with long-term disability

STUDY PURPOSES

- Identify personal characteristics of participants who attended CDSME workshops by caregiving status
- Examine the influence of caregiving on successful program completion (i.e., attending 4+ of 6 offered sessions)

METHOD

- Data from a nationwide delivery of CDSMP from 2013-2016
  - Initiated as part of the American Recovery and Reinvestment Act (ARRA) in 2009
  - Delivered in 36 states, Washington DC, & Puerto Rico

Chronic Disease Self-Management Education (CDSME)
- Class-based, behavioral intervention to develop skills & improve confidence to self manage chronic conditions
  - Shown to improve health indicators & healthcare utilization in a randomized control trial
- 6 sessions; each lasting 2.5 hours; held over 6 weeks
  - Most offered in English & Spanish
- Facilitated by 2 trained leaders (preferred at least 1 is a non-health professional & 1 has a chronic disease)
- Delivered in a variety of community settings through the aging services network & public health system
- For additional information: https://www.selfmanagementresource.com/programs

Bivariate Analyses
- Relative to non-caregivers, caregiving participants:
  - Younger; female; live with others
  - Larger proportion had no chronic conditions
  - Higher successful program completion rate

Binary Logistic Regression
- Among all participants, successful completion was associated with:
  - Caregiver
  - Female
  - Hispanic
  - African American
  - College educated
  - Resided in rural areas
  - Lived with others
  - Had fewer chronic conditions
  - Attended English workshops
  - Attended workshops with more caregivers

RESULTS

- Data were analyzed from 73,317 adult participants
  - 28% provided care to a friend or family member
  - On average, 64.6 ± (15.4) years old
  - 75% female; 58% live with others
  - 65% white; 28% provided care to a friend or family member
  - 62% attended workshops delivered in English
  - 75% female; 58% live with others
  - Nearly 90% of older adults have one or more chronic conditions, and nearly 73% have two or more
  - Implications for healthcare costs

Female
- Higher successful program completion rate

Factors associated with successful completion:

CONCLUSIONS

- Caregivers may be more likely to successfully complete CDSME workshops because they recognize the program’s benefits for themselves and those for whom they care
- Efforts are needed to embed CDSME in organizations that reach and serve caregiving adults
  - Consider also offering Building Better Caregivers