

Caregiver Confidence Surges to 71% After CareAcademy Dementia Care Training

WHITE PAPER



CareAcademy is committed to ensuring that we're helping our customers provide high-quality care via high-quality training. As part of our commitment, we partner with our agency customers to measure our classes' impact on direct care workers' learning by measuring knowledge and care experience outcomes.

Overview

CareAcademy prides itself on its ability to meet all caregivers wherever they are on their learning journey. Our classes are easy to complete and increase caregiver knowledge in topics relevant to delivering high-quality care in the home regardless of whether you are a new caregiver or a veteran in the industry.

For our current study, we sought to measure the impact of our dementia care training on entry-level caregivers or those who have limited or no professional experience. Approximately 260 prospective caregivers were invited to participate from our 2020 Future of Work program, a CareAcademy initiative that committed free training to up to 10,000 people displaced by the Pandemic who were interested in building a new career caring for our most vulnerable. The study included a demographic survey, a pre-test assessment to establish a knowledge baseline, 3-hours of training, a post-test to assess knowledge gains, and a self-efficacy survey. Twenty-one caregivers completed all components of the study, and their results are the focus of this study.

The Curriculum	Hours
Introduction to Dementia Care	1hr
Communicating with a Person with Dementia	1hr
Safety in Dementia	1hr

Participants in our study consisted of mostly women who reported some informal caregiving experience, helping adults with self-care needs and/or household tasks. Participant ages were approximately evenly split between those older than 50 and those younger. Although it was not required to participate, 90% of participants shared that they had some exposure to an older adult living with dementia. Their experiences ranged from only some interactions with older adults living with dementia to experience as a primary caregiver for an older adult living with dementia.



Results

After completing three CareAcademy dementia care classes, most participants received a passing score (80% and above) on the final exam and the average test score of all test-takers increased to 89%. Participants also improved their test scores by an average of 17 percentage points ($p < .001$) after completing courses.

	Before Training	After Training
Passed ($\geq 80\%$)	4	17
Failed ($< 80\%$)	17	4
Passing Rate*	19%	81%
Average Score	71%	89%

