Mindfulness-Based Dementia Care

FEEDBACK & EVALUATION

Since its inception, we have utilized a program evaluation in MBDC for all participants. In addition to consistent evaluation and feedback, a small pilot study was conducted in 2015 (see attachment for poster) and presented at the Alzheimer’s Association International Conference in Toronto, CA in July 2016. **During this IDEO refinement phase we have spoken with current and recent participants of MBDC to gather their input regarding technology, online features, preferences and concerns.** We also created a short Qualtrics survey (attached) to send to those who could not attend in person. These findings echo the verbal feedback we’ve received. We have provided the survey questions and results in an attachment. 15 caregivers participated in the anonymous Qualtrics survey.

In early 2018, we look forward to sharing this survey more broadly to adapt and include those who have been unable to attend a live, in person MBDC session as well as caregivers who are not only unable to attend in person, but unfamiliar with mindfulness as a way to navigate care. Amending the survey to inquire about potential interest, while also learning about smartphone and technology usage habits, will be an invaluable contribution to further refinement and expansion of MBDC.

We are grateful for the IDEO experience and the opportunity to concretize our vision to scale and make MBDC more accessible. We are also excited about the potential for collaboration with other innovators who care deeply about caregivers and adults living with dementia. Thank you!