

Integrative Models of Reducing Caregiver Burden in Underserved Communities

Authors: Buzaglo, J.S., Applebaum, A., Dockham, B., Golant, M., Kennedy, V., Longacre, M., Rowland, J., Northouse, L.

Purpose: Family caregivers are an indispensable component of our national health care resources. In 2012, it was estimated that these caregivers provide over \$522 billion of informal care (RAND, 2014). Caring for cancer patients is accompanied by emotional distress and health consequences for family caregivers. There is tremendous need to provide appropriate, effective and timely supportive care services for caregivers and specifically for those from underserved populations who are difficult to reach. **Methods:** This symposium explores three innovative programs that have been implemented and disseminated to address the needs of cancer caregivers. In addition to describing these programs, the symposium will discuss the challenges and opportunities of reaching caregivers from diverse socio-economic and cultural backgrounds. **Results:** The first presenter will discuss the development and validation of a web-based caregiver distress screening and referral program, including engaging caregivers less likely to utilize a web-based platform. The second presenter will describe the implementation of an evidence-based psycho-educational program (FOCUS) for patients and family caregivers in the community, and efforts to expand the program to underserved caregivers (e.g., LGBT couples). The third presenter will highlight the development and services of a program (i.e., Caregivers Clinic) to address the needs of caregivers within a comprehensive cancer center, including noting the challenges of meeting the needs of caregivers given system limitations. **Conclusion:** This symposium will provide diverse perspectives not only on the development, implementation and dissemination of evidence-based programs for caregivers, but also acknowledge the challenges of meeting the needs of diverse populations.

Research Implications: The focus of this symposium will be on the development and dissemination of caregiver support programs across diverse settings, including the clinic and the community. The session will highlight the challenges and solutions of meeting the needs of diverse caregiving populations.

Clinical Implications: Addressing the needs of caregivers has the potential to improve the quality of life and health outcomes of patients and caregivers and ultimately reduce health care costs.

Acknowledgements/ Funding: Onyx Pharmaceuticals; An Amgen Subsidiary; Takeda Oncology; Lilly Oncology; Amgen Oncology.

Learning Objective: The participant will learn three approaches to developing and implementing research-based programs for caregivers, as well as strategies to reach underserved populations.