

A4C: Results from the pilot testing phase (IO2)

PRELIMINARY DATA

Flavia Piccinini, INRCA - Transnational Meeting of Kalmar, 4 September 2018

Key-questions

- Has the training course for carers contributed to increase the participants' digital skills?
- Has the training course for carers contributed to raise the awareness of carers about online resources for assistance?
- Has the A4C mobile application been welcomed positively by carers?
- Do carers intend to continue using the A4C app in the near future?

Topics and assessment phases:

Section	Topic	Baseline Questionnaire	Final Questionnaire	Follow up Interview
1	Information about the caregiver	X		X (small part)
2	Information about the care recipient	X		X (small part)
3	On-line resources, digital skills	X	X	
4	A4C app and resources included		X	X
5	Training	X	X	

Characteristics of participants - 1/2

Country	N. participants	Age (mean \pm SD)	Gender	Married	With children
			Female	Yes	Yes
Sweden	11	58.7	8 (72.7%)	10 (90.9%)	10 (90.9%)
Italy	25	53	21 (84%)	17 (68%)	17 (68%)
Portugal	5	57.2	4 (80%)	2 (40%)	2 (40%)
Cyprus	9	49.1	6 (66,7%)	5 (55.6%)	5 (55.6%)
TOTAL	50	54	39 (78%)	34 (68%)	34 (68%)

Characteristics of participants – 2/2

Country	Education				Employed	of which
	Secondary	Upper secondary	Post secondary	Tertiary	yes	full-time
Sweden	1 (9.1)	2 (18.2)	2 (18.2)	4 (36.4)	5 (45.5%)	5 (100%)
Italy	5 (20.0)	13 (52.0)	1 (4.0)	6 24%	16 (64%)	14 (87.5%)
Portugal	–	1 (20.0)	2 (40.0)	2 40%	1 (20.0%)	1 (100%)
Cyprus	–	1 (11.1)	5 (55.6)	3 33,3	8 (88.9%)	7 (87.5%)
TOTAL	6 (12%)	17 (34%)	10 (20.0%)	15 (30%)	30 (60%)	27 (90%)

The relation with the care recipient- 1/2

Relation with the care recipient	
Daughter/son	25 (59.5%)
Spouse/Partner	8 (19%)
Father/Mother	2 (4.8%)
Duration Assistance (years)	4.0 ± 3.0 (mean±SD)

Country	Care provision: hours/week (mean±SD)
Sweden	28.4 ± 56.7
Italy	20.3 ± 12.2
Portugal	48.7 ± 42.9
Cyprus	19.1 ± 15.0
TOTAL	24.6 ± 31.6

The relation with the care recipient – 2/2

Country	Age of the care recipient (mean \pm SD)
Sweden	77.3 \pm 15.0
Italy	80.9 \pm 8.5
Portugal	76.0 \pm 18.9
Cyprus	79.6 \pm 7.5
TOTAL	79.1 \pm 11.4

Dependency of the care recipient	
Severely dependent	13 (31.7%)
Moderately dependent	14 (34.1%)
Slightly dependent	10 (24.4%)
Independent	4 (9.8%)

The burden of care – 1/2

Zarit Burden screening version*

High burden	Italy	Portugal	Cyprus	Total
Zarit ≥ 8	7 (36.8%)	3 (75.0%)	4 (44.4%)	14 (43.8%)

14 out of 39 respondents resulted **highly burdened**.

*Bédard M, Molloy DW, Squire L, Dubois S, Lever JA, O'Donnell M., The Zarit Burden Interview: a new short version and screening version, Gerontologist. 2001 Oct;41(5):652-7
Gerontologist. 2001 Oct;41(5):652-7.

The Burden of care 2/2 – COPE INDEX*

	Quality of the support		Positive Value		Negative Impact	
	High perceived support	Low perceived support	High Positive Value	Low Positive Value	Low Negative Impact	High Negative Impact
Total	11 (34.4%)	21 (65.6%)	10 (34.5%)	19 (65.5%)	17 (51.5)	16 (48.5)

*McKee, K. J., Philp, I., Lamura, G., Prouskas, C., Oberg, B., Krevers, B., Szczerbinska, K. (2003). The COPE index--a first stage assessment of negative impact, positive value and quality of support of caregiving in informal carers of older people. *Aging & Mental Health*, 7(1), 39-52.

Perceived importance of on-line resources for assistance (pre-post training)

Q. How important could be for you using online resources for the following activities?	Total		
% responding “moderately/very important”	T0	T1	p
Info and advice on disease/medication	97.0	97.0	1.000
Info and advice about nutrition/diet	87.1	97.4	0.044
Info and advice about services, legal and financial	87.5	95.0	0.183
Info and advice about support technologies	86.8	84.2	0.661
Assessing parameters and symptoms	68.4	84.2	0.110
Managing nutrition and diet	66.6	82.0	0.032
Sharing info with health professionals	76.3	92.1	0.057
Getting to know other carers, exchange experiences	77.1	91.4	0.058

Digital skills (pre-post training)

Q: How would you rate your digital skills?			
% good/excellent	T0	T1	p
Sweden	90.9	100.0	0.341
Italy	25.0	50.0	0.041
Portugal	0.0	20.0	0.374
Cyprus	55.6	55.6	1.000
Total	46.3	61.0	0.012

Perceived usability of the A4C app - SUS scale

SUS score	Sweden	Italy	Portugal	Cyprus	TOTAL
≥ 68	7 (70%)	12 (80%)	4 (80%)	9 (100%)	32 (82.1%)

82.1% of participants found the A4C app easy to use.

Q.: Do you plan to use any of the suggested apps?

	Sweden	Italy	Portugal	Cyprus	TOTAL
Probably not, I do not need this kind of support	2 (18.2%)	1 (5.6%)	-	-	3 (7%)
Probably yes, it depends on how it would be challenging to me use this tool on my own	7 (63.6%)	6 (33.3%)	1 (20%)	1 (11.1%)	15 (34.9%)
Probably yes, I think that this app can do much for me	2 (18.2%)	11 (61.1%)	4 (80%)	8 (88.9%)	25 (58.1%)

Q: rate your overall level of satisfaction with the course

	Sweden	Italy	Portugal	Cyprus	TOTAL
Dissatisfied	-	1 (5.6%)	-	-	1 (2.3%)
Satisfied	3 (27.3%)	4 (22.2%)	3 (60%)	-	10 (23.3%)
Very satisfied	8 (72.7%)	13 (72.2%)	2 (40%)	9 (100%)	32 (74.4%)

Follow up interviews

(not yet started)

What we intend to evaluate:

- Changes in the caring situation (changes in the care recipient health status, changes in the caregiver life circumstances, etc.)
- Changes in the emotional state of carers (Zarit Burden scale, COPE INDEX)
- Use of the A4C app and/or of the resources included in it after the training conclusion;

How we intend to use the data:

Publication : Title (draft) “Improving the digital skills and the awareness on online resources in family carers of older people: the experience of the A4Cs project.”

Authorship: to be defined.

Thank you for listening!