



# COACH: HOME-BASED MANAGEMENT OF BEHAVIORS IN DEMENTIA



A. Cook<sup>2</sup>, J. Davagnino<sup>1</sup>, R. Sloane<sup>1,2</sup>, T. Holsinger<sup>1,2</sup>, J. Twersky<sup>1,2</sup>

1. Durham Veterans Affairs Health Care Center; 2. Duke University Medical Center

## WHAT WE LEARNED

After 12 months enrollment in COACH

Dementia-related behaviors decreased in number and frequency

Caregiver reaction to dementia-related behaviors decreased

## WHAT IS COACH?

- ❖ Caring for **O**lder **A**dults and **C**aregivers (CG) at **H**ome
- ❖ Home-based program delivered by an interdisciplinary team
- ❖ Works with caregiver-patient dyads to provide caregiver education/counseling/support and management of dementia-related behaviors

## AIM

- ❖ Evaluate changes in dementia-related behaviors and their association with CG reactions following enrollment in COACH

## METHODS

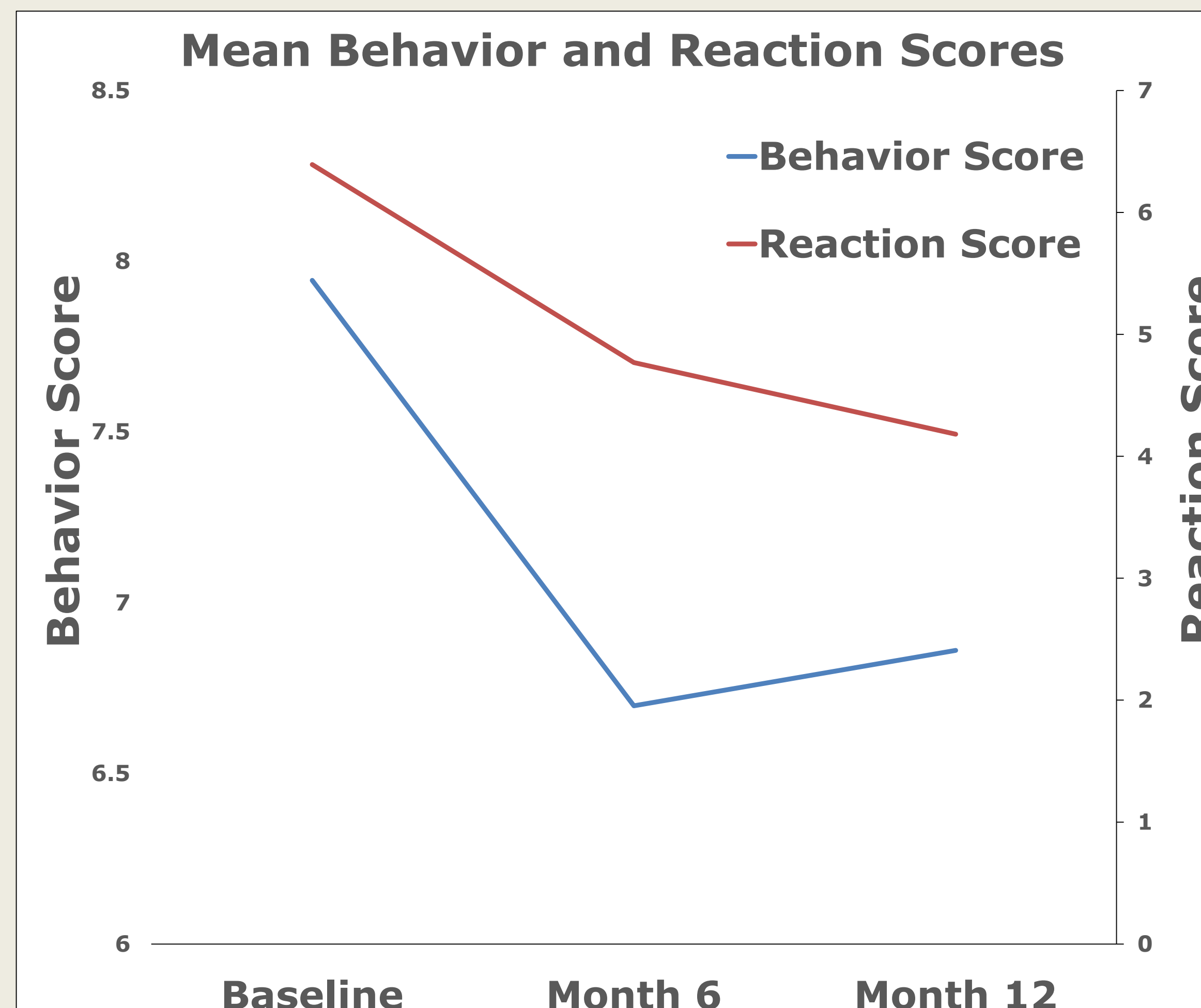
- ❖ **Eligibility criteria**
  - Age  $\geq 65$
  - Dementia
  - CG in home
  - Live within 50 mi of Durham VAHCS, Morehead City, Greenville and have a VA PCP
- ❖ ABIDS (Agitated Behaviors in Dementia Scale) score done by RN or SW via in-home CG interview at entry and every 6 months
- ❖ ABIDS scores analyzed for all participants remaining in COACH  $\geq 12$  months between 9/1/2010 and 6/30/2016

