

Skills₂Care[®]

A Program for Caregivers of People with Dementia

Habilitation Approach

- optimize function
- capitalize on preserved body function, performance skills, etc.
- modify activity/environment
- train & educated caregiver

Evidenced-based Program

- **Can be consultative in nature or part of occupational therapy plan of care for client with dementia**
- **Completed by a trained OT in 3-10 sessions**
- **5 principles**
 - Client-driven
 - Culturally-relevant
 - Problem-solving oriented
 - Customized
 - Active involvement
- **Key Threads**
 - Rapport building and validation of caregiver
 - Education about dementia, behaviors, and environment
 - Skill-building
 - Taking care of self.

Delivery Mode

Telehealth

Face-to-Face in the Home or Community

