

## Evidence Supporting Skills<sub>2</sub>Care®

The Administration on Aging and Rosalynn Carter Institute recognize Skills<sub>2</sub>Care® as an evidence-based program delivered through aging service networks.

Research to develop and test Skills<sub>2</sub>Care® has been supported by funds from the Administration on Aging, Alzheimer's Association, National Institutes of Health (NIMH, NIA, NINR), Pennsylvania Department of Health Tobacco Settlement, Farber Family Foundation, and the Rosalynn Carter/Johnson & Johnson initiative.<sup>2,4</sup>

## References

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5. Gitlin, L.N. & Piersol, C.V. (2014). *A Caregiver's Guide to Dementia: Using Activities and Other Strategies to Prevent, Reduce and Manage Behavioral Symptoms*. Philadelphia: Camino Books, Inc.
6. Piersol, C.V., Earland, T.V., Herge, E.A. (2012). Meeting the needs of caregivers of persons with dementia: An important role for occupational therapy. *OT Practice*, 17 (5), 8-13.

## For more information

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# Skills<sub>2</sub>Care®

Improves the lives of  
people with dementia  
and their caregivers



Jefferson Elder Care offers  
Skills<sub>2</sub>Care® certification training  
for occupational therapists

Occupational therapists are ideally suited to teach caregivers how to set up or modify daily routines, use effective strategies, and handle difficult behaviors.<sup>6</sup>

Skills<sub>2</sub>Care® is a research-tested program that improves skills and well-being of caregivers, reduces challenging behaviors that often occur with dementia and slows decline in daily function of people with dementia.<sup>2,4</sup>

**Occupational therapists certified in Skills<sub>2</sub>Care<sup>®</sup> teach caregivers how to manage the day-to-day challenges of dementia. Program content includes:**

- *Understanding dementia*
- *Reducing challenging behaviors*
- *Promoting function*
- *Communicating effectively*
- *Making the home safer*
- *Ways to care for themselves while providing the best care possible*

### Payment and Reimbursement Options for Skills<sub>2</sub>Care<sup>®</sup>

- Skills<sub>2</sub>Care<sup>®</sup> can be provided to caregivers as part of a patient's treatment and may be reimbursed by Medicare Part A or Part B.<sup>1,3</sup>
- Skills<sub>2</sub>Care<sup>®</sup> can be provided to caregivers as a consultative service paid for privately.<sup>1</sup>
- Skills<sub>2</sub>Care<sup>®</sup> can be provided through aging service networks supported by the National Family Caregiver Program.

### Certification Requirements and Continuing Education

1. Complete training components:
  - Readings and web-based modules (Completed independently; 11 hours)
  - On-site instruction (2 days; 14 hours)
  - Teleconference coaching sessions (5 sessions; 5 hours)
2. Deliver Skills<sub>2</sub>Care<sup>®</sup> to three to five caregivers
3. Present case report and submit Skills<sub>2</sub>Care<sup>®</sup> documentation during coaching component

Occupational therapists receive 30 contact hours of continuing education from Thomas Jefferson University.

**Skills<sub>2</sub>Care<sup>®</sup> certification is for two years with the option for renewal.**

### Training and Certification Fee Schedule

Training and initial two-year certification fees:

Number of Occupational Therapists	Fee per person*
1 to 5	\$2,000
6 to 10	\$1,500
11 to 19	\$1,200
20	\$1,000

\*Fee includes Skills<sub>2</sub>Care<sup>®</sup> Manual, *A Caregiver's Guide to Dementia* (Gitlin & Piersol, 2014), and access to Skills<sub>2</sub>Care<sup>®</sup> web site with documentation forms.

Two-year certification renewal fee: \$200 per person

### License

The agency or individual occupational therapist signs a License and Training Agreement.

### Training Options

Training provided four times per year at Thomas Jefferson University in Philadelphia, PA.

Training provided at agencies based on request on an individual basis.

### To see training dates and register for training:

[Jefferson.edu/Skills2Care](http://Jefferson.edu/Skills2Care)

*"I am so grateful that I have a new tool to offer my patients and their families. Skills<sub>2</sub>Care<sup>®</sup> has provided me with a new approach to manage patients who have Alzheimer's and Related Dementias. After discharging a patient with dementia, I received a call from her daughter who had participated in Skills<sub>2</sub>Care<sup>®</sup>. The daughter's exact words were "This is huge! It has made such a difference in my life." I knew this patient and her family from previous admissions. The family was very overwhelmed. Each admission it was apparent that the daughter and family were having increasing difficulty managing her mother's illness. When I was able to offer her Skills<sub>2</sub>Care<sup>®</sup> it was the first time I felt like I was making a difference in both their lives."*

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