**BEHAVIOR SCORE** = sum {frequency of behavior}; range 0-48

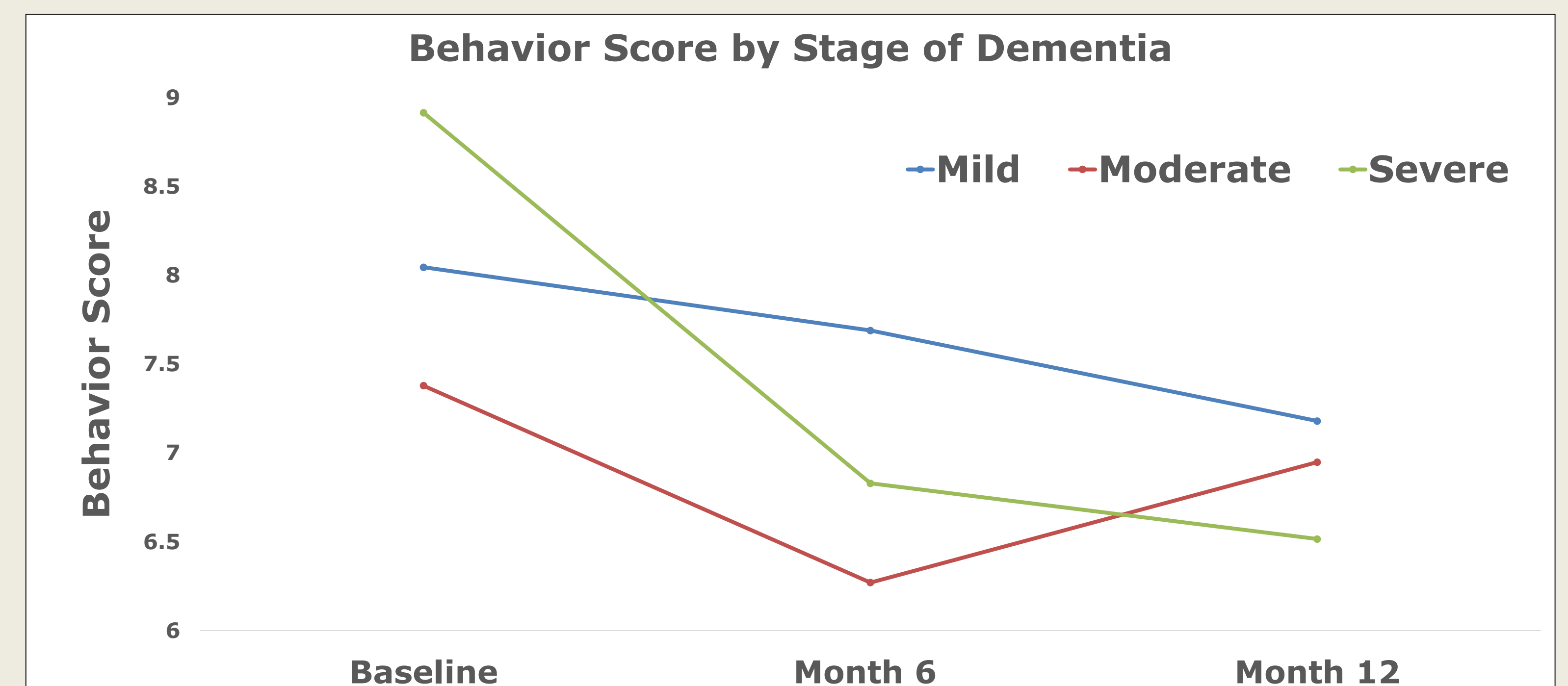
**REACTION SCORE** = sum {reaction to behavior}; range 0-64

