

Managing Your Own Wellness (MYOW) Self-Care Intervention

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Introduction

- Caring for a person living with dementia (PLWD) can be very meaningful, yet can also increase stress and lead to adverse psychosocial and health outcomes for family/friend care partners (CP)
- **Self-care can mitigate these risks** and improve CP's well-being
- The "Managing Your Own Wellness" (MYOW) checklist was created to capture dementia CP self-care behaviors
- MYOW informed the development of a tailored intervention delivered via phone & Zoom video

Objective: illustrate the feasibility and acceptability of the intervention using a CP journey case study

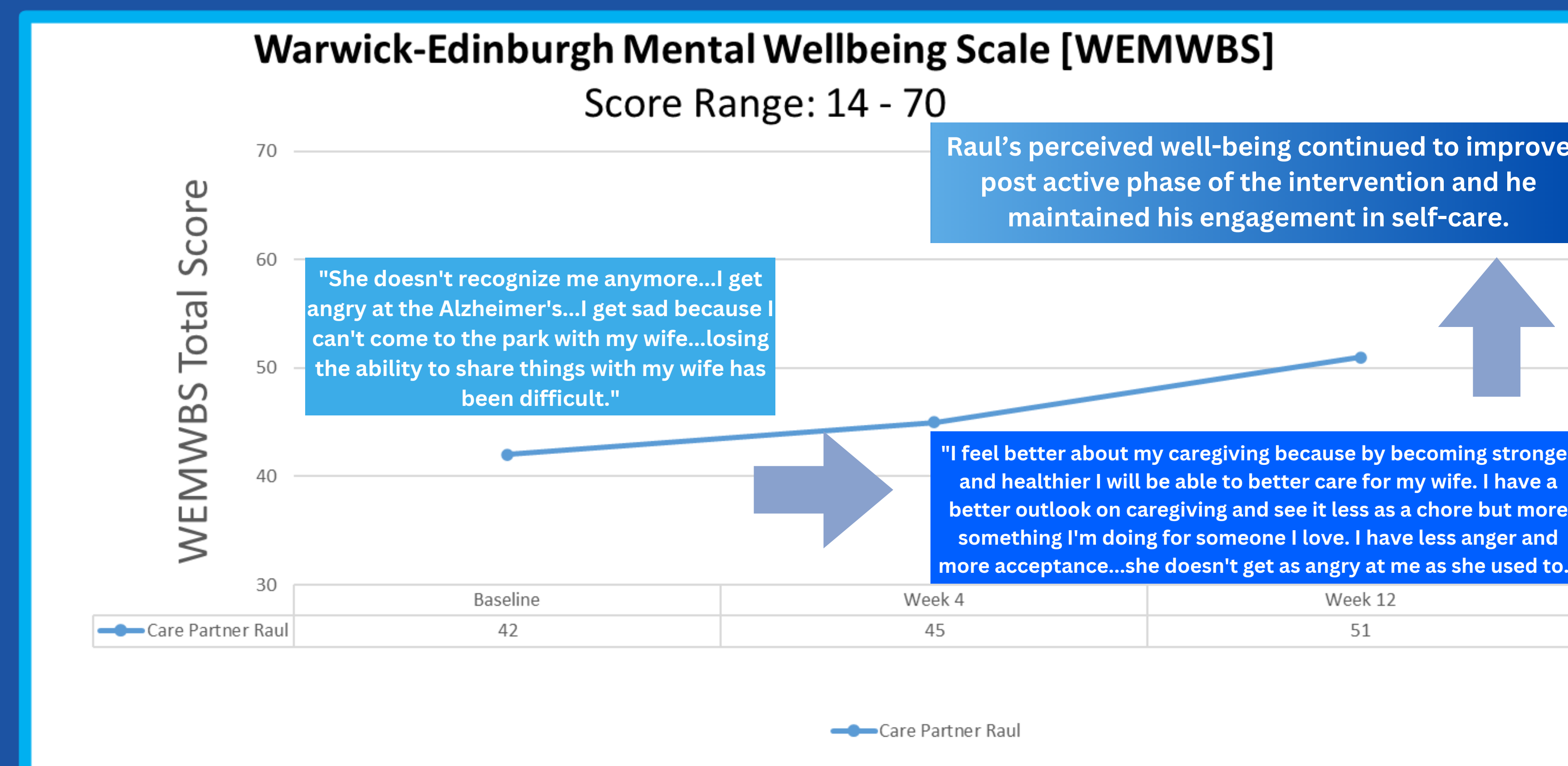
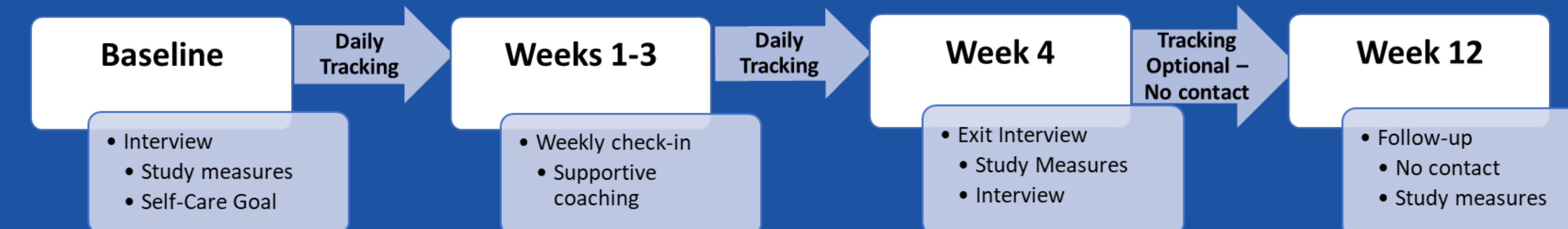
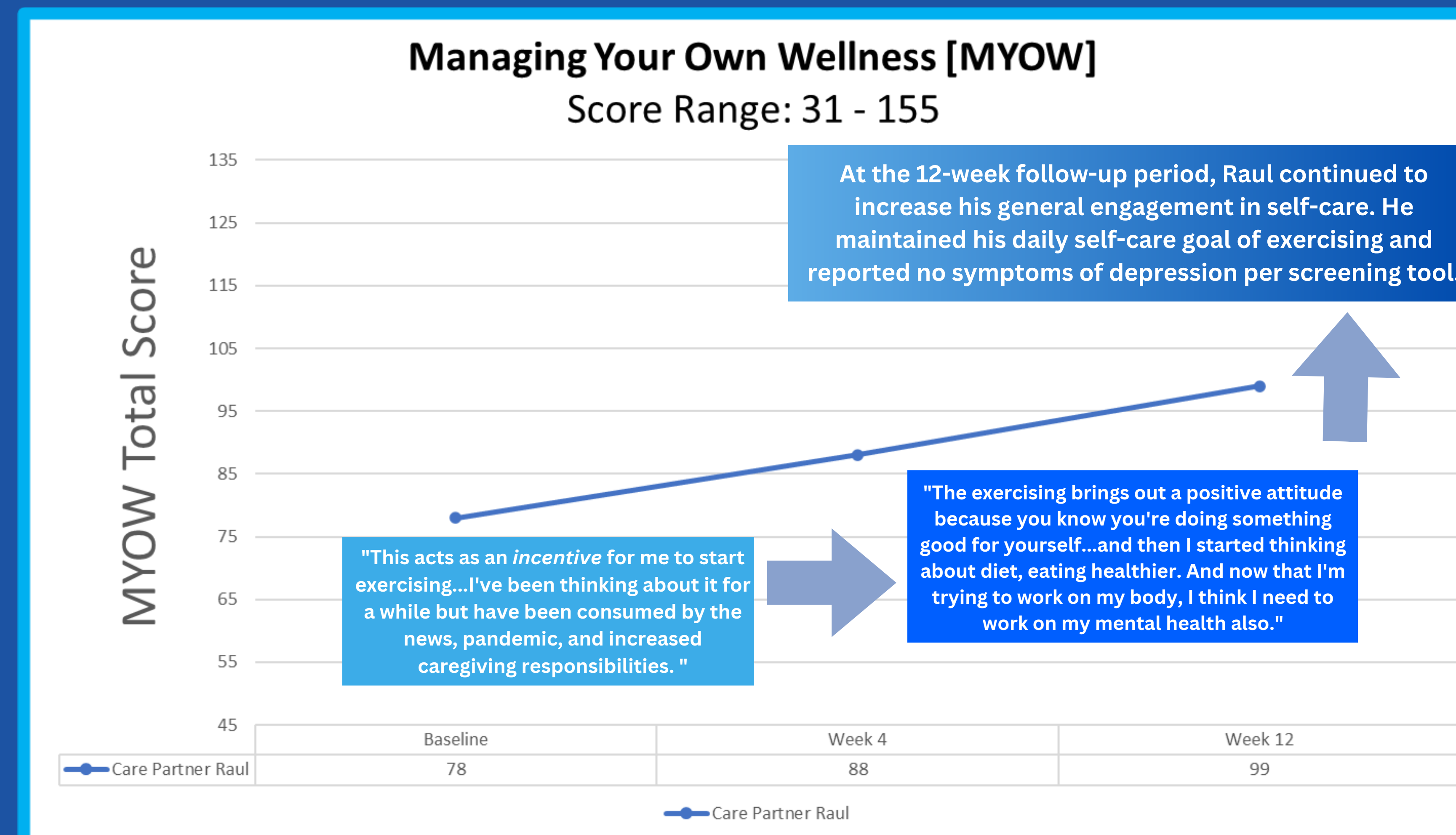
Intervention Summary

