

## Background / Significance

The Alzheimer's Association Greater PA Chapter is highly dependent on their volunteers who make up 85% of the organization. Following a needs assessment with the Greater PA Chapter, we identified the following needs:

Increase awareness of the "Sandwich Generation"

Optimize mental health support for caregivers

Increase retention rate of long-term volunteers

The continuous efforts towards recruitment and training of new volunteers is unproductive to the mission of the organization. To address this, we propose a dual approach aimed at long-term volunteer engagement and caregiver wellbeing.

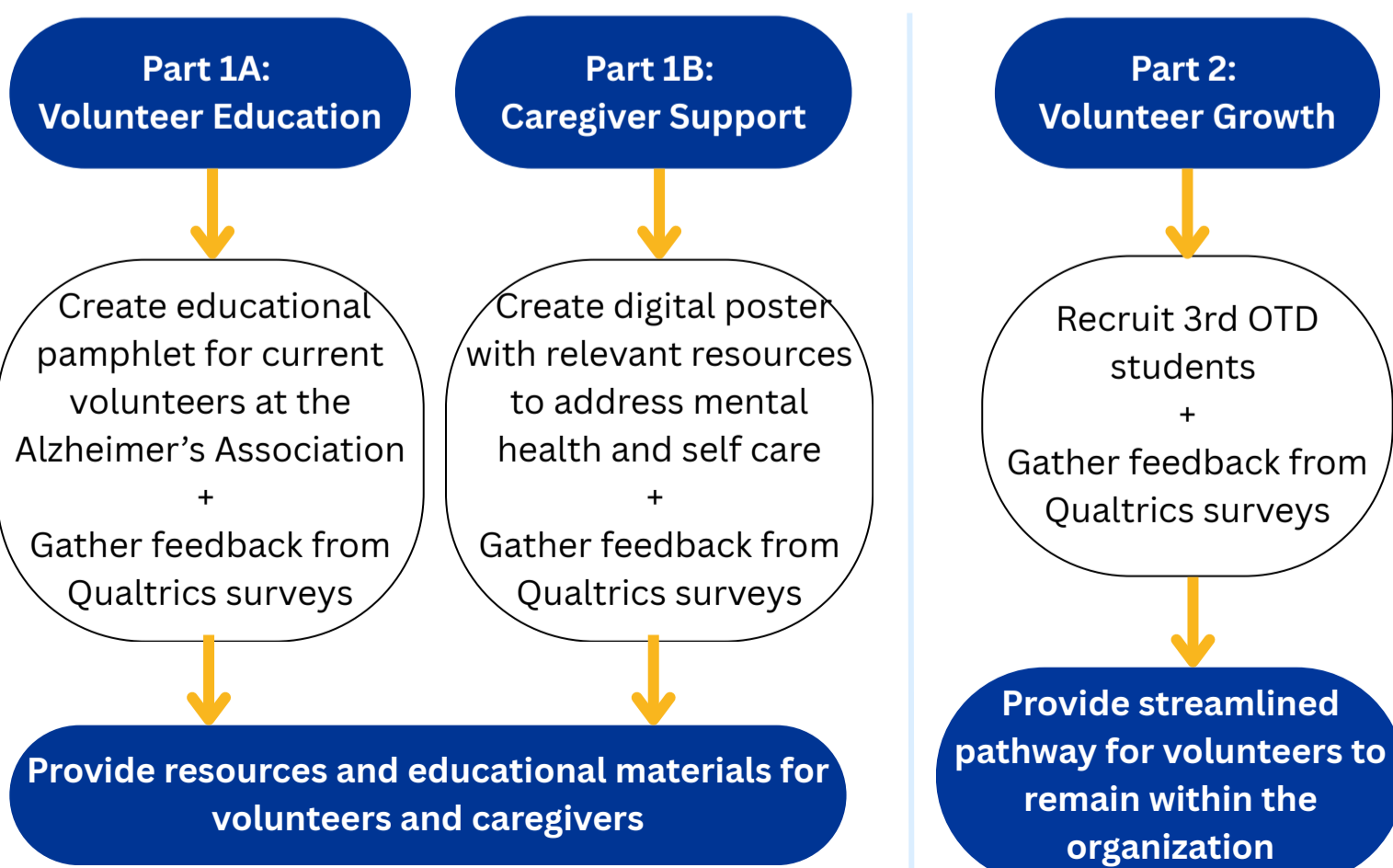
## Objectives

At the conclusion of this session, participants will be able to:

- Recognize caregiver mental health needs and explain the specific mental health challenges faced by Alzheimer's and other dementia caregivers and identify accessible resources that can support their wellbeing.
- Articulate the key factors contributing to volunteer decline and describe strategies to increase long-term volunteer engagement and retention.

