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European I-CARE project: Internet caregivers of Alzheimer individual's relief and education: A single-blinded randomized clinical trial

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Alzheimer Disease (AD) is a big concern in Europe because of its expanding prevalence and adverse consequences at individual and health systems' level. Given that the overwhelming majority of AD care will take place away from health care settings developing interventions improving health and functional status of co-resident spouse carers for AD patients could be a solution to slow down AD adverse consequences of AD. The World Health Organization recommends the use of self-administered questionnaires to educate people about wellness and promote healthy lifestyles. Quantified self is a recent trend based on self-measure of health and functional status using new digital technologies to become healthier or remain healthy. New interactive communication tools such as web platforms, easily accessible with the touchpads, i) providing medico-social advices and ii) interactive generic and/or specific information on AD may be used to improve health and functional status. Empowering co-resident spouse carers to manage in part themselves their physical and mental health could result in decrease AD-related adverse outcomes, and thus lead to more cost-effective cares.

The objectives of this multicentric, involving 6 European countries, single-blinded, randomized, clinical trial, are to determine, whether a home support program for co-resident spouse carers for AD patients providing medico-social advices and interactive generic and/or specific information on AD, through a web platform accessible by touchpad, according to responses at self-administered questionnaire targeting health and functional abilities may reduce health adverse outcomes for co-resident spouse carers and AD patients, and adverse medico-economic impacts of AD.

Biography

Olivier Beauchet is the Chair of the Division of Geriatric Medicine, Department of Neuroscience, the director of the Memory Clinic of Angers University Hospital and the Chairman Scientific Director of Biomathics which is an international consortium on human systems and modeling. With more than 187 peer reviewed publications in high impact journals, he is a leading researcher in the field of gait disorders and dementia in the elderly, and is a stellar clinical scientist who has learned to efficiently combine clinical practice and well-reasoned research.

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