

Respite Time-Use:

Research Findings Lead to Novel Intervention to Maximize Benefit of Respite for Caregivers

Presentation by Rebecca Utz



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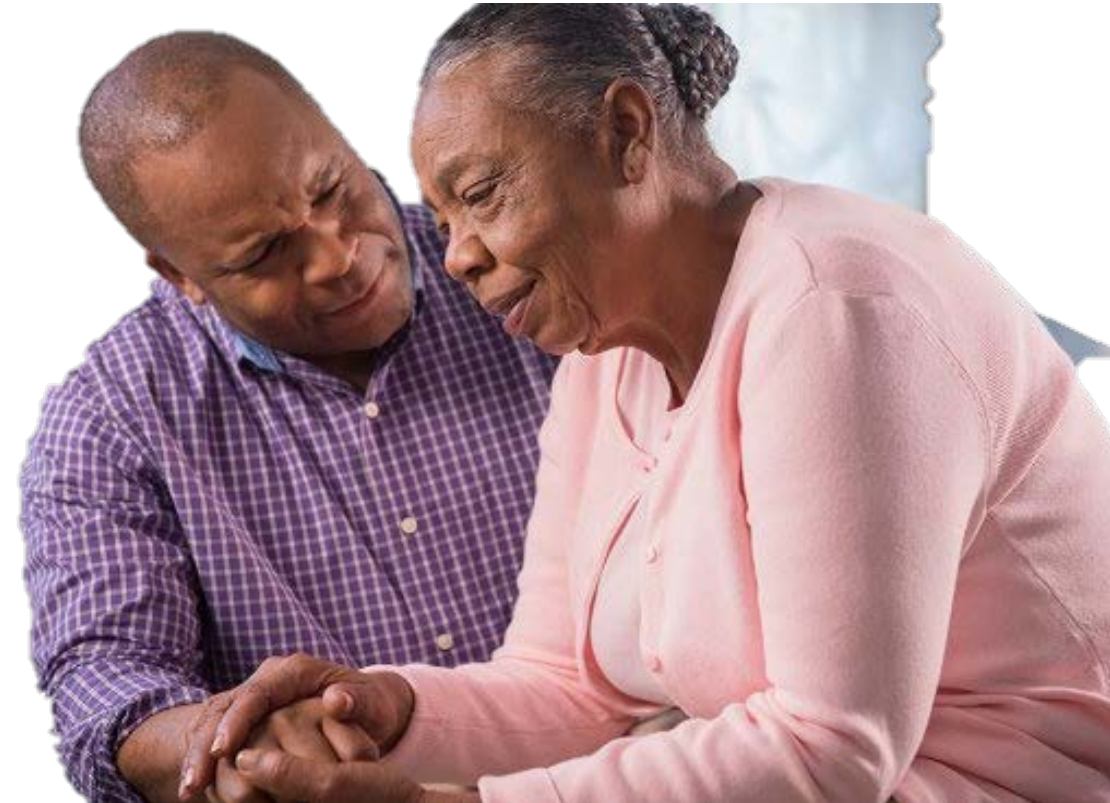
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Caregiver
(informal or family caregiver)

Respite

(defined as "time away from caregiving")



About half of caregivers reported being
“not satisfied” with their respite time

Lund, D. A., Utz, R., Caserta, M. S., & Wright, S. D. (2009). Examining what caregivers do during respite time to make respite more effective. *Journal of Applied Gerontology*, 28(1), 109-131.

	<u>Desired Time-Use</u> (in hours)		<u>Actual Time-Use</u> (in hours)		% Whose Actual Time-Use was		
	<i>Mean</i>	<i>Std Dev</i>	<i>Mean</i>	<i>Std Dev</i>	<u>Less Than</u>	<u>Same As</u>	<u>More Than</u>
					<i>Desired Time-Use</i>		
<u>Respite Activities</u>							
1. Time with family	3.0	(5.8)	3.1	(6.2)	17	69	15
2. Housework	2.4	(4.0)	3.3	(3.6)	17	50	33
3. Rest and relaxation	2.0	(4.8)	1.3	(3.2)	20	67	15
4. Read or write	1.8	(2.5)	2.1	(4.4)	29	56	15
5. Help others	1.7	(3.3)	1.7	(3.5)	15	77	8
6. Watch TV	1.6	(3.5)	1.8	(4.0)	4	79	17
7. Sleep or nap	1.5	(6.2)	0.7	(1.6)	10	77	13
8. Cook	1.5	(2.2)	1.8	(2.2)	13	63	25
9. Eat	1.4	(1.9)	1.8	(1.8)	13	50	38
10. Shop	1.4	(2.2)	1.6	(1.8)	15	58	27
11. Time with friends	1.2	(1.9)	0.7	(1.3)	23	73	4
12. Hobby	0.9	(2.4)	0.5	(1.5)	15	81	4
13. Exercise	0.8	(2.0)	0.8	(2.0)	13	79	8
14. Personal or medical care	0.7	(1.3)	1.0	(1.6)	10	69	21
15. Listen to radio	0.6	(1.3)	0.6	(1.0)	8	77	15
16. Religious activity	0.5	(1.3)	0.4	(1.1)	6	88	6
17. Travel	0.5	(1.1)	0.6	(1.2)	4	83	13
18. Recreation	0.4	(1.1)	0.3	(1.0)	10	88	2
19. Attend support group	0.2	(0.7)	0.1	(0.4)	8	90	2

