

### Virtual Training for Latino Caregivers to Manage Symptoms of Dementia



**Principal Investigator**

Maggie Ramirez, PhD, MS, MS  
University of Washington

**Health Care Systems**

- UW Medicine
- WWAMI Region Practice and Research Network

*“Offering care partner support that is respectful of Latino cultural values and beliefs has the potential to reduce disparities in dementia care.”*

**RATIONALE:** Latinos are 1.5 times more likely to develop dementia compared to non-Latino White adults. Non-pharmacological interventions have been developed and tested to support caregivers of people living with dementia (PLWD), but they are limited by the persistent underrepresentation of Latinos. STAR-VTF is a virtual adaptation of an efficacious intervention that teaches caregivers skills to reduce behavioral and psychological symptoms of dementia.

**OBJECTIVE:** The objectives of this study are to 1) integrate Latino cultural values, beliefs, concerns, and language preference into STAR-VTF and 2) pilot test the adapted content among Latino care partners.

**SETTING:** Washington State

**POPULATION:** Spanish- and English-speaking care partners of PLWD who self-identify as Hispanic/Latino/a/x.

**INTERVENTION:** For 6-8 weeks, care partners in the STAR-VTF intervention complete weekly online training modules asynchronously, have weekly phone calls with a coach (e.g., social worker), and receive ongoing support from the coach via secure email messages. This study focuses on pilot testing the adapted asynchronous, online training modules component of the intervention.

**OUTCOMES:** The primary outcome is the Revised Memory and Problem Behavior Checklist, which measures the frequency of behavioral and psychological symptoms of dementia and the impact these symptoms have on care partners.

**IMPACT:** This pilot study will enable us to perform and refine adaptations of the STAR-VTF intervention for Latino care partners. The long-term goal is to accelerate wide adoption of STAR-VTF in healthcare systems to improve the quality and outcomes of care for Latino PLWD and their care partners.