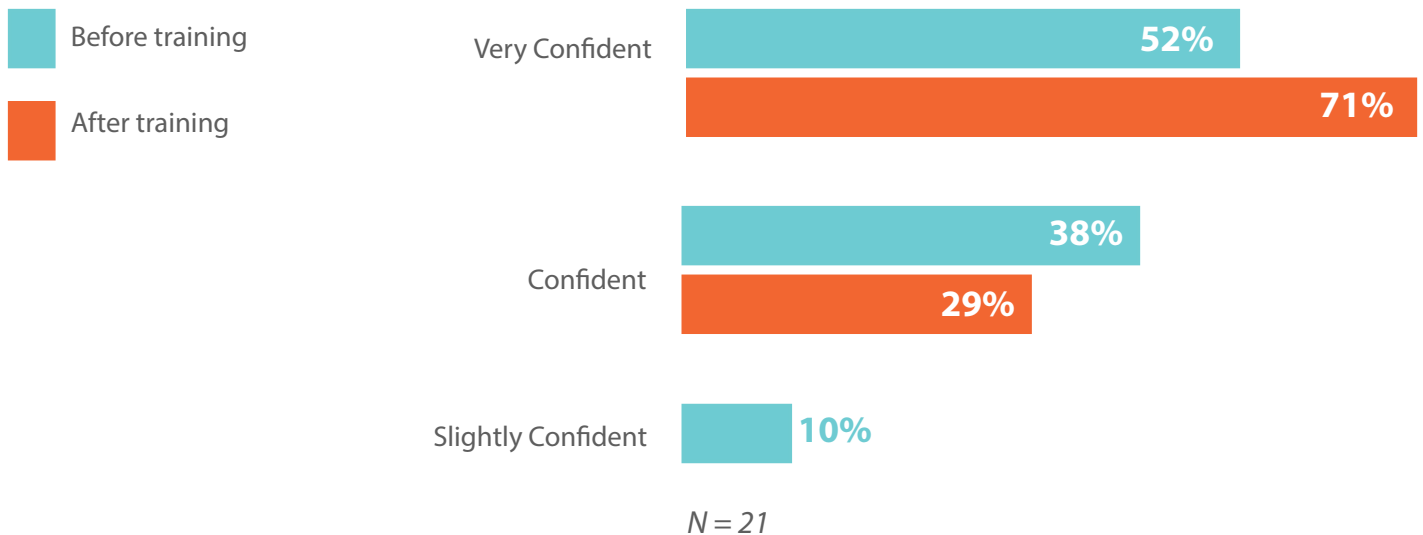
$N = 21$

Note: Results are shown for the 21 participants who completed all components of the study: pre-test, post-test, self-efficacy survey, and three dementia courses.

CareAcademy training improves caregiver's confidence in dementia care skills.

At CareAcademy, we understand how caregivers learn, and it is our mission to provide high-quality training that allows caregivers to feel confident and prepared assisting clients in their homes. As part of our study, we surveyed participants to understand how confident they feel demonstrating their skills when assisting a client in the home. We assumed that participants had little or no professional experience, based on their enrollment in our 2020 Future of Work program, so we asked them both before and after training how confident they were in their ability to care for clients with dementia. Most participants reported that they had experience caring for an older adult living with dementia even though they had little or no professional experience. After completing the training, the proportion of caregivers identifying themselves as "very confident" grew from 52% to 71%

Q. Before/After: How confident are you in your ability to care for a client with dementia?



57%

of participants

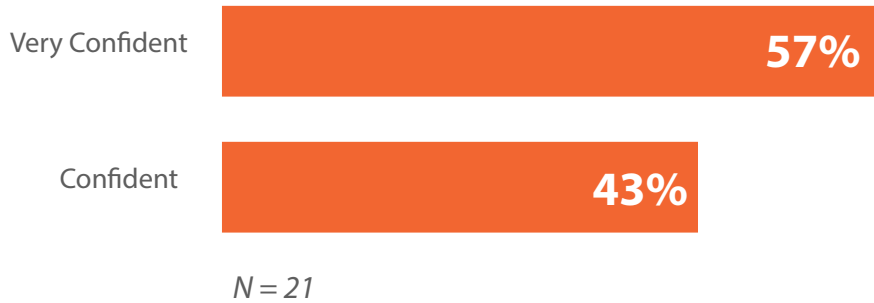
reported being very confident in their ability to communicate with clients who show difficult or aggressive behavior.

After completing training, we asked participants to rate their confidence in their key dementia care skills, in addition to their general confidence in delivering care. The three dementia care classes introduced participants to important communication and safety skills to help boost their confidence when assisting a client with dementia in the home.

Q. After training, how confident are you in your ability to communicate with clients with dementia?



Q. How confident are you in your ability to prevent accidents in the home of a client with dementia?

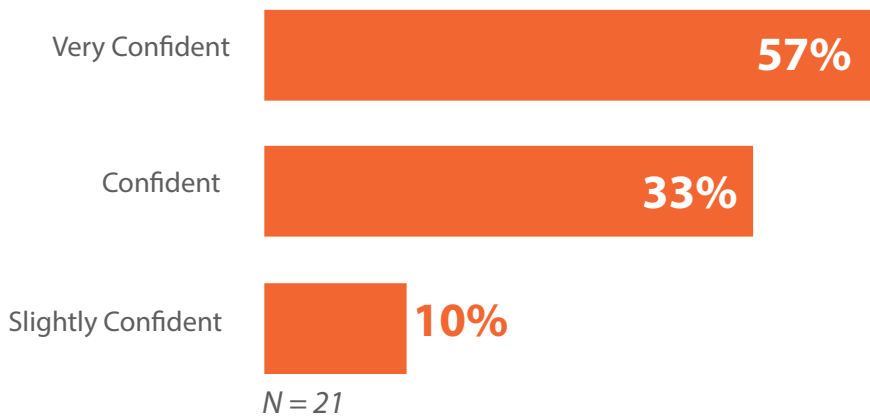


Over
50%

of participants

are very confident in their ability to prevent accidents in the home.