## RESULTS

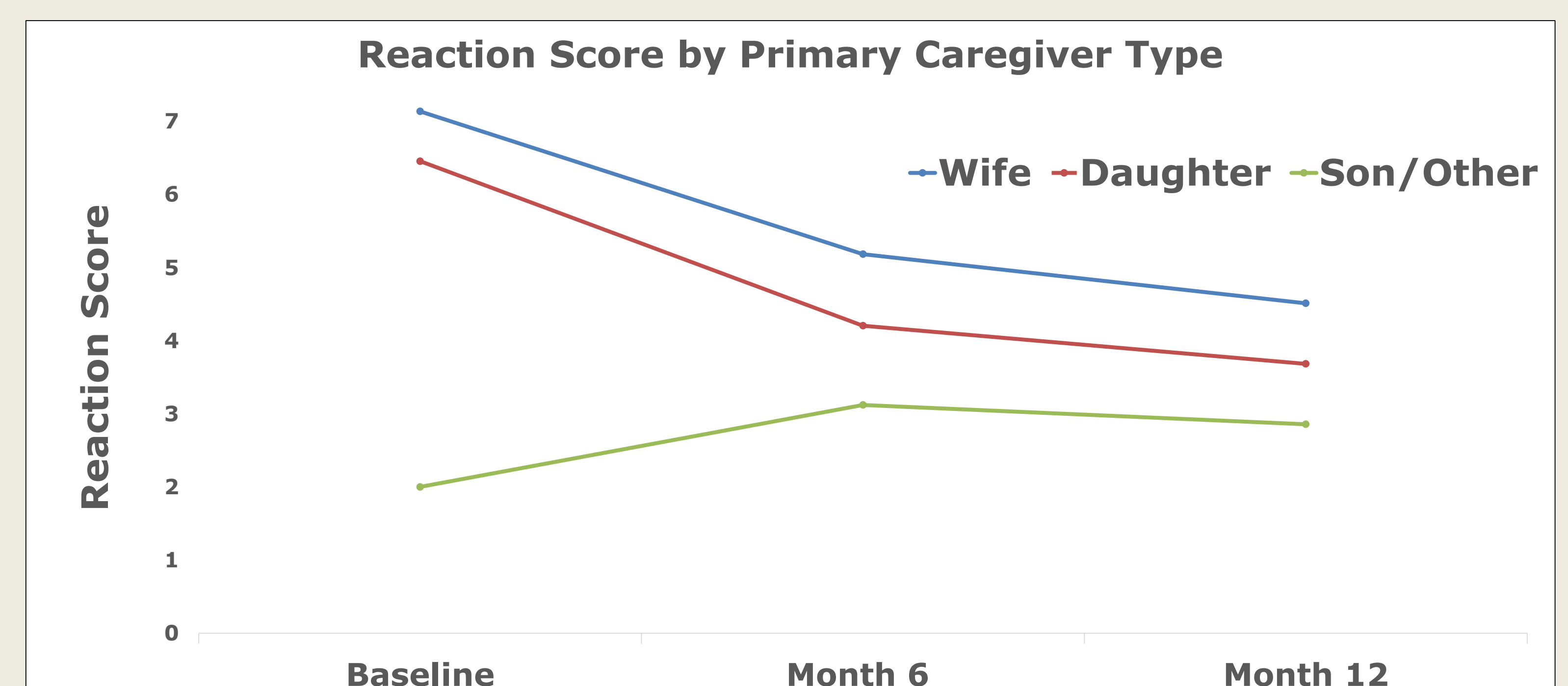
Characteristics on enrollment	n = 268
Mean age	81.1
Male	97.8%
Caucasian	58.3%
African American	38.8%
Hispanic	1.4%
Asian	0.7%
Mild dementia (MOCA 18-23)	17.2%
Moderate dementia (MOCA 9-17)	72.5%
Severe dementia (MOCA 0-8)	10.3%



For all participants, over 12 months enrollment, the mean behavior score and mean reaction score decreased by 1.08 ( $p=0.006$ ) and 2.21 ( $p<0.001$ ), respectively



Over 12 months, the behavior score decreased more for severe than moderate dementia (2.39 vs 0.43,  $p=0.03$ )



Over 12 months, the reaction score increased 0.86 for CG sons and decreased 2.77 for CG daughters ( $p=0.03$ )

- ❖ 12 month changes in behavior and reaction scores were compared by age, race, other stage of dementia and other CG type but were not statistically significant
- ❖ At 12 months n = 243