

Development of an Online Educational Intervention for Carers of People Living with Dementia in Indonesia: a Reflective Review

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Background. Caring for people living with dementia is still continues in the COVID-19 pandemic. However, education support for carers may not possible during this pandemic. Due to this, Alzheimer's Indonesia (ALZI) actively engage in developing the online version of Dementia Care Skills training (DCS) for carers that available since 2017.

Aim. This paper intended to reflecting on the early development of the online educational intervention within the framework of the ALZI.

Intervention: The educational intervention used was the 6-hour version of DCS training for caregivers which consists of four modules and delivered within 3 days. This training is an intervention initially developed by the Dementia Training Center, Australia. The Indonesian language version was developed by ALZI, while the training of trainers is mainly delivered by Alzheimer's Disease Association Singapore.

Key elements in the development process including:

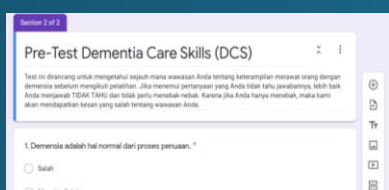
1. **Take off meeting** was performed at the very beginning involving stakeholders, trainers and the training team. This meeting is necessary to defined the training, to whom, and the plan of the development process, as well as information for stakeholders on the program.



Training team meeting

2. **Trainer team meeting**, Within these meetings, a set of re-visiting of modules-lesson plan-evaluation forms was performed.

- Consideration in choosing online training platform: the privacy, availability, integration to the existing system, and how familiar the platform for the carers. Due to functionality and its familiarity within ALZI carers, Zoom was used.
- There were four modules planned. There were substantial changes in delivering group activity which carried out in the breakout rooms at Zoom.
- Re-visiting the lesson plan is necessary to make some changes considering the timing and possible technical difficulties.
- A validated instrument in online version was used in addition to the standard evaluation form. The use of Google Forms due to the integrated email-cloud within ALZI. The validated instrument was the Indonesian version of the Dementia Knowledge Assessment Scale. The English version was developed by Annear et al. (2015).



Online version of Indonesian version of DKAS

3. **A pilot project was conducted to ensure the training delivery process within the online training environment.**

The breakout room has been adjusted to ensure the small group discussion runs smoothly. A small group trial can help the team identify problems and come up with ideas to solve them. The piloting of the training also let training team to independently function based on each position.

3. **Simultaneous implementation- assessment-planning.**

- A concurrent process allows for flexible turns and changes over the course of training to enhance the training experience.
- Although the overall training is going smoothly, few problems have arisen such as the connection problem and the technical difficulty in using the online platform.
- Following the training meeting, the team may also express their difficulties. This meeting helps the lead trainer to document any changes or modification was made for the final report.
- By reviewing the data collected, participants were very satisfied with the training process, including the modules, trainers and the training team.
- There is also promising result on the knowledge of dementia among carers as it was improved significantly ($t = 3.99$, p value = .003).

Conclusion. In general, the development of the online DCS 6 hour version went relatively well. It is also possibly hinted us on the positive impact. The problem can occur during the training due to the Internet connection and technical difficulty using an online platform.

Suggestion. The development process may apply to another version of DCS with a considering lesson plan and various possible small group activities. The duration of each meeting, preferably 2 to 3 hours per day for the participants. Longer version of DCS may have longer small group activity time with trained carers as a facilitator.

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