

# HOT Evidence

## Interventions to Reduce Depression for Care Partners of People Living with Alzheimer's Disease or Other Dementias

### Why This Matters

- ▶ The number of older adults with Alzheimer's disease or other related dementias is increasing.
- ▶ Care partners are essential for living with dementia, but caring for someone with dementia can be stressful and lead to mental health conditions like depression.
- ▶ Having a healthy care partner is a supportive factor for individuals living with dementia and their ability to continue living in the community.
- ▶ Occupational therapy practitioners can address symptoms of depression in care partners by providing education and behavioral interventions.

### Reducing Depression for Care Partners of People with Dementia

#### Evidence-Based Interventions



**Educational  
Intervention with  
Peer Support**



**Cognitive-Behavioral  
Therapy or  
Mindfulness Interventions**



**Behavioral  
Activation  
Interventions**

### Find the Evidence:

Visit <https://research.aota.org> to review the Systematic Review Briefs on this topic