## Methods

**Participants:** Current volunteers, Caregivers, 3<sup>rd</sup> Year OTD Students



## Results

### Part 1A: Volunteer Education

- Materials distributed did not yield any responses from the volunteers.
- Effectiveness of the education on Sandwich Generation and resources provided was not determined.

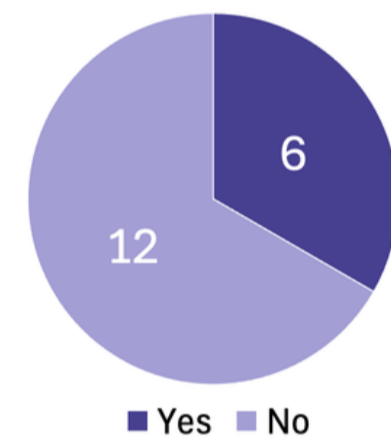


Link to Materials

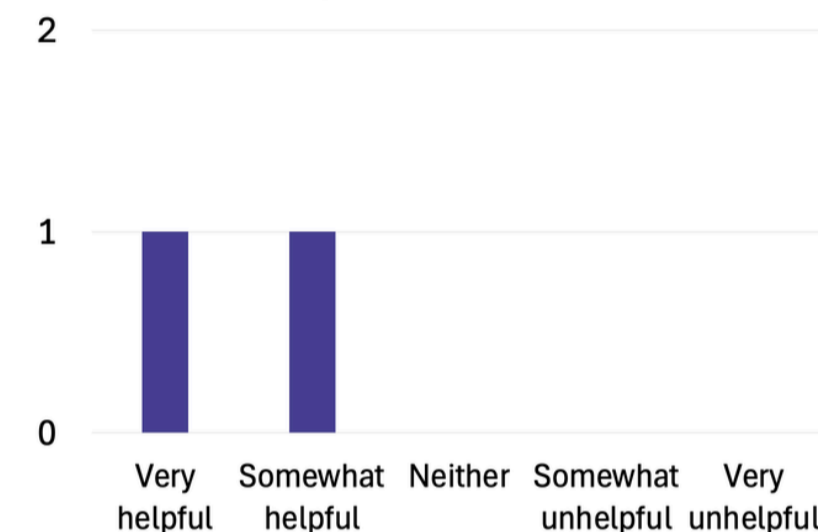
### Part 1B: Caregiver Support

#### Pre-survey

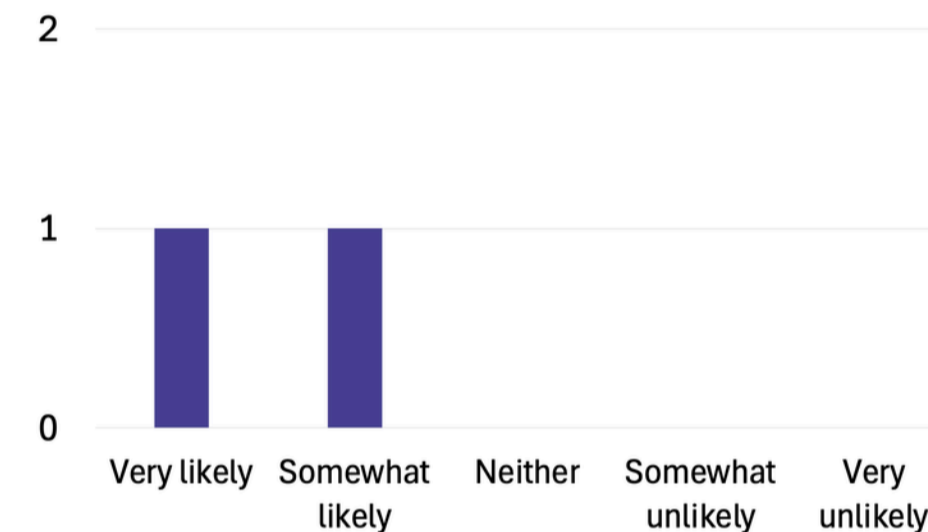
Are you currently a caregiver for someone with Alzheimer's or any other dementia?



How **helpful** did you find the information from the caregiver support presentation?

