

POSTER

Health and Self-Esteem

C. CRUIKSHANK. *E-learning online for caregivers who are unable to leave their homes or jobs easily. Gerontechnology 2018;17(Suppl):154s*; <https://doi.org/10.4017/gt.2018.17.s.150.00> E-Online-Learning was designed to facilitate the caregivers' ability to gain knowledge about the facets of dementia, to better prepare the caregiver for situations that arise with this disease, and to reduce caregiver stress. **Purpose** The greatest challenge that caregivers face is the ability to get to education programs and to support groups. It is often very difficult and/or expensive to find a surrogate caregiver, or to get leave from work in order to attend educational programs and learn more about Alzheimer's disease or related dementias. **Method** The Alzheimer's Association is rolling out E-Online-Learning, which includes several education programs, free of charge to caregivers in 2018. Caregivers can go online to www.alz.org 24/7 and attend a narrated education program. Program topics include: Know The 10 Signs: Early Detection Matters; The Basic's: Memory Loss, Dementia and Alzheimer's; Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning; Effective Communication Strategies; Understanding and Responding to Dementia-Related Behavior; Healthy Living for Your Brain and Body: Tips from the Latest Research; Legal and Financial Planning for Alzheimer's Disease; Living with Alzheimer's for People with Alzheimer's; Living with Alzheimer's: For Caregivers: Early Stage; Living with Alzheimer's: For Caregivers: Middle Stage; Living with Alzheimer's: For Caregivers: Late Stage; and, Living with Alzheimer's for Younger-Onset Alzheimer's. Caregivers report high levels of stress over the course of providing care: 59 percent of family caregivers of people with Alzheimer's and other dementias rated the emotional stress of caregiving as high or very high. **Results & Discussion** Caregivers report a significant reduction of stress when they have a better understanding of dementia and have learned ways to approach a situation and better manage/care for their loved one.

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