What is REACH?  REACH, the product of 20 years of research and clinical translations, is a proven dementia caregiving intervention focusing on:

- Information
- Caregiver emotional well-being
- Patient behavior management
- Safety
- Caregiver health

Does REACH work?  REACH has been shown to decrease burden, depressive symptoms, the impact of depressive symptoms on daily life, the potential for abuse as measured by caregiving frustrations, and the number of troubling dementia related behaviors reported.

What is the REACH Intervention?  A certified interventionist provides individual sessions to the caregiver. Sessions are targeted, by a risk assessment of each caregiver, and structured through protocols and scripts. There are:

- 4 Active Phase core sessions
- Optional additional sessions if needed
- Maintenance sessions if caregiver requests

What are the core skills taught to caregivers?  Critical skills to empower the caregiver include:

- Problem solving
- Positive thinking/mood management
- Stress reduction

How long is the intervention?  The (4) core sessions are one hour in length; completed within a time frame set by you and the caregiver. Two-three months is a fairly common time frame. Sessions can be conducted either face-to-face (home or facility), by telephone, or telehealth equipment if available.

What training and ongoing consultation is offered for REACH?  The University of Tennessee Health Science Caregiver Center provides training, certification, and ongoing coaching. Training is 3 hours (webinar/video conference format). For certification, staff must complete an additional 1 hour role play session. They provide ongoing consultation with interventionists to answer any questions concerning the program.

For more information about REACH Community© Training & Certification, please contact:

Jennifer Martindale-Adams, EdD
Co-Director, Caregiver Center
University of Tennessee Health Science Center
Jmartindale@uthsc.edu
(901) 523-8990, dial #1 and ext. 7080