“I wasted my time watching television.”

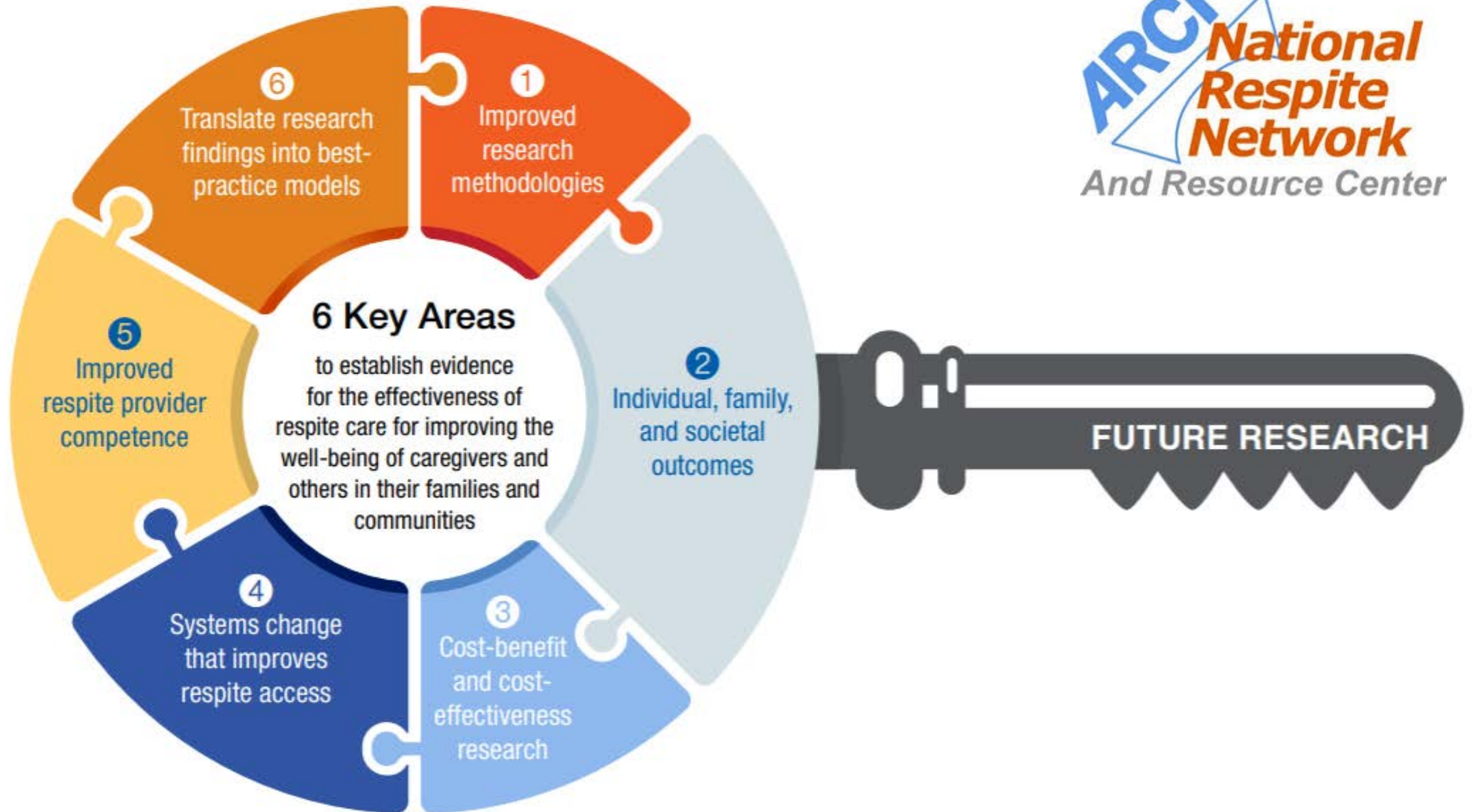
“I wish I could have relaxed, but I had to help others and make visits.”