- 19 dementia CP were guided by the interventionist to **identify an individualized self-care goal based on the MYOW checklist**
- CP practiced daily self-care activity and provided daily reports
- Baseline, wk 4, & wk 12 assessments included measures such as **MYOW, well-being, stress, depression, and anxiety**
- Participants met with the interventionist for weekly brief coaching sessions (wk 1-4)
- Interviews were transcribed and coded using the thematic content analysis method

Example Intervention Journey

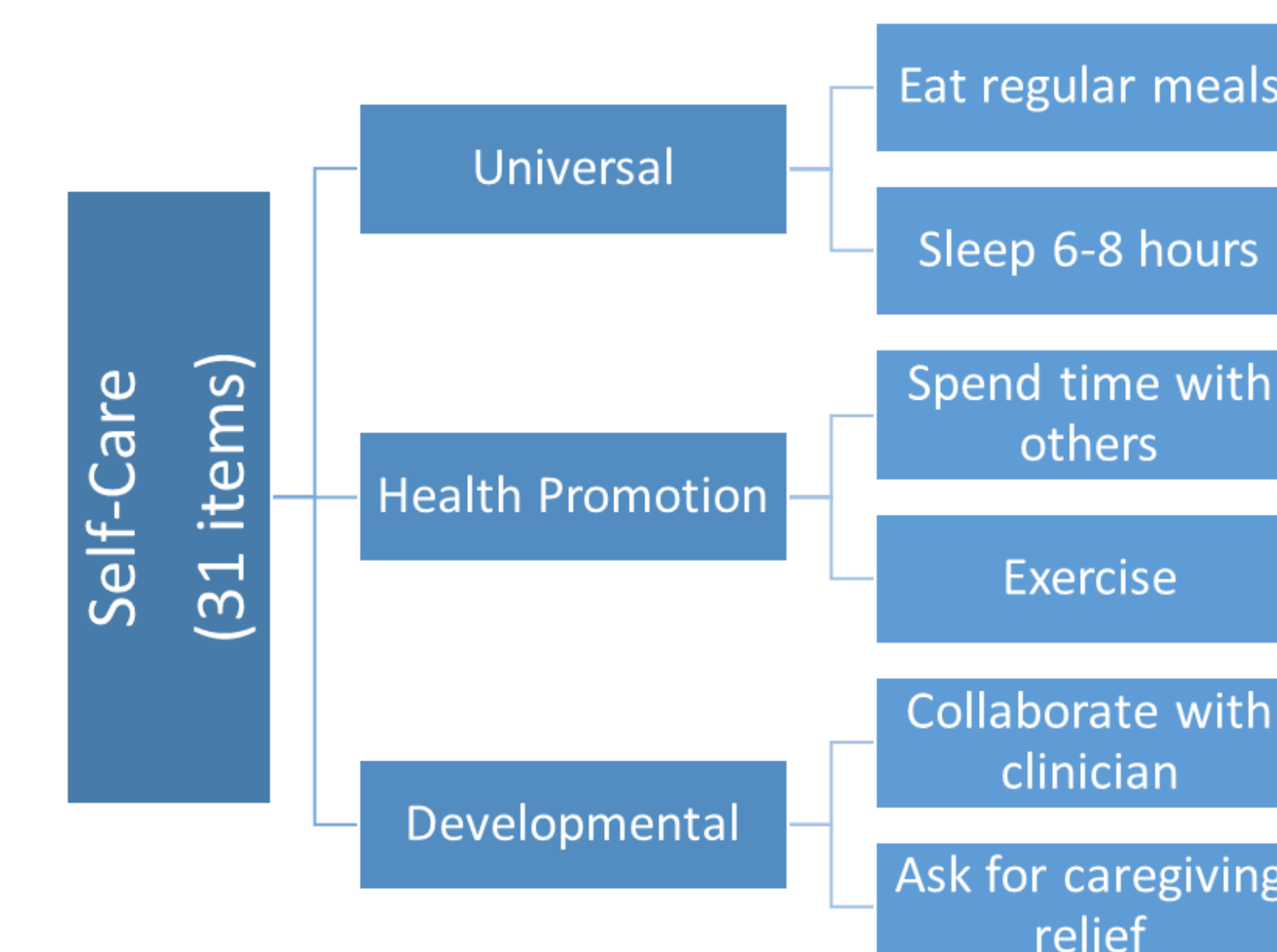
Raul, 71 year old care partner for his wife

Successive scores and summarized quotes from the weekly interviews were selected to illustrate the CP progression in the intervention.



GOAL: "I will exercise for about 30 minutes after I drink my morning coffee and look at the news."

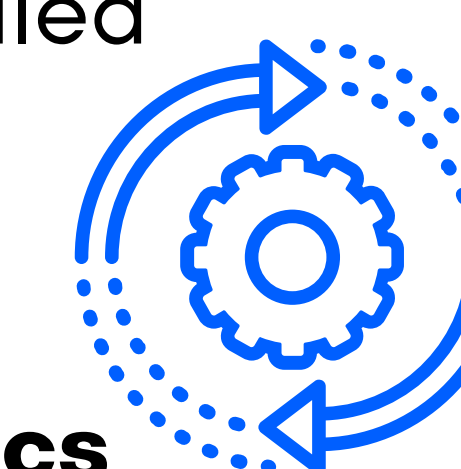
MYOW MEASURE



- MYOW includes 31 self-care items divided into 3 domains based on Orem's theory, which was adapted to include specific activities associated with CP development
- Each item is rated on a Likert scale of 1 (Never) to 5 (Always) to indicate how often the care partner engages in each activity

Results

- Quantitative measures captured CP **increased engagement in self-care activities** and **improved sense of well-being**
- Qualitative analysis revealed themes involving:
 - Positive changes in **relationship dynamics**
 - Evolution of the **sense of self as individual vs CP**
 - Shifts in **personal outlook and perception of self-care**



Conclusion

- Raul's journey demonstrates how self-care impacts personal attitudes of well-being and caregiving responsibilities, while also influencing PLWD behaviors
- The MYOW intervention was acceptable, feasible, & supportive of Raul's engagement with self-care
- The impact of self-care can be **dynamic, multi-faceted, and mutualistic** for CP & PLWD