Q. How confident are you in your ability to ensure the safety of a client with dementia when outside of the home?

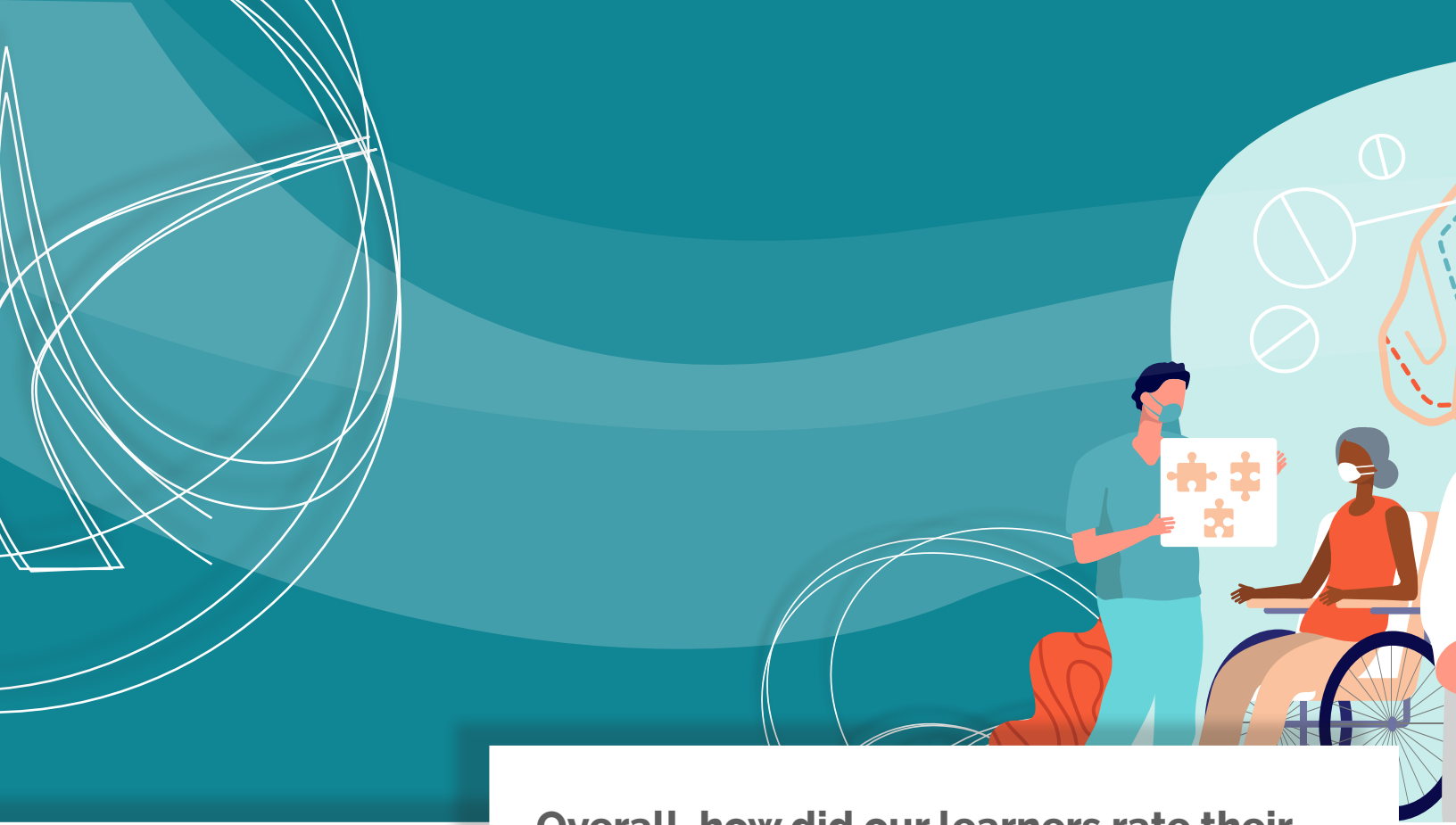


Over
50%

of participants

are very confident in their ability to ensure the safety of clients when outside the home.

It is common for people with dementia to display difficult or aggressive behaviors, and it is important for direct care workers to stay calm during these episodes. A majority of participants are confident in their ability to manage difficult situations to keep both themselves and their clients safe.



Over
70%
of participants

found the training extremely relevant to their success as a caregiver.

Overall, how did our learners rate their CareAcademy classes?

The goal of training is to prepare caregivers for the workforce. We asked caregivers how well they felt their training prepared them to be a professional caregiver for clients with dementia. Overwhelmingly, participants found the training extremely relevant and felt mostly or fully prepared to be successful as a caregiver for people with dementia.

Q. How relevant was the dementia training to your success as a caregiver for people with dementia?

Extremely Relevant

71%

Mostly Relevant

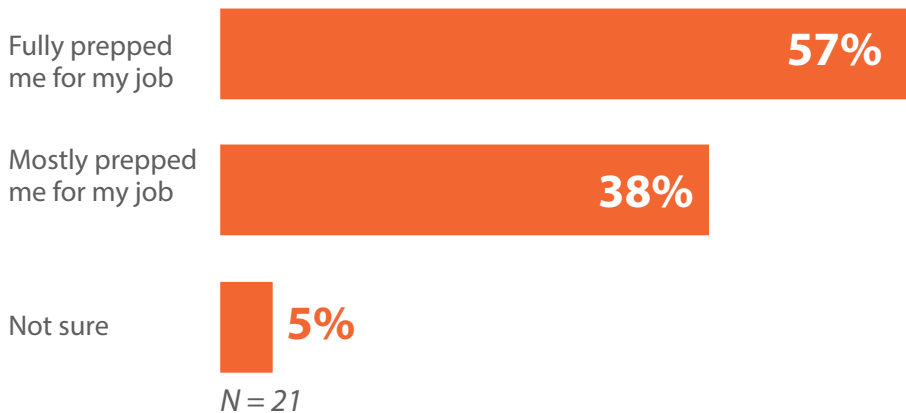
29%

N = 21





Q. How well did the training prepare you to be successful as a caregiver for people with dementia?



Over
50%
of participants

believed the training fully prepared them to be successful as a caregiver for a client with dementia.

*We recognize that some participants may be unsure due to their limited experience.



Summary

After training, we followed up with a number of the study participants and asked them about their status as a caregiver and if they had any additional feedback after completing the program. We received a number of responses with glowing reviews and it was evident that they were passionate about improving their skills.

Responses include::

"I thoroughly enjoyed the dementia care study. It was very informative."

"I am always eager for continued learning. Please keep me apprised of any new opportunity you may offer. "

"I did take the Dementia Care Study, I found it to be very informative, I took the test and got a 100!"

"I could easily apply what I've learned from your course if I were to have the opportunity to take care of clients with dementia."

**If you are interested
in conducting a study
with your direct care
workforce, contact us!**

<https://info.careacademy.com/contact>

About CareAcademy

CareAcademy provides high-quality, state-approved caregiver training for home care agencies that increases caregiver knowledge. Caregivers love to complete all of their needed training from an easy-to-use, mobile-friendly platform designed around their style of learning. Home care agencies know their caregivers are current with their training requirements and are able to manage their state specific compliance needs. Learn more at <https://careacademy.com/>