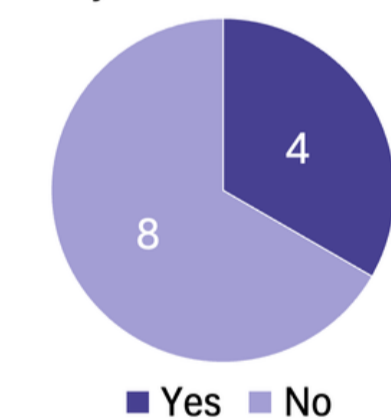


How **likely** are you to utilize the resources/techniques provided in the handout?

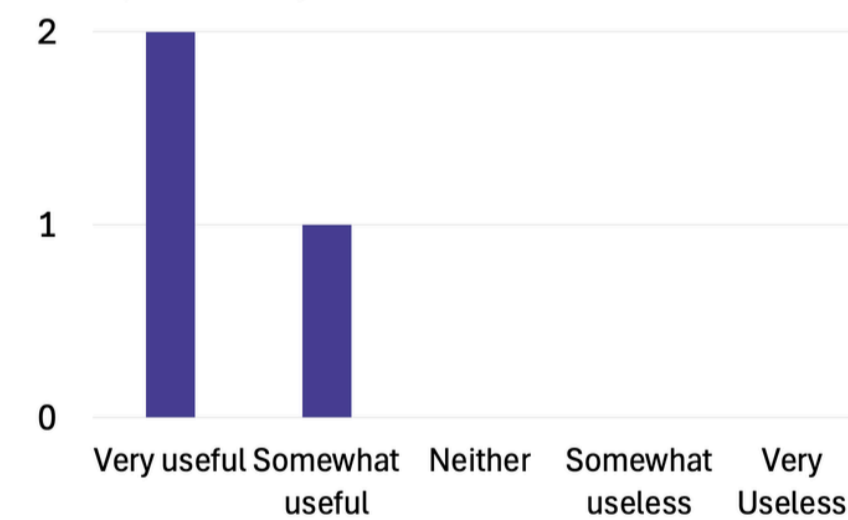


#### Post-survey

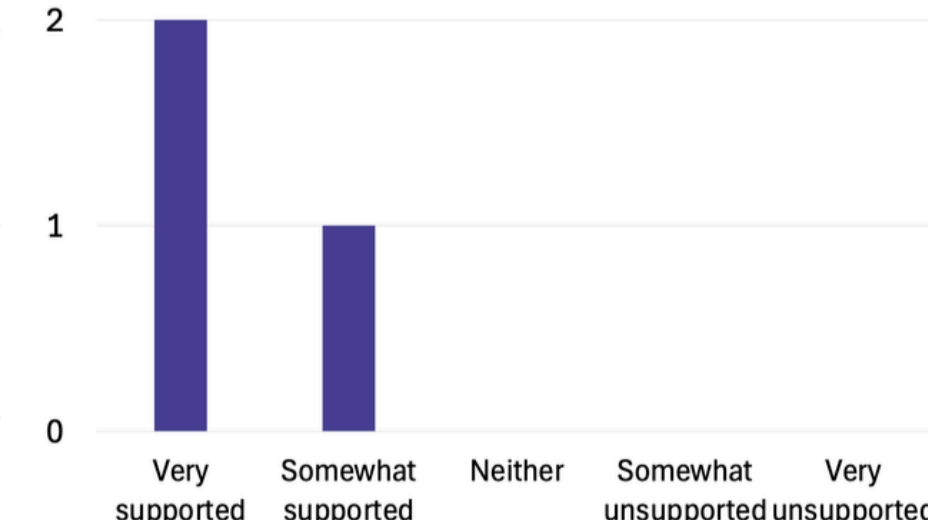
Are you currently a caregiver for someone with Alzheimer's or any other dementia?



How **useful** did you find the resource(s) provided by the Alzheimer's Association?



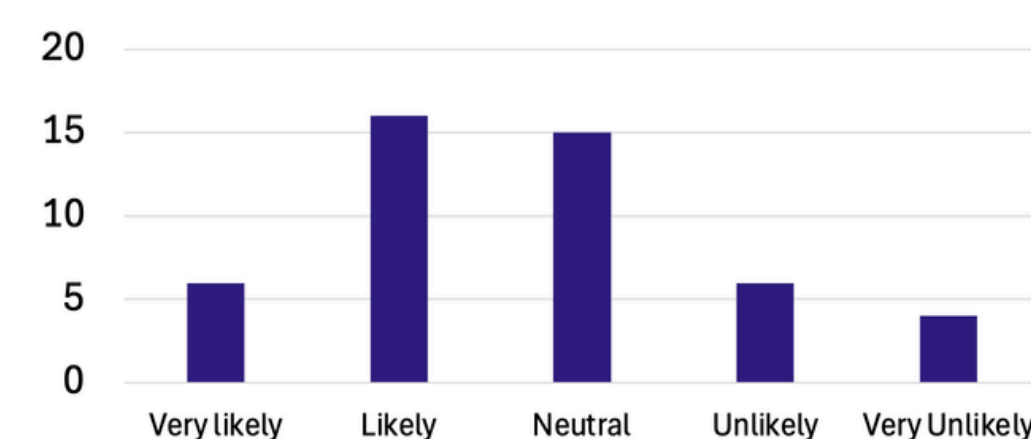
How **supported** did you feel by the resource(s) provided by the Alzheimer's Association?