“I would like to stay home alone and work on projects that I never have time for.”

Intervention

Goal: to help caregivers maximize the benefit of respite by focusing on their time-use

- *“I made a greater effort to find fun things to do and ACTUALLY got around to doing them...lead to other fun things which I did and will do in the future.”*
- *“It invigorated me. I am alive and not just living. I love feeling of success when I achieved my goals.”*
- *“I never had time for myself but since I set my goals, I feel obligated - like a promise I can't cut out.”*
- *“I was unconsciously sliding into a resigned death of my own until I started this study. This program really woke me up to the fact that I needn't give up – rather, that by setting goals, I can move forward and feel success even though my circumstances have not changed. I feel like a new, happier person!”*

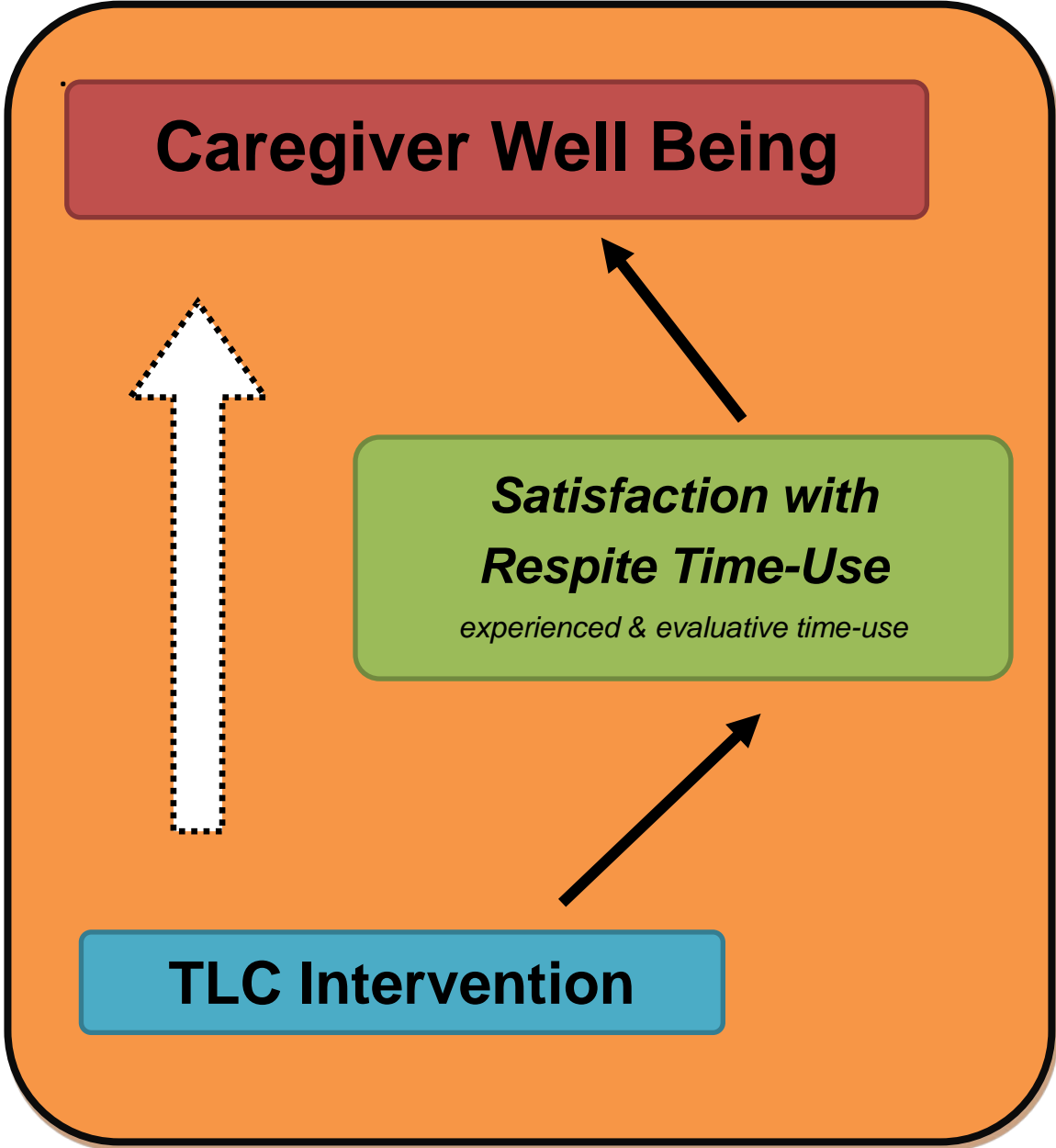




