

FAMILY INVOLVEMENT IN CARE (FIC) INTERVENTION ASSESSMENT INVENTORY

I. Assessment: Person with Dementia

An important starting point in forming a staff-family partnership that improves the quality of care and life for persons with dementia is to think carefully about that person. Developing a strong partnership agreement with family members relies on a realistic and shared viewpoint of the person with dementia. Assess both retained abilities and longstanding characteristics, including:

- Functional abilities
- Self-care abilities
- Cognitive level and function, including retained use of language
- Longstanding personality, interests, habits, and traits
- Values and preferences for activities and care
- Work and leisure history
- Behavioral symptoms (if present)
- Interests and engagement in meaningful and enjoyable activities

Most organizations and services that provide care and treatment to persons with dementia have standardized assessments that are designed to assess these factors. We highly recommend that each organization review their ongoing assessment measure and supplement with other scales or tools as needed. The *Family Involvement in Care for Persons with Dementia Evidence-Based Guideline*© recommends the following:

- ✓ Instrumental Activities of Daily Living Scale [IADLS]
- ✓ Physical Self-Maintenance Scale [PSMS]
- ✓ Cognitive Functioning: [Global Deterioration Scale]
- ✓ Pleasurable Activities: [The Pleasant Events Schedule-AD]

II. Assessment: Family Member of Person with Dementia

As we outlined in the training modules, family members of persons with dementia face a number of role changes and stressors that are important to understand. Also family members are quite different from one another, so taking an individualized approach to best know and understand each as individuals will help guide interactions and partnership agreements. We highly recommend following the assessment inventory items that are outlined in the *FIC Guideline*.

1. Describe reasons for change in care situation; that is, what led to seeking services or supports at this point in time?

2. Who is the primary family caregiver at home?
3. Is that the same person who will be the main contact person for this service or setting? If not, who is the main contact person?
4. What other family members or close friends may be providing social or other support?
List names and relationships:
5. How would you (main family contact) rate the degree of family support you get?
___ Good ___Fair ___Poor
6. Is there anything else about family support that we should know?

Questions below related to the main family contact person.

7. What is your employment status?
___Full-time ___Part-Time ___Not employed
8. Tell me a little bit about your other family roles/obligations, besides being the main family caregivers and contact person for your relative with dementia.
9. Tell me a little about your feelings about transitioning your relative to our setting/need for supportive services?
10. Tell me about your caregiving role. For example,
 - a. How much and what type of care have you been providing?
 - b. Have you had any physical challenges in providing care?
 - c. Have you had any emotional changes in providing care?
 - d. What kind of problems have you encountered in providing care?

Residential program and nursing facility services should ask the following.

11. What are your expectations for continuing to participate in caregiving?
12. How often do you hope to participate or visit?
 - a. I live with the person
 - b. I'll visit daily
 - c. I'll visit every other day
 - d. I'll visit weekly
 - e. I'll visit when I am able (specify)
13. What are your major concerns about this new care situation or service?
14. Tell me what you expect from staff related to your participation in your relative's care.
15. Tell me what you expect from staff related to their care of your relative.

16. There is a lot to know about dementia. How would you rate your knowledge level?
___ Minimal ___ Moderate ___ Extensive
17. Tell me a little about how you have gained knowledge about dementia. What type of information or format of information has been most helpful?
18. How is your current health?
___ Excellent ___ Very Good ___ Good ___ Fair ___ Poor ___ Very Poor
19. How stressful has your caregiving role been?
___ Very stressful ___ Moderately stressful ___ Slightly stressful ___ Not at all stressful

III. Self-Assessment: Care Situation/Service

Care settings and services vary widely based on their focus. This training series is designed for use in home health care, adult day health care programs, residential senior living programs like assisted living or independent living, dementia-specific units or programs, and nursing facility care. In short, there are lots of differences that should be considered when thinking about care of persons with dementia, and forming partnerships with their family members. The following questions are designed to help leaders and teams think about these services offered in your setting and how that may influence your use of the FIC intervention.

- How frequently do you provide care to persons with dementia? E.g., If that the entire focus of your service? Or one of several types of care you provide?
- What is your philosophy of care for persons with dementia? Is that a formal or informal policy? If you don't have a specific philosophy, have you thought about adopting one?
- What are your policies regarding communication with family (e.g., Who can share what kind of information with family members?)
- How knowledgeable are staff about dementia and care of persons with dementia? (e.g., What type of training is provided? Do you see evidence of training ideals in daily practice?)
- What are staff roles and responsibilities in assuring continuity of care/treatment?
- What is the general "tone" of staff attitudes about family participation in care/treatment?
- What dementia-related resources do you offer families?
- How "dementia-friendly" is your environment? (e.g., Family friendliness, attractiveness, freedom of movement for persons with dementia, activities, inclusion of animals)

For residential care settings, consider the following.

- What are your policies regarding visiting?
- What are your policies regarding family participation in caregiving?
- Do you offer family support groups?