### Part 2: Volunteer Growth

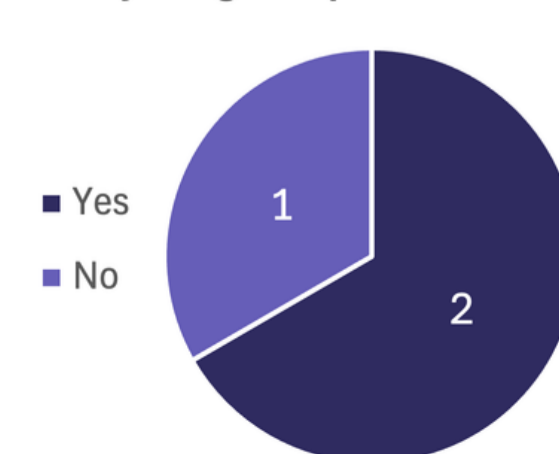
#### Initial Interest

At this moment, how likely are you to become a volunteer for the Alzheimer's Association?



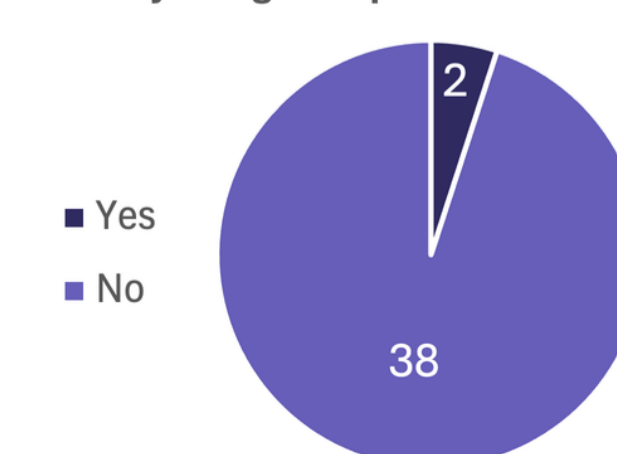
#### Follow-up #1

Have you signed up to be a CHC?



#### Follow-up #2

Have you signed up to be a CHC?



## Sustainability

### Part 1A & 1B: Volunteer Education & Caregiver Support

- Recordings of peer network disseminating the educational materials to be shared with the Alzheimer's Association for future use.
- Physical copies of educational materials developed, including references, to ensure access to information is not limited to digital users only.

### Part 2: Volunteer Growth

- Partnership with the Pitt Chapter of the American Geriatric Society (AGS) to recruit volunteers within the Department of Occupational Therapy at the University of Pittsburgh.

## Discussion & Conclusion

### What Went Well:

- Distributing and receiving feedback on the educational materials created for caregivers that targeted their wellbeing.
- Adjustment of format for follow up surveys to OTD students to increase overall response rate.

### Areas of Improvement:

- Increase number of opportunities for knowledge dissemination to participants.
- Finding ways to increase engagement in follow up surveys.
- Initiation of partnership with AGS at an earlier time point to increase collaborative nature of sustainability efforts.

### Conclusion:

- Caregivers reported feeling supported by the resources provided through this quality improvement project.
- Limited volunteer engagement acts as a barrier to the overall impact of efforts aimed at increasing volunteer efforts for the Association and support for the Alzheimer's population.

## Limitations

- Low response rate from students led to limited available feedback on the current volunteer pathway.
- Limited number of presentations to caregiver support groups due to lack of caregivers signing up to attend sessions.
- Use of virtual presentations and materials can limit accessibility to individuals who have limited proficiency with technology.
- Short amount of time for volunteers to interact with educational materials due to wait time for approval of materials.
- Lack of response from current volunteers due to blast email format.

### Acknowledgements:

Thank you to our faculty mentor, Cara Lekovitch, CScD, OTR/L, BCG, FNAP Assistant Professor, Department of Occupational Therapy, and our site mentor at the Alzheimer's Association of Greater PA, Janey Cink, CDP