TIME FOR LIVING & CARING

A technology-delivered intervention to maximize benefit of respite

NIA R01-AG061946



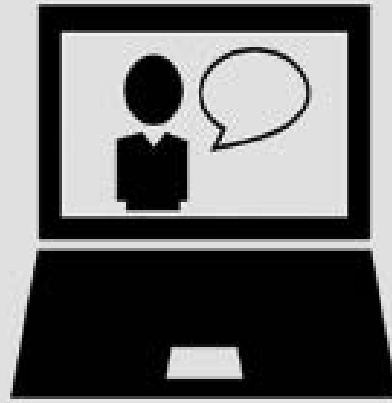
Caregiver Well Being

Satisfaction with Respite Time-Use
experienced & evaluative time-use

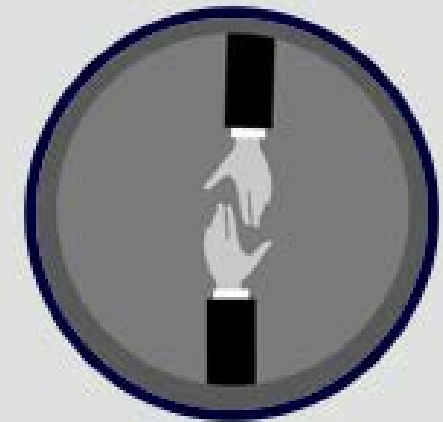
TLC Intervention



1.
Information & Education
What is Respite?



2.
Virtual Coaching
How do I use respite?



3.
Resources & Referral
How do I get more respite?

**Goal Setting, Goal Review
Calendar**

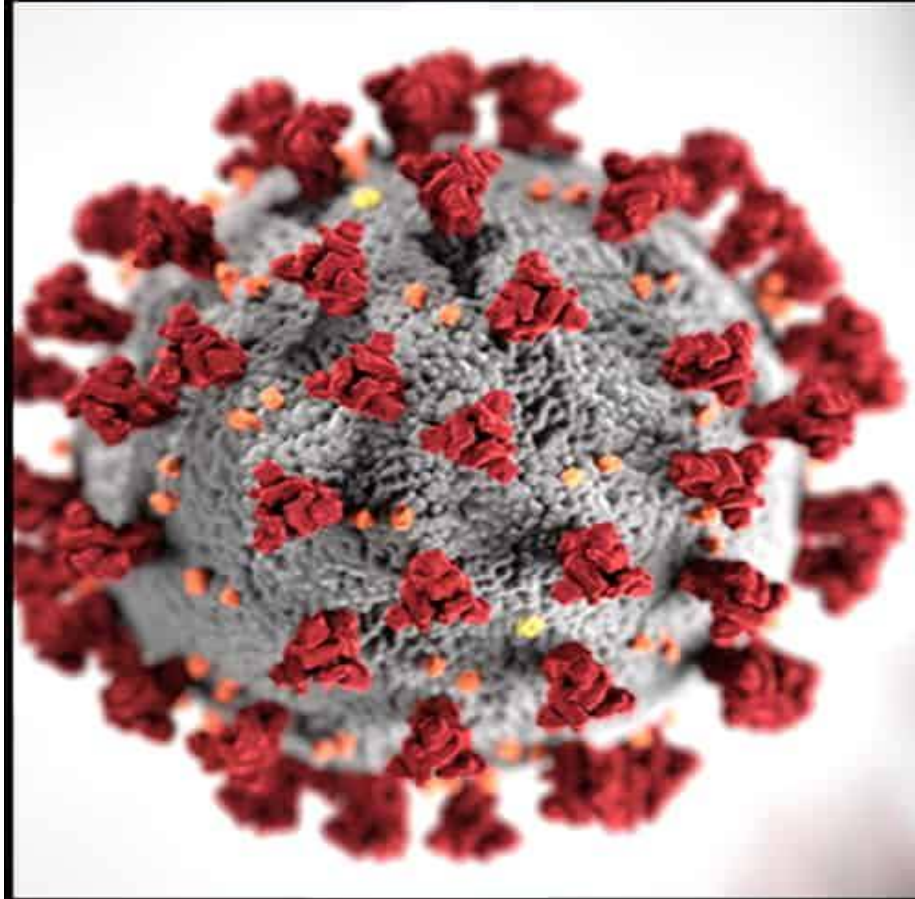
Selection, Optimization, Compensation (SOC)

Pilot test for feasibility and initial efficacy

- 150 dementia caregivers
- 16-week intervention
- Randomized control trial (waitlist control)
- Community-engaged practices



TIME FOR LIVING & CARING



COVID-19

CORONAVIRUS DISEASE 2019



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<http://tlc.gslc.utah.edu/>