Development of an E-learning for Caregivers to Manage Challenging Behavior of People With Dementia

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Objective
• To develop an e-learning for caregivers of people with dementia to:
  ‒ Increase their knowledge about challenging behavior (CB).
  ‒ Improve their skills in coping with CB by modeling, persuasive communication and active learning.

Content of the e-learning
• Videos: One introduction video and six videos about different types of CB.
• Online platform: The e-learning is integrated on a national online platform called ‘Dementie.nl’ of the Dutch Alzheimer Organization (Alzheimer Nederland).
• Infographics: Six infographics with essential information from the videos are downloadable from the online platform.
• Assignments: To help caregivers to translate the information about coping with CB from the videos to their own situation, assignments can be made and saved on the personal timeline.
• Peer support: Caregivers are able to share their experiences with the CB and their assignments on the online platform.

Development of the e-learning
The e-learning is developed in close cooperation with caregivers of people with dementia (the target group). Therefore, during the development-process, several prototypes were tested by the target group. The definite content and structure for the e-learning could then be determined and applied in the other scripts and videos.

Method of development of the pilot video

1. Literature search and writing the pilot script (dependent behavior)
2. Involvement of the target group and testing the pilot script
3. Adjusting the script and recording the pilot video
4. Feedback of the target group on the pilot video
5. Making the definitive script and video

Conclusion
Developing the e-learning by following the steps described above, is a time-consuming process. However, this process resulted in the development of a product that is highly relevant and useful for the caregivers of people with dementia (the target group).