



## Are Perceptions of Self-Efficacy in Preventing Falls by Persons with Alzheimer's Disease or Related Dementias Considered by Their Family Caregivers?

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**Background:** Falls are common in Persons with Alzheimer's disease and related dementias (PwADRD) which may be affected by their self-efficacy or that of their Family Caregivers (CGs). Our earlier studies demonstrated that older adults may be over-confident or timid and we explored whether CG's self-efficacy in preventing a fall or loss of balance (FLOB) for their PwADRD considered PwADRD confidence.

**Method:** Activity-Specific Balance Confidence (ABC) is a standardized scale in which confidence in preventing a FLOB is rated (0=no confidence to 10=completely confident) in 16 specific situations. Pilot testing with standard 0-10, 5 or 3 point Likert scales was unsuccessful with PwADRD. Therefore, CGs self-administered the ABC, rating their confidence (0-10) in preventing PwADRD FLOBs, while the PwADRD responded 'Yes I Can' or 'No I Can't' prevent a FLOB to trained Interviewers for each situation. ABC<sub>total</sub> (CG 0-160, PwADRD 0-16) and Spearman correlation between CG and PwADRD ABC<sub>total</sub> scores were calculated. Wilcoxon two sample tests compared CG ratings between groups (PwADRD who responded Yes and those who responded No) for each situation.

**Result:** Thirty-three dyads were 85% White, 3-6% Asian, African-American, Hispanic or Pacific-Islander. CGs were 91% female, average age=70.3 and ABC<sub>total</sub>mean=105.2, SD(26.3). PwADRD were 76% male, average age=77.2, MMSE score mean=22.3, SD(6.4) and ABC<sub>total</sub>mean=12, SD(2.6). The correlation between CG and PwADRD ABC<sub>total</sub> scores ( $r=0.349$ ) was significant ( $p=.046$ ). We compared CG ratings between the two groups (PwADRD who responded Yes or No) for each situation. Overall, PwADRD were confident they could prevent a FLOB. In six situations, there were 3 or less who responded No, I can't. The CG median rating for the Yes group was significantly higher than the No group in only three situations: walk in crowd (8 vs. 5,  $p=.008$ ), icy sidewalks (6 vs. 2,  $p=.047$ ), and bend over (8 vs. 5.5,  $p=.058$ ). In all other situations, there was no significant difference in CG ratings whether the PwADRD responded Yes or No.

**Conclusion:** In many situations, CG's self-efficacy for preventing FLOBs was similar irrespective of PwADRD confidence. This 'Dual-ABC' approach may help to focus falls prevention interventions on situations in which the CG's self-efficacy does not consider the PwADRD's confidence.