

Caregiver TLC Updates and Publication



From Jennifer Ramsey <rjennife@charlotte.edu>
Cc Julian Montoro-Rodriguez <jmontoro@charlotte.edu>
Bcc <sjohnston@tuesdayforumcharlotte.org>
Date 2023-07-13 15:09

Hello all,

Thank you again for your continued support of the Caregiver TLC Program.

We would like to share the news about the efficacy of the Caregiver Thrive, Learn & Connect psychoeducational program (CaregiverTLC) funded by The Southminster Community Fund.

Results from the data collected over the last two years support the efficacy of the CaregiverTLC online program to significantly reduce depressive scores ($d = .52$) and improve self-efficacy levels ($d = .51$) among caregivers attending the program in comparison to caregivers in the waitlist control condition. In addition, caregivers in the intervention group reported significant reductions in levels of burden ($d = .30$) and anxiety ($d = .29$) as well as improvement in perceived positive aspects of caregiving ($d = .27$) compared to those in the wait list control condition. Findings also provide support for effective use of this program with caregivers of both White and Black racial/ethnic backgrounds, as well as with caregivers caring for a person with chronic health conditions or neurocognitive disorders, such as dementia. The findings were just published in the Journal of Clinical Gerontologist.

This link will take you to the publication: [Caregiver Thrive, Learn, & Connect: Testing the Efficacy of an Online Psychoeducational Program for Family Caregivers](#)

Thanks in large part to your advice and efforts, the CaregiverTLC Program is another resource available to caregivers in North Carolina. We are working to embed the Program into local agencies and organizations to ensure sustained support for caregivers.

We plan to have a virtual meeting in late August to discuss these efforts with you and receive feedback and advice.

Thank you again and we look forward to meeting with you next month.

Let us know if you have any questions,

Thank you