

Introduction

Background:

- Stroke has remained a top 3 leading cause of mortality and disability-adjusted life years among Filipino Americans (FilAms)¹
- FilAm older adults commonly exhibit a strong sense of collectivism and increased reliance on social networks when navigating health², emphasizing the notion for group dynamics in health services when possible

Partnership: Aging Together LLC served as the site partner in this project, with expertise as a national education and support platform for family caregivers of older adults.

Project Description

Project: 8-week caregiver education program, focused on stroke care and prevention in the Filipino community, administered remotely

Core values: This project aligns with the HPU OTD program's curricular threads especially by confronting healthy equity gaps (*Kuleana*), emphasizing shared learning (*Laulima*), and the therapeutic use of self to relate to and empower caregivers (*Kōkua*).

Purpose/Aims

Purpose: to promote stroke care and prevention, by increasing caregiver knowledge, confidence, engagement, and behaviors that help facilitate reduced stroke risk and improved rehabilitation outcomes

Aims:

- Provide occupational therapy-informed health education and a shared platform to caregivers in Filipino community
- Disseminate stroke resources to the Filipino community
- Collect and analyze quality assessment data on program

References

Scan the QR code to access the list of references



Methods

Research Question: Does participation in a remote caregiver education program improve the confidence and comfortability of Filipino caregivers in providing and coordinating care for stroke survivors and individuals at-risk of stroke?

- Recruitment:** Aging Together LLC social media (IG, FB, and LinkedIn) and local Filipino health organizations
- Intervention:** Curriculum and resource development; implementation of the 8-week caregiver education series
- Data:** Pre- and post-program survey dissemination and analysis of qualitative and quantitative results

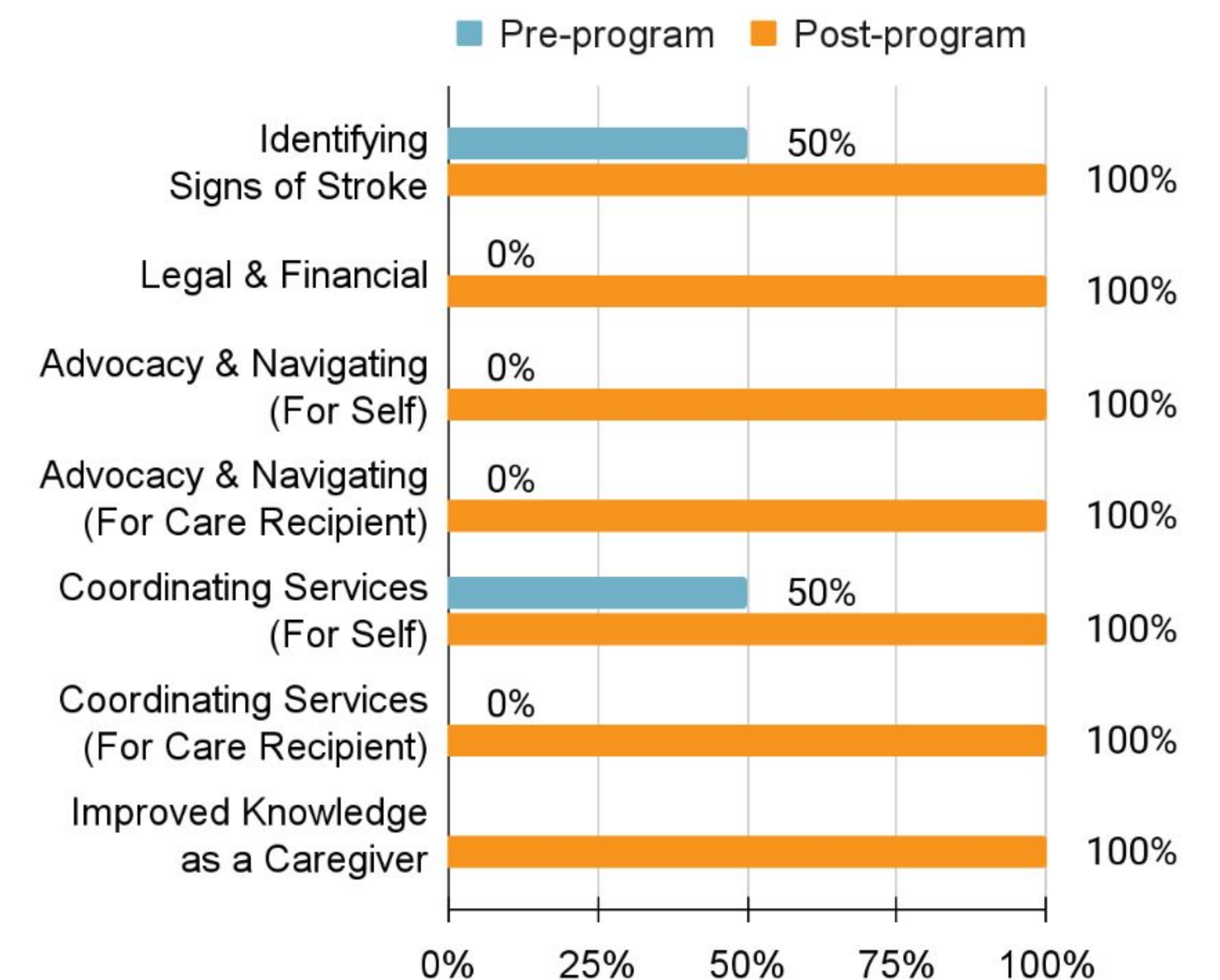
Results/Outcomes



Results presented include two participants that completed the program and both the pre- and post-program surveys. Seven participants enrolled in the beginning, but some reported they were unable to attend due to personal, limited capacity. Some non-attendees continued to access weekly, asynchronous materials.

Participant Demographics, n=2		
Age	30-39	100%
Gender	Female	100%
Have provided caregiving to someone at-risk of stroke	Yes	50%
	No	50%
Have received caregiver training prior	Yes	0%
	No	100%

Percentage of Responses Reporting Very or Extremely Confident/Comfortable in the Following Skills, n=2



"This was such a great program! 10/10 recommend"

"The supplemental resources were also so helpful for extra learning"