

## Effects of Training on Self-Efficacy, Competence, and Target Complaints of Dementia Family Support Program Facilitators

**Authors :** Myonghwa Park, Eun Jeong Choi

**Abstract :** Persons with dementia living at home have complex caregiving demands, which can be significant sources of stress for the family caregivers. Thus, the dementia family support program facilitators struggle to provide various health and social services, facing diverse challenges. The purpose of this study was to research the effects of training program for the dementia family support program facilitators on self-efficacy, competence, and target complaints concerning operating their program. We created a training program with systematic contents, which was composed of 10 sessions and we provided the program for the facilitators. The participants were 32 people at 28 community dementia support centers who manage dementia family support programs and they completed quantitative and qualitative self-report questionnaire before and after participating in the training program. For analyzing the data, descriptive statistics were used and with a paired t-test, pretest and posttest scores of self-efficacy, competence, and target complaints were analyzed. We used Statistical Package for the Social Sciences (SPSS) statistics (Version 21) to analyze the data. The average age of the participants was 39.6 years old and the 84.4% of participants were nurses. There were statistically meaningful increases in facilitators' self-efficacy scores ( $t = -4.45$ ,  $p < .001$ ) and competence scores ( $t = -2.133$ ,  $p = 0.041$ ) after participating in training program and operating their own dementia family support program. Also, the facilitators' difficulties in conducting their dementia family support program were decreased which was assessed with target complaints. Especially, the facilitators' lack of dementia expertise and experience was decreased statistically significantly ( $t = 3.520$ ,  $p = 0.002$ ). Findings provided evidence of the benefits of the training program for facilitators to enhance managing dementia family support program by improving the facilitators' self-efficacy and competence and decreasing their difficulties regarding operating their program.

**Keywords :** competence, dementia, facilitator, family, self-efficacy, training

**Conference Title :** ICN 2018 : International Conference on Nursing

**Conference Location :** London, United Kingdom

**Conference Dates :** September 27-28, 2018